

# COACH SEMINAR



## Exclusive Training with Walter Bolognani



4-8 September 2025  
Pristina

Lecturer: Walter Bolognani,  
Italian coach with long  
experience in developing  
elite swimmers.



# COACH SEMINAR

**THURSDAY – 3 hours in the morning (09:00–12:00)  
and 3 hours in the afternoon (14:00–17:00)**

- Introduction and Training Objectives: Training goals and expectations, understanding the stages of development of young swimmers.
- Talent Identification: Who is considered talent, what to do, when and how to intervene.
- Long Term Athlete Development (LTAD): Principles of long-term planning, identifying appropriate training areas, monitoring swimmers' progress and development.

**FRIDAY – 3 hours in the morning (09:00–12:00)  
and 3 hours in the afternoon (14:00–17:00)**

- Energy Methodology and Systems.
- Periodization for Junior Swimmers: The basics of periodization, balancing training with recovery, managing intensity and volume throughout the year.
- Designing Effective Training Sessions: Structuring warm-ups, core and cool-downs, exercise variety and progression, sample plans for different skill levels.



# COACH SEMINAR

**SATURDAY** – 3 hours in the morning **(09:00–12:00)**  
and 3 hours in the afternoon **(14:00–17:00)**

- **Technical and Skill Development:** Basic techniques of swimming styles, exercises to increase efficiency, common mistakes and how to correct them.
- **Practical Session in the Pool** with practical demonstration.

**SUNDAY** – Mornings only **(09:00–12:00)**

- **The Importance of Strength and Conditioning for Junior Swimmers:** Out-of-water exercises, age-appropriate exercises, injury prevention.
- **The Importance of Nutrition and Hydration:** Basic guidelines for maintaining performance.
- **Q&A** (can be done at the end of each session).
- **Closing of Training and Distribution of Certificates.**

