

National Development Programme 2019

Area 1: Huddersfield

- **Camp one:** Saturday 14 September 2019
- **Camp two:** Saturday 5 October 2019
- **Camp three:** Saturday 23 November 2019

Area 2: Macclesfield

- **Camp one:** Sunday 22 September 2019
- **Camp two:** Sunday 13 October 2019
- **Camp three:** Sunday 24 November 2019

Area 3: Luton

- **Camp one:** Saturday 14 September 2019
- **Camp two:** Saturday 5 October 2019
- **Camp three:** Saturday 16 November 2019

Area 4: Guildford and Wycombe

- **Camp one:** Sunday 15 September 2019
- **Camp two:** Saturday 5 October 2019
- **Camp three:** Saturday 23 November 2019

Area 5: Chesterfield

- **Camp one:** Sunday 15 September 2019
- **Camp two:** Sunday 13 October 2019
- **Camp three:** Sunday 17 November 2019

Area 6: Marlborough and Millfield

- **Camp one:** Sunday 15 September 2019
 - **Camp two:** Sunday 13 October 2019
 - **Camp three:** Sunday 1 December 2019
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Pool session content

Camp one

Morning (90 minutes):

- Brief warm up (check current competency on streamlining, push offs and Individual medley swimming including transition turns) - 15 minutes.
- Butterfly stroke efficiency (basic drill progression and stroke efficiency set) - 30 minutes.
- Butterfly – backstroke turns (focus on approach and rotation) - 40 minutes.
- Brief warm down - 5 minutes.

Afternoon (90 minutes):

- Brief warm up (check retention of information from morning session) - 15 minutes.
- Backstroke stroke efficiency (basic drill progression and stroke efficiency set) - 30 minutes.
- Butterfly and backstroke turns (focus on push off and transition to stroke) - 30 minutes.
- Introduction to relay takeovers (focus on step and swing on poolside) - 10 minutes.
- Brief warm down - 5 minutes.

Workshop (to be delivered by Head Coach)

- Technical swimming presentation.

Strength and Conditioning Session (to be delivered by Sports Science and Sports Medicine Staff)

- Mobility and stability for the anti – rotational strokes.

Camp two

Morning (90 minutes):

- Brief warm up (check retention of information from camp one) - 15 minutes.
- Backstroke and breaststroke crossover turns (focus on approach and rotation) - 40 minutes.
- Breaststroke stroke efficiency (basic drill progression and stroke efficiency set) - 30 minutes.
- Brief warm down - 5 minutes.

Afternoon (90 minutes):

- Brief warm up (check retention of information from am session) - 15 minutes.
- Backstroke and breaststroke crossover turns (focus on rotation, push off and transition to stroke) - 40 minutes.
- Relay takeovers (focus on step and swing from the poolside/ block into a dive) - 30 minutes.
- Brief warm down - 5 minutes.

Workshop (to be delivered by Sports Science and Sports Medicine Staff)

- Eating around training and competition.

Strength and Conditioning Session (to be delivered by Sports Science and Sports Medicine Staff)

- Mobility and stability for the rotational strokes.

Camp three

Morning (90 minutes):

- Brief warm up (check retention of information from camp two) - 15 minutes.
- Freestyle stroke efficiency (basic drill progression and stroke efficiency set) - 30 minutes.
- Breaststroke and freestyle turns (focus on approach and rotation) - 40 minutes.
- Brief warm down - 5 minutes.

Afternoon (90 minutes):

- Brief warm up (check retention of information from morning session) - 15 minutes.
- Breaststroke and freestyle turns (focus on push off and transition to stroke) - 30 minutes.
- Relay takeovers (focus on step and swing from the block with incoming swimmer) - 30 minutes.
- Stand up swim on 200 IM - 10 minutes.
- Brief warm down - 5 minutes.

Workshop (to be delivered by Sports Science and Sports Medicine Staff)

- Injury prevention and trigger point release.

Strength and Conditioning Session (to be delivered by Sports Science and Sports Medicine Staff)

- Land training for achieving good streamline.

Key delivery resources

British Swimming Online Portal
offtheblocks.info

Coach Symposium Footage from 2016 - Aquatic Alignment, Streamlining, Four Strokes
swimming.org/sport/coaching-swimming/coaching-development-symposium

Coach Symposium Footage from 2015 - Aquatic Alignment, Streamlining, Starts and Turns on all four strokes
swimming.org/sport/coaching-swimming/coaching-development-symposium

Pre Pool Dryland RMAP Protocol
swimming.org/sport/land-warm-up-swimmers

Swim England Talent Brochure
swimming.org/sport/england-programmes-swimming/