



4 hours of pool time each week

18+ years (discretionary)

Objectives

- Masters squad is designed to accommodate former and existing competitive swimmers, open water competitors, triathletes, and adults that are proficient swimmers up to veteran experienced senior swimmers
- You will experience a range of technical, aerobic and anaerobic sessions at a variety of intensities
- Sessions are adapted for different ability levels to accommodate those of different experience
- The squad encompasses a range of objectives to suit the individual, for fitness and/or achieving competitive standards
- To enjoy swimming

Swimmer standards

- General competency and technique in all strokes with proficiency in butterfly encouraged but not essential
- Swimmers must be able to perform drill sets with intervals for the duration of the session 1h-1.5h
- Swimmers will generally train at their own pace and ability
- Be able to train at a reasonable pace for 1,500 – 4,000m in a session

Attendance

- Masters is a relaxed squad on attendance, with the option of training up to 3 times a week
- All sessions attended will be coached where possible

Competition aims (optional)

- Club Championships
- Kent Masters Swimming Championships
- Regional Masters competition
- Kent Country and London regional championships
- Open and League galas
- Alternative events - open water, biathlon, aquathlon, triathlon etc

Working towards

- Improving fitness
- Improving technique
- Challenging yourself
- Competition standards
- Enjoying swimming as a lifestyle

Subject to the club's general training requirements.