

# APEX SWIM CLUB

Piranha Team Prep

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### Program Overview

Piranhas swim in schools with position, awareness, and speed. This program marks the transition from individual skill development to true team-based training.

Swimmers train a mandatory two days per week as they begin preparing for the demands of competitive swimming.

### Training Focus

Practices focus on speed, strength, and endurance while maintaining strong technique. Swimmers learn to control their strokes under pressure and perform consistently in competitive conditions.

### Competitive Mindset Development

The final requirement before joining a swim team is the ability to perform under pressure. Swimmers are taught mental control, race awareness, and how to push their limits with confidence.

The mindset becomes: How much farther can I go? How much faster can I swim?

### Primary Focus Areas

- Speed development and race pacing
- Strength and endurance training
- Stroke control under fatigue
- Competitive confidence and mental toughness

### Entry Requirements

- Freestyle - 200 yards
- Backstroke - 200 yards
- Breaststroke - 200 yards
- Butterfly - 100 yards
- Kick - 500 yards

### Session Progression

Weeks 1-3: 500 skips drill/swim

Weeks 4-6: 1000 skips drill/swim

Weeks 7-9: Individual Medley swim, drill, and transitions

Weeks 10-12: Flip turns, diving skills, and progressive yardage builds

### Practice Yardage & Outcome

Total practice yardage per session ranges from approximately 1,500-2,500 yards.

By the completion of this program, swimmers are physically and mentally prepared to join a competitive swim team environment.