

Type of Training Overall	Fitness/fun Weekly Focus	Type of training /Competitive	Public Holidays	Date	
				Month	Sunday date
				Week #	
	New Year	New Year Fun time		1	2
Pre Season	Freestyle	Pacing basics		2	9
Pre Season	Backstroke	General Endurance		3	16
Pre Season	Breaststroke	General Endurance	Oz day 27th	4	23
Pre Season	Fly & Turns	Aerobic base		5	30
Pre Season	IM	Aerobic base		6	6
Pre Season	Dives/starts/finishes	Threshold Pacing		7	13
Event opportunity	HAG	Threshold Pacing		8	20
General Endurance	Freestyle	Specific Endurance	ACT Meet 26	9	27
General Endurance	Backstroke	Specific Endurance		10	6
General Endurance	Breaststroke	Sprinting/starts/finishes		11	13
General Endurance	Fly & Turns	Quality - Race Pace		12	20
General Endurance	IM	Quality - Race Pace		13	27
General Endurance	Dives/starts/finishes	Quality - Race Pace		14	3
Event Opportunity	HAG	Taper		15	10
Aerobic Base	Freestyle	Taper	Easter 15-18th	16	17
Aerobic Base	Backstroke	National 20-24th SY	ANZAC 25th	17	24
Aerobic Base	Breaststroke	Recovery		18	1
Aerobic Base	Fly & Turns			19	8
Aerobic Base	IM			20	15
Aerobic Base	Dives/starts/finishes			21	22
Event Opportunity	HAG			22	29
Specific Endurance	Freestyle	World Mast may 31- jun 9		23	5
Specific Endurance	Backstroke		Queens 13th	24	12
Specific Endurance	Breaststroke			25	19
Specific Endurance	Fly & Turns			26	26
Specific Endurance	IM			27	3
Specific Endurance	Dives/starts/finishes			28	10
Event opportunity	HAG	General Endurance		29	17
Quality	Freestyle	General Endurance		30	24
Quality	Backstroke	Aerobic base		31	31
Quality	Breaststroke	Aerobic base		1	7
Quality	Fly & Turns	Threshold Pacing		2	14
Quality	IM	Threshold Pacing		3	21
Quality	Dives/starts/finishes	Specific Endurance		4	28
Event opportunity	HAG	Specific Endurance		5	4
General Endurance	Freestyle	Sprinting/starts/finishes		6	11
General Endurance	Backstroke	Quality - Race Pace		7	18
General Endurance	Breaststroke	Quality - Race Pace		8	25
General Endurance	Fly & Turns	Quality - Race Pace		9	1
Special Type Training	Open water Skills/drills	Taper	PH 3rd	10	8
Special Type training	Open water Skills/drills	Taper		11	15
General Endurance	IM	15/16 NSW LCCB		12	22
General Endurance	Dives/starts/finishes			13	29
Event opportunity	HAG			14	5
General Endurance	Freestyle	PANPACs 9-12 Gold Coast		15	12
General Endurance	Backstroke			16	19
General Endurance	Fly & Turns			17	26
General Endurance	IM			18	3
General Endurance	Dives/starts/finishes			19	10
Event opportunity	HAG			20	17
Maintenance	Fun challenge swims			21	24
	Xmas	Xmas	Xmas day	22	31

**Pre Season** – Low to Moderate volume. General work on all strokes and IM; emphasis on technique and skill development.

**Maintenance** – Low to medium volume with mixed intensity sets to maintain all energy systems.

**General Endurance** – Increasing volume of main stroke/s (less stroke switching).

Focus on technique.

**Aerobic Base** plus Aerobic Endurance Sets – Some higher intensity sets introduced.

**Specific Endurance/**

**Threshold** – Maintain Aerobic base but include more race specific high aerobic end sets.

**Quality** – Reduced volume but slight increase in Lactate and Sprint sets/Race pace.

**Taper** – Maintain some intensity but reduce volume of all sets and overall volume.

**Recovery** – Low Intensity Aerobic Base and Aerobic Endurance/ Moderate volume/ Emphasis skills & technique.