

Pool Training Time for Aquatic Sport Development

This fact sheet is provided to give aquatic sport organizations a reference that can be used when communicating sport training time needs to aquatic programmers, pool operators and municipal planners. The information is aligned with the broadly accepted Long Term Athlete Development Model adopted for sport in Canada. Please note that different programs may have different needs, but on average these are a good starting point.

For more information, on pool allocation strategies please read the Aquatic Sport Council’s “Community Planning Guide”.

Athlete Level	Diving	Competitive Swimming	Synchronized Swimming	Water Polo
Introductory FUNdamentals	0.5 to 1.5 hours per week	0.5 to 1 hour sessions, 1 – 3 times per week moving to 0.5 to 1 hour sessions 3 – 6 times per week	0.5 to 0.75 hours/week	3 hours /week @ 2 X1.5 hours
Learn to Train	1 to 2 hour sessions, two times per week	60 - 90 minute sessions, 4 - 6 times per week	60-90 minutes sessions 2-3 times per week	7.5 hours /week @ 4-5 times per week
Train to Train	4 to 14 hours per week depending on age and competitive level	60 - 120 minute sessions, 6 - 12 sessions per week	4-6 sessions per week @ 120-180 minutes	8 hours / week @ 4 X 2 hours
Train to Compete	4 to 14 hours per week depending on age and competitive level	90 - 120 minute sessions, 8 - 12 sessions per week	6-8 sessions per week @ 120-240 minutes	12-14 hours / week @ 6 times per week
Train to Win	4 to 14 hours per week depending on age and competitive level	90 - 150 minute sessions, 10-15 sessions per week	8-10 sessions per week @ 120-240 minutes	12-14 hours / week @ 6 times per week