

Senior Group

Ages: Typically High School aged swimmers depending on ability to handle both the commitment level of the group and the training level of the group.

Training: 40-55,000 weekly training mileage

Double workouts required
100% commitment to the TERA training plan
#1 extracurricular activity
Participation in TERA sports science program

Energy Systems: 75% aerobic
15% anaerobic
10% sprint

Basic Goals: Advanced level aerobic & anaerobic training Emphasis
Primary strokes/event specialization
Advanced strength & conditioning
Prepare for National Level Competition
Prepare for Collegiate level training
Understand and apply advanced training concepts and sports science

Educational Goals: Advanced sports psych
Advanced training physiology- participation in TERA lactate testing program.
Advanced goal setting principles
Terrapin pride & history
Advanced nutrition
Gateway to higher education

Dry-land program: Pool side dry-land seasonally
Participate in TERA/Outside strength and conditioning program

Test Sets: 2400 TT
20x100 TT
Lactate step test

Equipment: Use of advanced training equipment

Admittance: 2400- 32:0 (boys) / 34:00 (girls)
20x100 @ 1:25 LCM
Senior Section Meet Qualifying Times
Efficient technique –no MAJOR stroke faults
Morning workouts required
Demonstrated above 90% attendance

Coaching staff discretion*

**any move up into the Senior group requires an immense dedication level. Swimmers must be able to handle the workload "injury free". Ability to attend ALL travel meets is also required.*