

FRAMEWORK TRAINING PLAN

2025-2028

SWISS AQUATICS ARTISTIC SWIMMING

ARTISTIC SWIMMING FRAMEWORK TRAINING PLAN 2025–2028

FOREWORD

Dear Artistic Swimming Community,

With the Artistic Swimming Framework Training Plan 2025–2028, Swiss Aquatics provides a common framework for the long-term development of athletes in Swiss artistic swimming. Artistic swimming combines technical skills in the water with swimming technique, physical conditioning, flexibility, acrobatics, dance, musicality, artistic expression, synchronisation and mental skills. Long-term development in this complex sport therefore requires a holistic, age-appropriate and systematically structured training process.

The Framework Training Plan outlines which skills should be developed, consolidated and further improved at each age and development stage. It establishes a common foundation for coaches, athletes, clubs, regions, parents and other partners, while supporting coordination between club activities and the regional and national squad structures.

Our aim is to strengthen the quality and continuity of athlete development in Swiss artistic swimming over the long term and to provide athletes with a clear and sustainable pathway from their first sport-specific experiences through to international high-performance sport.

We hope that the Framework Training Plan will be actively used in everyday training and provide helpful guidance to everyone involved.

We wish you every success and enjoyment in its implementation!

Swiss Aquatics Artistic Swimming

THE IDEA BEHIND THE FRAMEWORK TRAINING PLAN

The Artistic Swimming Framework Training Plan 2025–2028 has deliberately been designed as a compact and practical working tool. It is intended for coaches, athletes, clubs, regions, parents, officials and other partners.

It provides general guidance and serves as a reference tool for long-term training and athlete development. The main development objectives, training priorities, competition structures and approximate training volumes are assigned to the respective age categories and FTEM phases.

The Framework Training Plan is neither comprehensive specialist literature nor a detailed training programme. It does not replace coach education and continuing professional development, professional exchange, practical experience or engagement with current sport-science and sport-specific knowledge.

Coaches remain responsible for the detailed planning and implementation of the training process. Training must be adapted to the individual development level of the athletes, the respective training group and the available conditions and resources.

THE PHILOSOPHY OF THE FRAMEWORK TRAINING PLAN

The Framework Training Plan is based on the FTEM Switzerland framework concept and follows a holistic approach to long-term sport and athlete development.

Competitive performance is not the sole focus. The systematic development of technical foundations, physical and mental health, enjoyment of the sport, personal development and the athletes' long-term performance capacity are equally important.

SUPPLIERS



NOSERGROUP

PARTNERS



SWISSLOS



The different training areas—swimming, sport-specific technique, figures and hybrids, acrobatics, physical preparation, flexibility, ballet and dance, routine training and mental preparation—should be coordinated in an age- and development-appropriate manner. A solid technical and physical foundation is essential for learning more complex skills safely, efficiently and to a high standard at later stages.

The Framework Training Plan combines the current situation in Swiss artistic swimming with a desired future development model. It aims to promote a common understanding of athlete development objectives, strengthen cooperation between clubs, regions and national structures, and facilitate smooth transitions between the individual development stages.

Long-term development takes precedence over short-term results. Training volume, intensity and complexity should be increased progressively without skipping essential foundations. The aim is to preserve the athletes' development potential and performance reserves for as long as possible throughout their sporting pathway.

HOW TO UNDERSTAND THE FRAMEWORK TRAINING PLAN

The columns of the Framework Training Plan represent the different FTEM phases. These phases are primarily based on the athletes' sporting development level rather than exclusively on their chronological age.

Development is influenced by factors including biological age, individual characteristics, previous training experience, individual learning and development pace, and the athlete's personal and sporting environment. Athletes within the same age category may therefore be at different stages of development. Assignment to age categories should be regarded as general guidance and must always be considered within the individual context.

The rows present the different subject areas of the Framework Training Plan. These include the competition system, the main responsibilities of those involved, training priorities, the development of sport-specific skills and approximate training guidelines.

The stated training volumes are intended as guidelines rather than mandatory requirements. The key objective is to achieve the desired development with an individually appropriate and manageable training load. Any increase in volume, intensity or complexity requires the athletes to have the necessary technical, physical and mental prerequisites and to be capable of coping with the respective training demands.

Particular attention must be paid to the safe and progressive development of sport-specific demands. This applies especially to apnoea training, flexibility, strength training, hybrids, high vertical loads, acrobatic elements and lifts. These areas must be trained in an age-appropriate and methodically structured manner under qualified supervision.

Regional and local circumstances, as well as differences in infrastructure and human resources, cannot be fully represented in the Framework Training Plan. Clubs, regions and coaches are therefore responsible for adapting the overarching recommendations to their respective conditions.

Ultimately, the selection of specific training methods, exercises and development steps remains the responsibility of the coaches, in consultation with the athletes and with consideration for each athlete's individual development pathway.

FRAMEWORK TRAINING PLAN 2025 - 2028 ARTISTIC SWIMMING																				
FTEM		FOUNDATION					TALENT								ELITE				MASTERY	
Phase		F1	F2		F3		T1		T2		T3		T4		E1		E2		M	
Description		Discover, acquire and basic movements	Apply and vary movements		Sport-specific engagement and/or competition		Demonstrate potential		Confirm potential		Train and achieve goals		Breakthrough and be rewarded		Represent Switzerland (international)		Have international success		Dominate sport	
Years of training		0	0	1	2	3	4	5	5	6	7	8	9	10	11	12	13	14	15+	
Calendar age		From 3 to 5		From 4 to 6	7	8	9	10	11	12	13	14	15	16	17	18+				
Growth phase		PRESCHOOL AGE	PRIMARY SCHOOL AGE							SECONDARY SCHOOL AGE					HIGH SCHOOL AGE				COLLEGE/UNIVERSITY AGE	
						Prepuberty		Puberty			Adolescence									
COMPETITION SYSTEM	Categories					KIDS			YOUTH			JUNIORS				ELITE				
	Swiss Aquatics AS programs	"Learn to Swim" "Basic" and "Advanced"			"Specific", Masterclasses Test 1	Test 2, 3 KIDS TEAM			Test 4 YOUTH NATIONAL TEAM			Test 5 JUNIOR NATIONAL TEAM				ELITE NATIONAL TEAM				
							PISTE Kids SOTC Regional		PISTE Youth SOTC Regional, National		PISTE Juniors SOTC Regional, National, SOC Bronze		PISTE Elite SOC Elite, Silver, Gold							
	Goal competitions				Kids Liga Cup, Regional championships, NSM J3, alternative competition				N: Regional championships, Swiss Youth Competition, NSM J2 I: Comen Cup (annually), European Youth Championships (annually), World Aquatics Youth Artistic Swimming Championships (every 2 years), alternative competition			N: Regional championships, Swiss Youth Competition, NSM J1, Swiss Championships I: European Junior Artistic Swimming Championships (annually), World Junior Artistic Swimming Championships (every 2 years), World Aquatics Artistic Swimming World Cups (annually), alternative competition				N: Regional championships, Swiss Championships I: World Aquatics Artistic Swimming World Cups (annually), European Aquatics Artistic Swimming Championships (annually), World Aquatics Championships (every 2 years), OG (every 4 years), alternative competition				
Coaches education		Kids Coach and J+S Trainer (Youth+Sport) lifeguard (SLRG Plus Pool and BLS AED)				Coach B (+SLRG Plus Pool and BLS AED)			Coach A (+SLRG Plus Pool and BLS AED)	Coach A, Coach Bronze (+SLRG Plus Pool and BLS AED)			Coach Silver (BTL) (+SLRG Plus Pool and BLS AED)				Coach Gold (DTL) (+SLRG Plus Pool and BLS AED)			
Parents core tasks		Accompany, inspire, motivate, support positively in case of setbacks, transport, finance – "be a role model!"				Inspire, transport, encourage self-reflection, support positively in case of setbacks, finance – "lead by example!"		Encourage, support positively in case of setbacks, stimulate personal responsibility, finance – "get a distance!"			Confirm, support positively in case of setbacks, delegate responsibility – "step back!"				"Enjoy!"					

FRAMEWORK TRAINING PLAN 2025 - 2028 ARTISTIC SWIMMING

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FTEM		FOUNDATION					TALENT								ELITE				MASTERY			
Phase	Description	F1	F2		F3		T1		T2		T3		T4		E1		E2		M			
		Discover, acquire and basic movements	Apply and vary movements		Sport-specific engagement and/or competition		Demonstrate potential		Confirm potential		Train and achieve goals		Breakthrough and be rewarded		Represent Switzerland (international)		Have international success		Dominate sport			
Years of training		0	0	1	2	3	4	5	5	6	7	8	9	10	11	12	13	14	15+			
Calendar age		From 3 to 5		From 4 to 6		7	8	9	10	11	12	13	14	15	16	17	18+					
TRAINING FOCUS	Growth phase	PRESCHOOL AGE		PRIMARY SCHOOL AGE						SECONDARY SCHOOL AGE					HIGH SCHOOL AGE				COLLEGE/UNIVERSITY AGE			
							Prepuberty		Puberty			Adolescence										
	Biological age			+/- 2 years		+/- 3 years			+/- 4 years			+/- 4 years		+/- 3 years		+/- 2 years						
	Length growth/year			4-6 cm		4-6 cm			6-8 cm			8-12 cm		2-4 cm		0 cm + weight						
	Coordination and technique	General coordinative skills						Specific technical elements						The highest level of technique								
	Motor learning ability	**	**	**	***	***	***	***	***	**	**	**	**	**	**	**	**	**	**	**	**	
	Flexibility	***	***	***	***	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	**	
	Speed	*	**	**	***	***	***	***	***	*	*	*	*	*	*	*	*	*	*	*	*	
	Aerobic endurance				**	**	***	***	***	***	***	***	***	**	**	**	**	**	**	**	**	
	Anaerobic endurance						*	**	**	**	**	**	***	***	***	***	***	***	***	***	***	
	Maximum strength										**	**	**	***	***	***	***	***	***	***	***	
	Strength endurance								*	**	**	**	***	***	***	***	***	***	***	***	***	
	High-speed strength				*	**	**	**	**	**	***	***	***	***	***	***	***	***	***	***	***	
TRAINING INDICATORS 'ROUGH'	Training sessions H20/h,week	45-60'		2 x 60'		5-6h		6-7h		8h			12-13h			15-17h		18-20h		25-30h		
	Training session dryland/h,week	30'		1h		1.5h		2.5h		4h			5h			6h		7h		8h		
	Training camp/h, year						65h					ca.120h			120-130h		130-150h		150+h			
	Training sessions, week	1-2					3-4					5-7			6-8		7-9		10+			
	Annual training days	ca. 100					165					200-210			ca.230		ca.250		250+			
	Annual training hours	ca. 300					ca. 450					ca. 700			ca. 950-1050		ca. 1000-1200		1200+			
	Competitions/year					2-3		4-5			5-6						5-8					
	Gala show/h, year					ca.10		ca.12			ca.15						ca.8					
	Annual holidays/weeks, year	10-12					9-10			8-9			6-7		5-6		4-6					

Legend

Abbreviation/Term	Meaning	Abbreviation/Term	Meaning
alt. comp.	Alternative competition	SLRG	Swiss Lifesaving Society
BLS-AED	Basic Life Support – automated external defibrillator (first aid)	SOC	Swiss Olympic Card
BTL	Professional coach education programme	SOTC	Swiss Olympic Talent Card
COMEN Cup	International youth competition organised by the Confédération Méditerranéenne de Natation	SYC	Swiss Youth Competition
DTL	Diploma coach education programme	T	Talent
E	Elite	TC	Training camp
EC	European Championships	comp.	Competition
F	Foundation	WC	World Championships
FTEM	Swiss framework for sport and athlete development: Foundation, Talent, Elite and Mastery	YEC	Youth European Championships
J+S	Jugend und Sport / Youth and Sport	YWM	Youth World Championships
J1	Junior Category	ca.	circa
J2	Youth Category	h	hour or hours
J3	Kids Category	'	Minutes
JEC	Junior European Championships	×	Times
JWC	Junior World Championships	+	With
HP	High-performance sport	+/-	With or without
M	Mastery	*	Low degree of trainability
NSM	Swiss Age Group Championships	**	Medium degree of trainability
NT	National team or national squad	***	High degree of trainability
OG	Olympic Games	***	Sensitive phase of trainability
PISTE	Prognostic Integrative Systematic Coach Assessment		
RC	Regional Championships		
SC	Swiss Championships		

Age category	FTEM	Test Level	Goals (national)	Goals (International)	Training frequency per week	Training hours per week	Development of specific skills	Training content
U10 - J4	F1-F3	1, 2	Kids Team, Kids Liga, Regional Competitions	-	2-3	5-7	Swimming technique (all strokes) exercises to develop water sensitivity (catch and push) crawl swimming with breathing every 3–5 strokes, breaststroke double kick, apnea with different strokes, maximum speed over distances between 12.5 and 25 m. Combined swimming strokes and coordinative exercises, dives (feet-first and head-first). Familiarization with starts and turns.	Swimming
							Standard scull (head-first and feet-first, barrel and paddle scull, torpedo/dolphin); eggbeater (back, frontal and lateral) and combinations with exits and changes of direction; KPK; side flutter kick; body boost; simple combination of ballet leg.	Specific Lap
							Sensitive period for the development of quickness, flexibility, general and special coordination skills. Especially rhythmic combinations of different movements and motor skills. Special exercises for the development of mobility of the shoulders, hips, knees, ankle joints and back. Special exercises for speed development: asymmetric exercises, performing well-known exercises in unusual start positions. Balance exercises: handstands, exercises that focus on the development of the vertical line and flexibility for arches, splits, knees and feet, both actively and passively.	General Physical Preparation
							Introduction to basic ballet and elements of classical exercises. Familiarization with jazz dance positions for feet and hands, using age-appropriate music—songs and short musical fragments that children recognize. Ability to follow the rhythm of music through fun musical games. Creative musical expression: freedom to interpret music by representing different animals, emotions, or simple scenarios through movement.	Ballet and Dance
							Walking on a beam with correct posture, back and front somersault, "candle" position with and without hand support, handstand with partner support, press to handstand, "bridge" from lying flat on the back, front roll out/back roll out, flexibility position standing on one leg. Exercises that focus on developing core stability and core engagement.	Acrobatics
							Basic positions: on the back, on the chest, on the side, tuck position, tub position, bent knee on the back and on the chest, ballet leg, table tub, split position (right, left and middle), floating exercises, all vertical positions on wall, with the bottle, pike position.	Synchro technique
							Learning figures relevant to this age category. All the figures/exercises have to be trained and coached first separately (position, scull transitions) and then all these skills must be combined in order to be clean and precise to move into the next stage. All these skills are compulsory otherwise gaps may arise at the next stage.	Figures
							Familiarisation with free routine. Learning and practising the List of Codes for J4, ACRO A – simple jump or throw from the shoulders; ACRO B – simple lift. In addition, learning exercises for holding patterns and synchronisation of movements.	Free routine
							Familiarisation with front land drill.	Land drill
							Mental preparation is developed through age-appropriate mindfulness activities such as breathing exercises (inspired by yoga: belly breathing and "smell the flower, blow out the candle"), body awareness games, and short focus tasks, supporting concentration, emotional regulation, and breath control relevant to artistic swimming.	Mental (mindfulness) preparation

Age category	FTEM	Test Level	Goals (national)	Goals (International)	Training frequency per week	Training hours per week	Development of specific skills	Training content
U12 - J3	T1-T2	3, 4	Kids Team, Kids Liga, Swiss Age Group Championship, Regional Competitions, PISTE	-	4-5	11-12	Learning and improving all swimming strokes. Development of general endurance and speed abilities using interval, variable and repeated methods of training. Swimming control tests. Sprint swimming. Improving technique of starts and turns. Development of breath holding,	Swimming
							Learning and improvement of basic sculls (standard scull feet first and head first, torpedo, dolphin, canoe, combined scull, paddle scull, barrel scull) and propulsion with them. Eggbeater-front pike-walkover, torpedo and eggbeater in apnea (5-10 m), flutter kick on back with arms and ballet leg combinations. Body Boost (BB) without and with arms, eggbeater lateral-pike, single leg BP, prep up to surface after BB, from VP to	Specific Lap
							Learning and improving basic positions: ballet leg, flamingo, familiarization with the double ballet leg, in place and in propulsion over 5-7 m, submerged ballet leg, front pike, back pike, vertical position, bent knee, fish tail, side fish tail, knight, arch, arch bent knee, splits. Familiarization, learning and improving barracuda technique, twists, turns and continuous spin (S1, S2).	Synchro technique
							Learning figures relevant to this age category (J3). All the figures and exercises must first be trained separately (BP, BM, sculls and scull transitions). Before doing an entire figure through, all these skills have to be mastered individually. Then, they must be combined together in	Figures
							Sensitive period for development of strength, quickness, flexibility, coordination, aerobic and glycolytic endurance. Special exercises for the development of mobility of the shoulders, hips, knees, ankle joints and back: swing exercises with increasing amplitude, exercises with a partner. Special exercises for the speed development: developing the speed of reaction to a command, to improve the speed of a single movement. Exercises for strength development: using light weights (weights on the waist) to develop local strength.	General Physical Preparation
							Special exercises for agility development: asymmetric and balance movements, mirror exercises. Using Feet-up for training figures and routine hybrids.	Special Physical Preparation
							Continuous rolls front and back, "candle" position with and without hand support, handstand with and without partner support, headstand with and without partner support, "wheels", walkovers forward and backward, bridge from lying and standing position, pyramids.	Acrobatics
							Basic ballet and jazz dance movements: Basic ballet movements in all leg/feet and arm positions at the barre, including jumps and fundamental floor movements. Exercises in the center of the hall involve movements in different directions with specific ballet steps, jazz dance positions, and elements of modern dance.	Ballet and Dance
							Building, learning and improving execution of free routines (team, combo and individual routines). Exercises for holding patterns and synchronization of execution. The difficulty (DD) of the routines is limited according to the category rules (following Swiss Aquatics difficulty limits). Improvisation of free routines in pairs and individually.	Free routine
							Learning and practising front land drill. Learning to count music with different accents, emphasizing the counts when movements are performed. Defining the count structure for pattern changes, ensuring correct transitions and timing (applicable to both land and water training).	Land drill
							Simple and age-appropriate breathing exercises inspired by yoga (4-4 breathing, bubble breathing, etc.), short visualization tasks, and focus games are used to develop calmness, concentration, body awareness, and emotional regulation, supporting confident execution and relaxed apnea in a playful and safe way. Introducing mental land drills to enhance mental rehearsal of routines and visualization of movements. Age-appropriate games and tasks to promote team building and team spirit.	Mental (mindfulness) preparation

Age category	FTEM	Test Level	Goals (national)	Goals (International)	Training frequency per week	Training hours per week	Development of specific skills	Training content
U15 - Youth	T2-T4	4,5	Swiss Youth National Team, Swiss Youth Competition, Swiss Age Group Championship, Regional Competitions, PISTE	COMEN Cup, Youth European Championships, Youth World Championships, Open Competitions	5-7	15-18	Improvement of swimming technique of all swimming strokes. Swimming in full coordination and by elements selectively affecting various aspects of special physical preparation. Improving technique of starts and turns. Further development of breath capacity, apnea training. Extensive use of fins and paddles, with optional use of light weights (1kg on waist).	Swimming
							Further improvement of basic skulls during propulsion, variety of kicks from different positions and in multiple directions. Apnea exercises in torpedo, support skull, and eggbeater. Improvement of eggbeater and body boost at max height in place, in propulsion and in combination of exercises. Multi-tasking exercises designed to closely replicate routine performance. Developing three-dimensional body awareness, improvisation to music, and expressive movement interpretation.	Specific Lap
							Further improvement of support, totem, and combined skulls in various basic positions. Focus on skull transitions during the execution of basic movements and figures. Learning and refining the technique of twirls, two-direction rotations, unbalanced rotations, and combined spins, as well as the technique for new codes from the World Aquatics difficulty table. Targeted work on codes from the Flexibility Family, including high-value codes such as F7, F8, F9, and F10 (with appropriate preparatory work on land, as arch positions are not anatomically natural). Continued improvement of barracuda technique and its variations.	Synchro technique
							Comprehensive improvement of figure execution technique, with extensive use of weights (safe, age-appropriate) and various training equipment (paddles, floaties, finis).	Figures
							Sensitive period for the development of speed-strength abilities, quickness, coordination, and power endurance. Continuous work on mobility and flexibility. PISTE exercises for the J2 category.	General Physical Preparation
							Variety of exercises for core stability, hip and shoulder stabilisation. Active splits, arches, and leg lifts with a controlled range of motion under muscle activation. Coordination and motor control should be enhanced by integrating compound and multi-task exercises (movement + counting + music), direction changes and asymmetrical movements, mirror work (in pairs or groups), and fast transitions between positions. Specific leg-extension drills, using feet-up positions for figure training and routine hybrids.	Special Physical Preparation
							Candle position without hand support, handstand with and without partner support, headstand with elements from figures, walkovers forward and backward, pyramids, and lift techniques. Cartwheels on one arm and elbows, standing bridges and bridge walks, supported and unsupported partner balances, simple partner throws (low height, controlled).	Acrobatics
							Classical, jazz, and contemporary dance exercises: Classic exercises at the barre, jumps, and exercises in the center of the hall, including movements in different directions with specific ballet steps, jazz dance positions, and contemporary dance elements, as well as combinations of modern and classical dance. Additional work may include turns, extensions, arabesques, isolations, and fluid arm movements to improve posture, balance, coordination, flexibility, and musicality.	Ballet and Dance
							Focus on technical execution, synchronization, and artistic expression, including familiarization with junior team technical elements and their correct technique. Exercises to develop holding patterns, timing, and smooth transitions. In line with the apnea limits implemented by European Aquatics, specific focus is placed on the speed of code execution in free hybrids without compromising technical quality. High use of special exercises for different types of lifts (following World Aquatics difficulty limits). Emphasis on controlled technique, endurance, and progressive complexity, preparing athletes for team, combination, and individual routines. Learning to choreograph and portray different themes and styles of routines, encouraging athletes to create and interpret their own choreographies.	Free routine
							Practicing front land drills and learning back land drills, including variations with different musical accents and an emphasis on counts during movement execution.	Landdrill
							Use of mental land drills to rehearse routines and visualize movements. Familiarization with breathing techniques to enter a focused "performance zone," improve apnea control, and support calm, efficient execution during figures, routines, and competitions. Swimmers are encouraged to set short-term performance goals and focus on concentration, building confidence and a sporty, goal-oriented mindset. Extra sessions for team building and unity, applied both on land and in the water.	Mental (mindfulness) preparation

Age category	FTEM	Test Level	Goals (national)	Goals (International)	Training frequency per week	Training hours per week	Development of specific skills	Training content
U19 - Juniors	T3-T4	5	Swiss Junior National Team, Swiss Championship, Swiss Youth Competition, Swiss Age Group Championship, Regional Competitions, PISTE	European Junior Championships, World Junior Championships, World Cups, Open Competitions	8-10	20-24	Further improvement of swimming technique of all swimming strokes. Swimming in full coordination and by elements selectively affecting various aspects of technique and special physical preparation. Improving technique of starts and turns. Further development of breath capacity, apnea training and improvement of lung capacity. High use of fins, paddles, belts and weights on the waist. Cooperation with specialized experts in the swimming field for a holistic and individualized approach.	Swimming
							Further improvement of basic sculls during propulsion and transitions, including a variety of kicks from different positions and in multiple directions. Apnea exercises in torpedo, support scull, and eggbeater. Development of eggbeater and body boost at maximum height, performed in place, during propulsion, and in combination with different exercises and types of kicks. Speed travelling in various basic positions, such as bent knee, side bent knee (forward, backward, sideways), fishtail, side fishtail (forward, backward, sideways), and vertical, both in balanced and unbalanced positions. Multi-tasking exercises designed to closely replicate routine performance, as well as special endurance sets combining different types of transitions, swimming, and hybrid codes.	Specific Lap
							Extensive use of special exercises in pairs and groups (composed of sets of codes and hybrids from artistic swimming) to develop special endurance. Learning and refining the technique of technical elements (team, duet, solo) and further improvement of free routine execution. Perfection of all basic positions, sculls, barracudas, twists, twirls, two-direction and unbalanced rotations, continuous spins, and combined spins, with a focus on improving sustained and dynamic height. Refinement of the technique for unbalanced vertical positions and codes from the Flexibility Family, including high-value codes such as F7, F8, F9, and F10. Use of specialized exercises to increase propulsion efficiency during routine performance.	Synchro technique
							Sensitive period for the development of speed-strength and power endurance. PISTE exercises for the JUN-ELI category. Emphasis is on developing flexibility, core stability, coordination, and breath control, while integrating multi-tasking and movement patterns that directly support lifts and routine performance. Focus is on refining power, coordination, and overall athleticism, while maintaining proper technique and ensuring safe progression.	General Physical Preparation
							Exercises to develop core stability, hip and shoulder control, and overall body strength. Active flexibility exercises, including splits, arches, and leg lifts performed with controlled movements. Coordination and balance are improved through compound and multi-task exercises, with a focus on fast and precise transitions between positions. Advanced leg-extension drills and feet-up use for routine hybrids, executed under controlled fatigue. Emphasis on individualization and specialization of the training process.	Special Physical Preparation
							Handstand without partner support, headstand with elements from technical elements and hybrids, walkovers, cartwheels. Further development of acrobatic skills already performed in routines. Focus on perfecting saltos, twists, pikes, with proper technique and control. Specialization for support swimmers includes basket pushes, balance lifts such as feet-to-feet, foot-to-foot, feet-in-hands, and foot-in-hands with different grips. Training in acrobatics is supported through collaboration with multidisciplinary experts, ensuring safety, technical expertise, and an individualized approach.	Acrobatics
							Advanced jazz, contemporary, modern, and hip-hop exercises, combined with performance workshops that integrate dance, cheer, and acrobatic elements to enhance showmanship, confidence, and artistic expression. Classical exercises at the barre (pliés, tendus, dégagés, rond de jambe, and frappés), on the floor, and across the room, including jumps and turns. Emphasis on posture, alignment, core engagement, turnout, coordination, and musicality. Additional work includes active splits, high leg extensions, back arches, and arabesques. Mirror exercises and partner work are used to improve spatial awareness, symmetry, and synchronization. Training is conducted in collaboration with specialized experts, ensuring technical precision, safety, and an individualized approach.	Ballet and Dance
							Focus on technical execution, synchronization, and artistic expression in team routines. Consolidation and precise execution of technical elements for team, duet, and solo. Extensive use of specialized exercises for lifts and hybrids, with an emphasis on sustained and dynamic height, stability, and control. In line with the apnea limits implemented by European Aquatics, specific focus is placed on increasing the speed of code execution in free hybrids without compromising technical quality. Training targets high endurance, consistency under fatigue, and progressive complexity, preparing athletes for future senior-level requirements in both team and individual routines.	Technical, Free, Acrobatic Routine
							Perfection of routine performance with focus on arm sections, angles, positions, directions, synchronization, and artistic impression. Emphasis on sharpness, precision, movement accents, and highlighting key moments of the routine. Extensive use of auxiliary equipment and optional weights during land drills.	Landdrill
							Strong focus on mental training and visualization to support confident, precise, and consistent routine execution. Breathing techniques are used to enter a focused "performance zone," regulate arousal, improve apnea control, and support calm, efficient execution during routines and competitions. Training may also include: - Personal sessions with a mental coach for goal-setting, stress management, and performance reflection. - Advanced visualization exercises, including imagining full routines, specific elements, codes, hybrids and handling unexpected challenges. - Self-talk and focus strategies to maintain concentration under pressure. - Pre-performance routines and rituals to enhance readiness and reduce competition anxiety. - Mindfulness and relaxation exercises to recover between high-intensity training sessions and competitions. Extra sessions in water and on land to build team trust, unity, and cooperation, including various team events and challenges.	Mental (mindfulness) preparation

Age category	FTEM	Test Level	Goals (national)	Goals (International)	Training frequency per week	Training hours per week	Development of specific skills	Training content
ELITE	T4-E2	5	Swiss Elite National Team, Swiss Championship, Regional Competitions, PISTE	Open Competitions, World Cups, European Championships, World Championships, Olympic Games	10-12	22-26	Advanced individualisation and specialisation of the training process. Improvement of special exercises on land and in water to further develop physical qualities, skills, and abilities through increased training volume and intensity. Extensive use of additional equipment on land and in water. Cooperation with specialized experts in the swimming field for a holistic and individualized approach.	Swimming General Physical Preparation Special Physical Preparation
							Further perfection of basic sculls during propulsion and transitions, including a variety of kicks from different positions and in multiple directions. Apnea exercises in torpedo, support scull, and eggbeater. Development of eggbeater and body boost at maximum height, performed in place, during propulsion, and in combination with different exercises and types of kicks. Speed travelling in various basic positions, such as bent knee, side bent knee (forward, backward, sideways), fishtail, side fishtail (forward, backward, sideways), and vertical, both in balanced and unbalanced positions. Multi-tasking exercises designed to closely replicate routine performance, as well as special endurance sets combining different types of transitions, swimming, and hybrid codes.	Specific Lap
							Perfection of all basic positions, sculls, barracudas, twists, twirls, continuous spins, combined spins, two-direction rotations, and unbalanced rotation techniques. Continuous work on codes from the Flexibility Family and unbalanced vertical positions, along with ongoing improvement of the execution of technical elements in team, duet, and solo routines.	Synchro technique
							Handstands without partner support; headstands incorporating elements from technical elements and hybrids; walkovers; different types of cartwheels. Further development of acrobatic skills already performed in routines, with a focus on perfecting saltos, twists, and pikes with proper technique and control. Further specialization for support swimmers includes basket pushes and balance lifts such as feet-to-feet, foot-to-foot, feet-in-hands, and foot-in-hands with different grips. Training in acrobatics is supported through collaboration with multidisciplinary experts, ensuring safety, technical expertise, and an individualized approach.	Acrobatics
							Advanced jazz, contemporary, modern, and hip-hop exercises, combined with performance workshops that integrate dance, cheer, and acrobatic elements to enhance showmanship, confidence, and artistic expression. Classical exercises at the barre (pliés, tendus, dégagés, rond de jambe, and frappés), on the floor, and across the room, including jumps and turns. Emphasis on posture, alignment, core engagement, turnout, coordination, and musicality. Additional work includes active splits, high leg extensions, back arches, and arabesques. Mirror exercises and partner work are used to improve spatial awareness, symmetry, and synchronization. Training is conducted in collaboration with specialized experts, ensuring technical precision, safety, and an individualized approach.	Ballet and Dance
							Improving the technique of technical elements (team, duet, solo) and further refining free hybrid execution, with consistent and gradual increases in difficulty (DD). Achieving stability and automatization of techniques in the execution of technical elements and hybrids, with consistent and solid performance without base marks under fatigue. Advanced individualization and specialization of the training process and routine conditioning. Extensive use of specialized exercises for lifts and integration of new acrobatic codes into routines.	Technical, Free, Acrobatic Routine
							Perfection of routine performance with a focus on arm sections, angles, positions, directions, synchronization, and artistic impression. Emphasis on sharpness, precision, movement accents, and highlighting key moments of the routine. Extensive use of auxiliary materials and weights during land drills.	Landdrill
							Strong focus on mental training and visualization to support confident, precise, and consistent routine execution. Breathing techniques are used to enter a focused "performance zone," regulate arousal, improve apnea control, and support calm, efficient execution during routines and competitions. Training may also include: - Personal sessions with a mental coach for goal-setting, stress management, and performance reflection. - Advanced visualization exercises, including imagining full routines, specific elements, codes, hybrids and handling unexpected challenges. - Self-talk and focus strategies to maintain concentration under pressure. - Pre-performance routines and rituals to enhance readiness and reduce competition anxiety. - Mindfulness and relaxation exercises to recover between high-intensity training sessions and competitions. Extra sessions in water and on land to build team trust, unity, and cooperation, including various team events and challenges.	Mental (mindfulness) preparation



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