

2024 ATP – Quick Reference Guide

2024 Example – ATP Training for Major Competitions. Full Plan only developed if member entry numbers warrant it.

Date	Month	January				February				March				April				May				June				July				August				September				October				November				December				Notes													
	W/C Sunday	7	14	21	28	4	11	18	25	3	10	17	24	31	7	14	21	28	5	12	19	26	2	9	16	23	30	7	14	21	28	4	11	18	25	1	8	15	22	29	6	13	20	27	3	10	17	24	1		8	15	22										
	Week #	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	37	38	39	40	41	42	43	44	45	46	47	48	49		50	51	52										
Public Holidays / Masters Comps				Oz day 26th									Easter LWE		NSW LC 13-1			Nats DN 3-6																					NSW SC 12-1				PanPacs 6-9																				Xmas hols
Type of Training Competition swimmers		Back to Basics all aspects Pre Season Pre Season Pre Season Pre Season General Endurance General Endurance Gen End & HAG to Ck progress General Endurance Aerobic Base Aerobic Base Threshold Threshold Quality Quality/HAG/ short Taper Quality Race pacing Taper Taper Recovery Maintenance Maintenance HAG Maintenance Maintenance General Endurance General Endurance General Endurance HAG & Family event General Endurance General Endurance General Endurance General Endurance Aerobic Base Aerobic Base Aerobic Base & HAG ck progress Threshold Threshold Threshold Quality Quality /Taper Taper Recovery /HAG Quality Quality /Taper Maintenance Maintenance Maintenance Maintenance HAG Maintenance XMAS Family Fun swim 22/12																																																													
Notes	<p>Pre Season – Low to Moderate volume. General work on all strokes and IM; emphasis on technique and skill development.</p> <p>Maintenance – Low to medium volume with mixed intensity sets to maintain all energy systems. General Endurance – Increasing volume of main stroke/s (↓ stroke switching). Focus on technique. Aerobic Base + Aerobic Endurance / higher intensity sets intro. Threshold – Maintain Aerobic base but include more race specific high aerobic end sets.</p> <p>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.</p> <p>Recovery – Low Intensity Aerobic Base and Aerobic Endurance/ Moderate volume/ Emphasis skills & technique.</p>																																																														
	Target events NSW Long course April 13 & 14 in Sydney. National Championships in Darwin 3-6 April. Nsw Short course championships in Canberra 12 & 13 October. Alice Springs Masters Games 12-19 October. PanPacs Gold Coast 6-9 Nov. Yet to be advised NSW Relay Championships (maybe July) . Other Master's Meets June to Dec TBA.																																																														