SwimStrong Dryland Long Term Athletic Development Plan

8 & Under

Physical Literacy

Competence & confidence in movement patterns

Coordination

Body awareness

Play based movement

9-10

Athletic Foundation

Develop consistent movement patterns

Movement literacy

Stability

Fundamental body control

11-12

Athletic Development

Readiness for resistance training

Bodyweight strength

Introductory power

Core control

13-14

Comprehensive Strength & Resiliency

Preparation for structured loading

Foundational strength & power development

Swim specific tissue resilience

15-18

Performance Optimization

Swim-specific sports performance

Progressive strength & power development

Targeted exercises for resilient joints & fluid movement patterns