

Long Term Swimmer Development Model

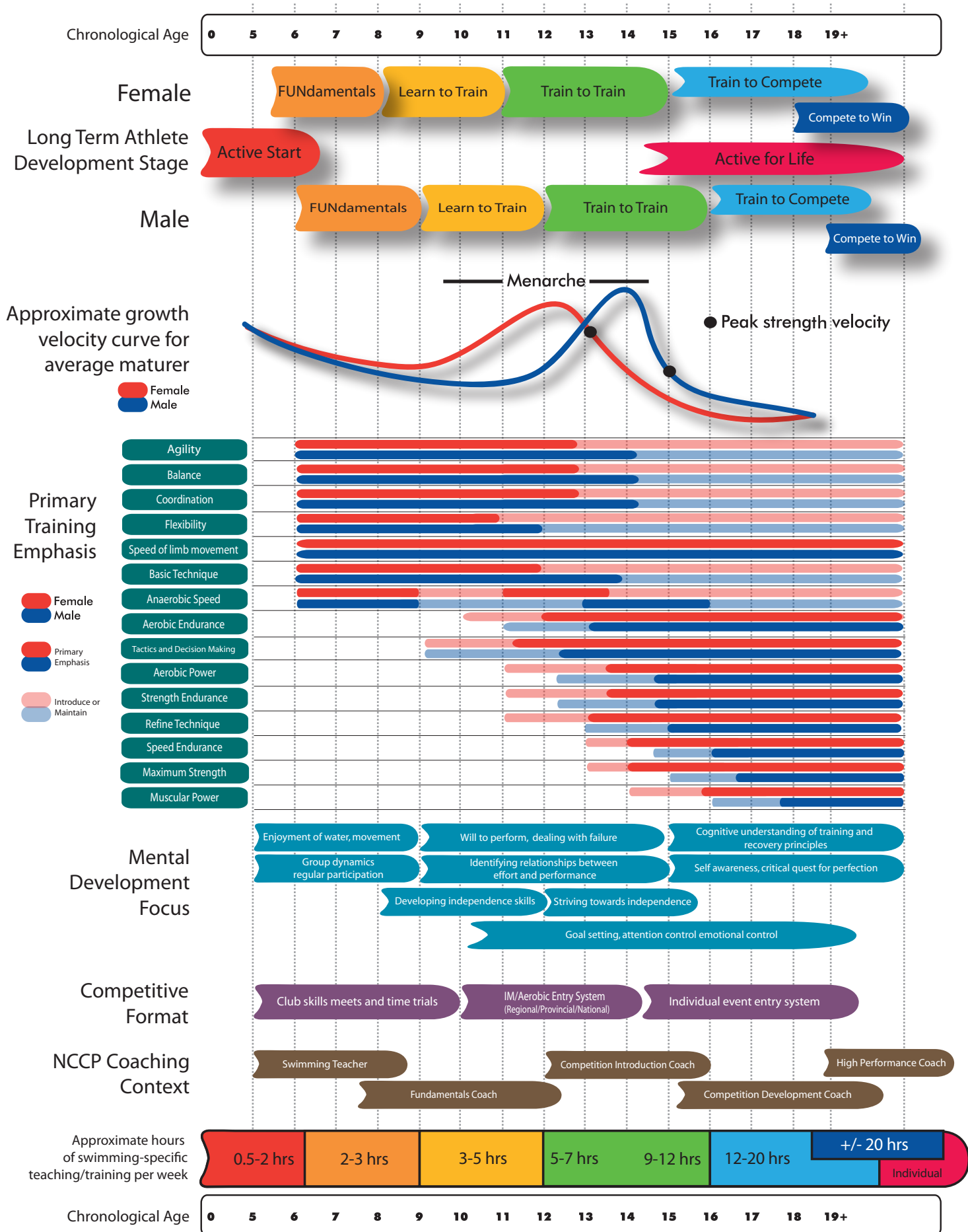
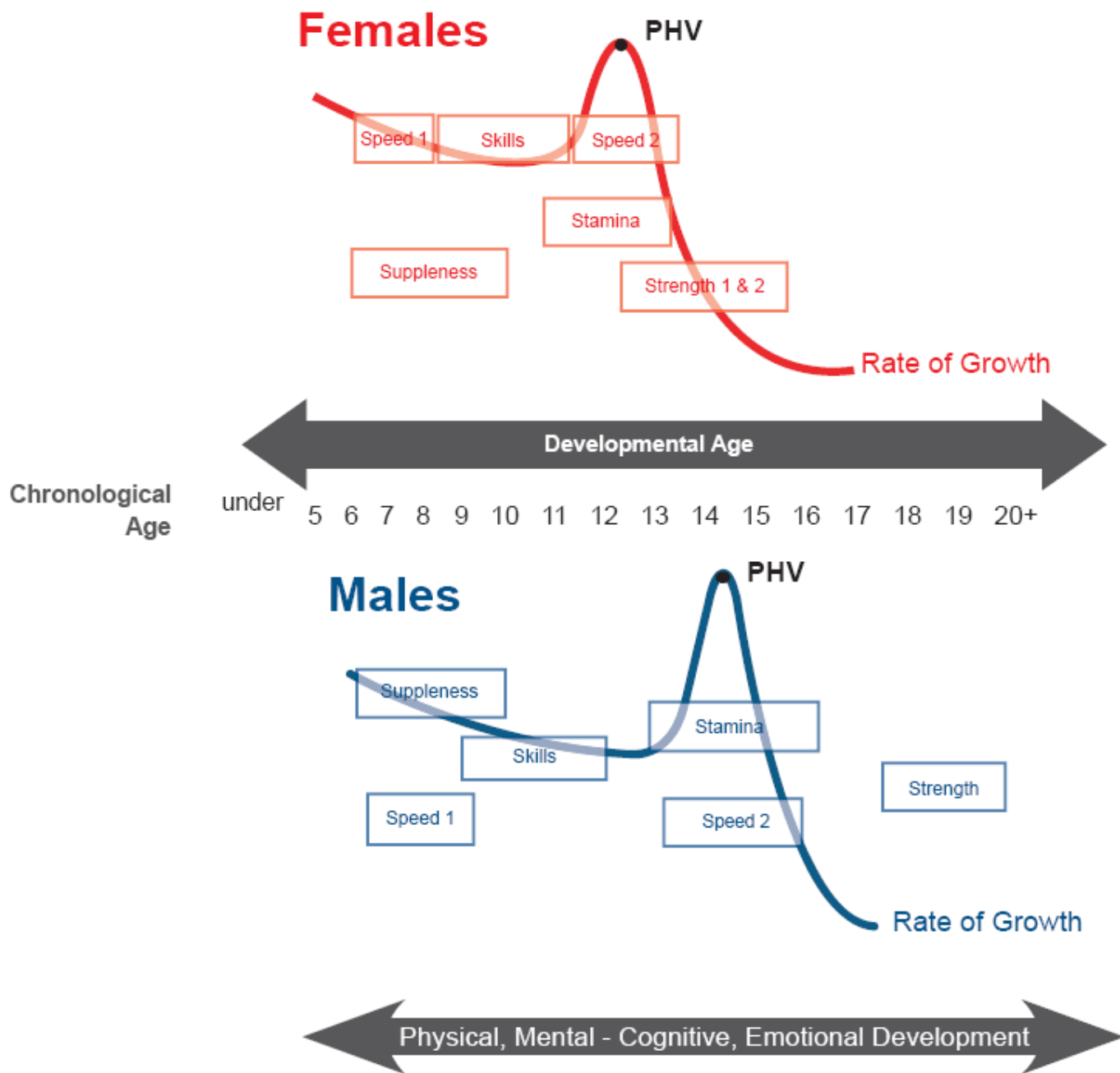


Figure 8 PacificSport - Optimal Windows of Trainability (Balyi and Way, 2005)



All Systems Are Always Trainable!