

# SAMPLE

## Training plan 2025- 2026

Name/Birthdate/Current Age at Time of Submission\*\*

**\*\* Please ensure the athlete is eligible for the Youth Festival Games noted in the submission**

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### **1. Overview**

This paragraph should provide a summary of both the training and competition focus for the current year and trajectory to the noted Youth Festivals. In addition, a summary of the athlete's level of commitment as well as any challenges or issues (physical, psychological, logistical, financial).

The Standards Committee should be able to understand where the athlete is competitively, in their training cycle, how they are performing and both the coach's and athlete's perspective in each of these areas.

It should be noted that the greatest detail should be provided for 2025 with sufficient information to gain a sense of the training and competition focus leading up to and including the Youth Festival Games.

### **2. Training and Competition Schedule 2025 – 2026**

This section should outline the training and competition details by Quarter for the current year and provide as much detail as possible for the years included in the Youth Festival Cycle.

**Note:** The focus is primarily on the BOA Youth Festival meets and a clear outline of training and actions that are planned to achieve high levels of performance at the same time. Goals should be clear and additional meets/games/events are helpful as points of reference, however, the focus should be on BOA Festival events.

Quarter 1 – Jan – March

Quarter 2 – April – June

Quarter 3 – July – September

Quarter 4 – October – December

#### **Example: May - end June 2025:**

- 6-8 pool sessions, total 11-13hrs per week. Estimated weekly total - 28000-36000m
- initial focus on aerobic conditioning and technique with introduction of increased intensity / test sets during this period.
- 3land/gym sessions weekly - 2-3hrs total
- Ongoing preventative physio, needling and cupping to avoid injury

Training focus will be primarily for the 200freestyle and 100M butterfly

Target meet :

CCCAN - San Juan, Puerto Rico - June 23-27

Hopefully local sanctioned LC meets May, early June.

**July - end Aug:**

- Pool, land sessions as above with increasing focus on quality / anaerobic conditioning. Continued 3land/gym sessions with progression as appropriate
- Ongoing preventative physio, needling and cupping to avoid injury

Target meet : Jr Pan Am Games – Asuncion, Paraguay, August 9-23, 2025.

Likely informal time trial to reinforce process of racing. Ideally local or international sanctioned meet

**One - two weeks rest** – important for mental recovery and focus. Timing of this rest will be dependent on training and travel for Junior Pan American Games. Will likely be closer to mid-July, dependent on meet schedules.

**Sept - end Oct:**

- 6-8 pool sessions - early weeks aerobic/recovery, skills focus throughout and reintroduction of increasing quality / intensity. 3land/gym sessions continue. Plan for overseas Oct training camp

Target [meet:TBD](#) Plan for overseas meet to coincide with training camp / local sanctioned meet as we have done for the last several years.

**Nov - Dec** - Number of pool and gym sessions as above with sessions geared towards final meet(s) of year. Intensive training camp latter part of Dec into Jan.

Target meet: Locally sanctioned meet

**3. Performance and Target Summary**

A summary/chart of the athlete’s current times (unofficial and official) as well as goal times aligned with each quarter and event. For sports that are not distance/time based, the equivalent should be provided.

Event	2025	Jan – June 2025	Summer 2025 (target)	Winter2026 (target)
400M				
800M				

**BOA General Guidelines:**

For clarity, it should be noted that the Standards Committee is seeking to understand the following from the submission. This should be referenced in ensuring the document is complete before submitting.

- The athlete’s current training programme
- The athlete’s current competition schedule
- The approach to athlete training and development for 2025 – 2026 (or relevant Youth Festival Timelines)
- The athlete’s current goals, timelines for the same as well as related goals leading up to the Youth Festivals
- Additional insight on athlete’s focus, training, competition, injuries etc. is also welcome.