

2025 FITNESS & FUN

Training Block #	Training Phase and Cycles for Fitness and Fun Level 1 and 2 swimmers	Club / State/ National - event opportunity	2025 Weekly Stroke Focus	Main Public Holidays	Date	
					W/C Sun	Month
					Week #	1
			Holiday Break		5	1
1	Preparation Basic - Low intensity		FS - Body position, Legs, Arms		12	2
1	Preparation Basic - Low intensity		BK - Body position, Legs, Arms		19	3
1	Preparation Basic - Low intensity		BS - Body position, Legs, Arms		26	4
1	Preparation Basic - Low intensity		Fly/IM - Body position, Legs, Arms		2	5
1	Preparation - Moderate Intensity		FS/BK - Breathing, Coordination		9	6
1	Preparation - Moderate Intensity		BS/Fly - Breathing, Coordination		16	7
1	Preparation Specific - Dives, Starts, Turns, Relays		IM/STR		23	8
1	Competition Specific - High Intensity - Race Prac incl relays		Race Prac		29	9
1	Competition Specific - High Intensity - Race Prac incl relays	Club	HAG		10	10
2	Transition recovery or Moderate Intensity		Race Prac - Pacing		11	11
2	Preparation - Low Intensity or Taper for Competition		Race Prac/Taper		12	12
2	Preparation - Moderate Intensity/Recovery	NSW LC SY29-30	FS - Rotation & Leverage		13	13
2	Preparation - Moderate Intensity/Recovery	Nat Chp ML 8-12	BK - Rotation & Leverage		14	14
2	Preparation - Moderate Intensity/Recovery		BS - Leverage and Kick timing		15	15
2	Preparation - Low Intensity		Fly/IM - Leverage and Kick timing	Easter 18-21	16	16
2	Preparation - Low Intensity		FS/BK - Power and Pacing		17	17
2	Preparation - Moderate Intensity		BS/Fly - Power and Pacing		18	18
2	Preparation - Moderate Intensity		IM - Pacing /STR		19	19
2	Competition Specific - High Intensity - Race Prac incl relays		Race Prac		20	20
2	Competition Specific - High Intensity - Race Prac incl relays	Club	HAG		21	21
3	Transition Recovery		FS - Efficiency		22	22
3	Preparation - Low Intensity		BK - Efficiency		23	23
3	Preparation - Low Intensity		BS - Efficiency		24	24
3	Preparation - Moderate Intensity		Fly/IM - Efficiency		25	25
3	Preparation - Moderate Intensity		FS/BK		26	26
3	Preparation - Moderate Intensity		BS/Fly		27	27
3	Preparation / Competition Relay Practice	NSW Relay SY13	IM/STR		28	28
3	Competition Specific - High Intensity - Race Prac incl relays		Race Prac		29	29
4	Competition Specific - High Intensity - Race Prac incl relays	Club	HAG		30	30
4	Transition Recovery		FS - Power and Pacing		31	31
4	Preparation - Low Intensity		BK - Power and Pacing		1	1
4	Preparation - Low Intensity		BS - Power and Pacing		2	2
4	Preparation - Low Intensity		Fly/IM - Power and Pacing		3	3
4	Preparation - Moderate Intensity		FS/BK - Arms & Legs		4	4
4	Preparation - Moderate Intensity		BS/Fly - Arms & Legs		5	5
4	Preparation - Moderate Intensity		IM/STR		6	6
4	Competition Specific - High Intensity - Race Prac incl relays		Race Prac		7	7
4	Competition Specific - High Intensity - Race Prac incl relays	Club	HAG		8	8
5	Preparation - Low Intensity or Taper for Competition		Race Prac/mini Taper		9	9
5	Preparation - low Intensity/Recovery	NSW SC Woy	Mini recovery /Race Prep All Strokes		10	10
5	Preparation - Low Intensity	Games AIS	Race Prac/Taper		11	11
5	Preparation - Moderate Intensity/Recovery		FS - Hybrid options		12	12
5	Preparation - Moderate Intensity		BK - Hybrid options		13	13
5	Preparation - Moderate Intensity		BS - Hybrid options		14	14
5	Preparation - Moderate Intensity		Fly/IM - Hybrid options		15	15
5	Preparation - Moderate Intensity		FS/BK - Efficiency		16	16
5	Preparation - Moderate Intensity		BS/Fly - Efficiency		17	17
6	Preparation Specific - Relay		IM/STR - Efficiency		18	18
6	Competition Specific - High Intensity - Race Prac incl relays		Race Prac		19	19
6	Competition Specific - High Intensity - Race Prac incl relays	Club	Family Relay XMAS HAG		20	20
			Holiday Break	Xmas/NY	21	21
					28	28
	Training Cycle progress: - Low intensity (Aerobic) focus on moderate to high Volume in distance but low intensity. Moderate Intensity (Endurance) focuses on moderate volume and moderate intensity. High Intensity (Aerobic Endurance) is the peak week(s) of effort in the cycle & focuses on pushing toward the anaerobic/lactate threshold. Recovery is reducing volume and intensity to allow the body to recover.	Assumption - Fitness and Fun swimmers will participate in club "Have-A-Go" events and may participate in Masters events.	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. Taper = Reduced workload prior to event. Recovery = Post event low intensity session.			Notes