

2025 COMPETITION

Training Block #	Notes	Type of Training - Competition swimmers	Club / State/ National - event opportunity	2025 Weekly Stroke Focus	Main Public Holidays	Date	
						Month	W/C Sun
						Week #	0
		Holiday Break		Holiday Break		January	5
1		Back to Basics all aspects		FS - Body position, Legs, Arms.		January	12
1		Pre Season		BK - Body position, Legs, Arms.		January	19
1		Pre Season		BS - Body position, Legs, Arms.		January	26
1		General Endurance		Fly/IM - Body position, Legs, Arms.		February	2
1		General Endurance		FS/BK - Breathing, Coordination		February	9
1		Aerobic Base		BS/Fly - Breathing, Coordination		February	16
1		Aerobic Base		IM/STR		February	23
1		Threshold		Race Prac		February	7
1		Threshold	Club	HAG		February	14
2		Quality Race pacing		Race Prac - Pacing		March	2
2		Quality		Race Prac/Taper		March	9
2		Taper	NSW LC SY29-30	FS - Rotation & Leverage		March	16
2		Taper/Recovery	Nat Chp ML 8-12	BK - Rotation & Leverage		March	23
2		Maintenance		BS - Leverage and Kick timing		March	30
2		Maintenance		Fly/IM - Leverage and Kick timing	Easter 18-21	April	6
2		General Endurance		FS/BK - Power and Pacing		April	13
2		Aerobic Base		BS/Fly - Power and Pacing		April	20
2		Aerobic Base		IM - Pacing /STR		April	27
2		Quality		Race Prac		May	4
2		Taper	Club	HAG		May	11
2		Recovery		FS - Efficiency		May	18
3		Maintenance		BK - Efficiency		May	25
3		General Endurance		BS - Efficiency		May	31
3		General Endurance		Fly/IM - Efficiency		June	7
3		Aerobic Base		FS/BK		June	14
3		Aerobic Base		BS/Fly		June	21
3		Threshold	NSW Relay SY 13	IM/STR		June	28
3		Quality		Race Prac		July	5
4		Taper	Club	HAG		July	12
4		Recovery		FS - Power and Pacing		July	19
4		Maintenance		BK - Power and Pacing		July	26
4		General Endurance		BS - Power and Pacing		August	2
4		General Endurance		Fly/IM - Power and Pacing		August	9
4		Aerobic Base		FS/BK - Arms & Legs		August	16
4		Aerobic Base		BS/Fly - Arms & Legs		August	23
4		Threshold		IM/STR		August	30
4		Threshold		Race Prac		September	6
4		Quality	Club	HAG		September	13
5		Quality		Race Prac/ mini Taper		September	20
5		Taper/Recovery	NSW SC Woy 11/12	Mini recovery /Race Prep All Strokes		September	27
5		Taper/Recovery	Games AIS 18-25	Race Prac/Taper		October	4
5		Maintenance		FS - Hybrid options		October	11
5		Maintenance		BK - Hybrid options		October	18
5		Maintenance		BS - Hybrid options		October	25
5		General Endurance		Fly/IM - Hybrid options		November	1
5		General Endurance		FS/BK - Efficiency		November	8
5		Aerobic Base		BS/Fly - Efficiency		November	15
5		Aerobic Base		IM/STR - Efficiency		November	22
6		Threshold		Race Prac		December	29
6		Quality	Club	Family Relay XMAS HAG		December	5
		XMAS Break		Holiday Break	Xmas/NY	December	12
	Assumption: Level 3 swimmers will do the same weekly drill theme as Level 1 & 2 swimmers before moving to the specific "Main Set" training cycle		Target events: NSW LC Sydney March 29/30. Nationals Melbourne April 8-12. NSW Relay event Sydney July 13. NSW SC WoyWoy October 11/12. Masters Games AIS October 18-25.	Codes: FS = Freestyle. BK = Backstroke. BS = Breaststroke. Fly = Butterfly. IM = Individual Medley. Race Prac = Race practice. STR = Starts/Turns/Relays. HAG = Have-A-Go club competition opportunity.			

Pre Season – Low to Moderate volume. General work on all strokes with the 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 strokes (w/ 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.
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 on skills & technique.