

LTAD Guidelines

	FUNdamental	Learning to Train	Training to Train	Training to Compete	Training to Win
Ages (Years)	<u>Chrono/Bio</u> Female: 5-8 Male: 6-9	<u>Bio</u> Female: 8-11 Male: 9-12	<u>Bio</u> Female: 11-14 Male: 12-16	<u>Bio</u> Female: 14-16 Male: 16-18	<u>Chrono/Bio</u> Female: 16+ Male: 18+
Training Sessions (per week)	General Sport: 5-6 sessions 30-45 mins/ses	Swimming: 4-6 sessions 60-90 mins/ses	Swimming 6-12 sessions 120 mins/ses	Swimming 8-12 sessions 120 mins/ses	Swimming 10-15 sessions 120 mins/ses
Training Hours (per week)	Sessional	Pool: 4-7 hrs Land: 1-2 hrs	Pool: 12-24 hrs Land: 2-3 hrs	Pool: 16-24 hrs Land: 3-4 hrs	Pool: 20-24 hrs Land: 3-6 hrs
Training Volumes (per week)		8-14 km/wk	24-32 km/wk Leading to: 44-52 km/wk	44-52+ km/wk	44-52+ km/wk (Depends on specialism)