



Recommended training hours per week

At the competitive level Beachfield cater to mainly an age group and a smaller youth demographic which relates in chronological age to females 11-15 yrs and males 12-16 yrs old.

As growth and development occurs the objective is to gradually extend the volume and hours of training, through the club's progressive squad pathway. Training volume becomes a critical factor influencing long term improvement. This cannot be achieved without a relative increase in training hours. The quality of training is expressed in terms of maintaining efficient and effective technique over progressively greater seasonal loads. Both short and long term training goals can be achieved through a well-planned programme.

Speed is never ignored, but weight is given to the volume of training, with respect to the portion of training which is intense, the speed development (PspV2) and 2nd speed window, in this phase is between 11-13.5 yrs for females and 13-16 yrs for males. If there is a failure to establish a sufficient training base pre maturation at the training to train phase of the Athlete Development Support Pathway (ADSP) which for females is 11-15 and for males is 12-16, the athletes will fail to reach an optimum state.

BY FOLLOWING A PROGRESSIVE INCREASE IN TRAINING HOURS PER YEAR YOU WILL REDUCE THE

POSSIBILITY OF PLATEAUIING, INJURY & IMPROVE THE LIKELIHOOD OF LONG TERM SUCCESS

FEMALE			SQUAD	MALE			
DRY HOURS PER WEEK	POOL HOURS PER WEEK	AGE	BSS	AGE	POOL HOURS PER WEEK	DRY HOURS PER WEEK	
4	18	17+	NAR @TONBRIDGE SCHOOL NAR/COUNTY COUNTY COUNTY	18+	18	4	
4	16	16		17	16	3	
3	14	15		16	14	2	
2	12	14		15	12	2	
2	12	13		14	12	2	
2	10	12		13	10	2	
1	9	11		12	9	1	
1	8	10		11	8	1	
1	7	8+		JNR COUNTY DEVELOPMENT	10	7	1
1	6	8+		DEVELOPMENT SQUAD B	8+	6	1
0	5	8+	DEVELOPMENT SQUAD C	8+	5	0	
0	4	8+	RED A	8+	4	0	
0	3	6+	RED A	6+	3	0	