

South Coast Adult Swim Club - Annual Training Plan 2025

The purpose of this plan is to inform members about the club's Annual Training Plan (ATP), its component parts and provide guidelines for the coaching team to follow in creating and delivering the three weekly training sessions.

The plan is designed to meet the needs of the average club swimmer, who according to the outcome of the Club's 2024/25 swimmer survey: –

1. Intends to swim with the club three times per week,
2. Intends to participate in club "Have-A-Go" events,
3. Is a competitive swimmer, training in preparation to swim at several major Masters State (NSW) and National events,
4. Preferred strokes and distances are - Freestyle 25-200M, Backstroke 25-50M, Breaststroke 25-50M, Butterfly, 25-50M.
5. Wants training sessions to include technique drills across all strokes including starts and turns,
6. Wants yearly training cycles to include Aerobic type exercise with various levels of intensity,
7. Wants the opportunity to attend Masters Stroke Workshops, if held on the NSW south coast,
8. Wants the opportunity to have their stroke(s) videoed, analysed and receive feedback from the coach,
9. Wants to assist the coaching team by being a Lane Leader.

The major change from last year's survey has been the increased intent of more members to participate in Masters competitions. This is to be expected given the numbers of swimmers travelling to participate in the 2024 National championship in Darwin, NSW State Long and short course championships, Victorian short course championships, PanPacs at the Gold Coast, plus several NSW branch meets.

Club training sessions are generally subdivided into three skill and fitness levels. Level 1 and Level 2 are the fitness and fun lanes with Level 3 and Level 3 Distance being squad lanes. All sessions are structured to include at least: a warmup, stroke/skill drills, main set(s) where the overall technical and fitness levels are improved, and a cool down. The intent is to have all sessions coached by an on-pool deck coach; however, the club also has two qualified Program Leaders who can lead the session designed by the coach.

The club collects swimmers' goals annually via a Swimmer survey. These goals influence both the ATP and the structure of each cycle's programming. This ATP has information down to the weekly level and provides the necessary guidance to the session coach who prepares and delivers sessions.

This 2025 ATP includes two plan overviews - One for those training for "Fitness and Fun" purposes and one for those who train in a more intense "squad" like environment, specifically for entry into multiple competitions such as State and National Masters events. Squad swimmers are expected to understand and comply with Masters Australia Swimming Rules (May 2024 edition). Technical competence is checked by the coaching team during normal training sessions and at HAG events. Note: a specific ATP for Level 3 (Distance /Triathlete) swimmers will only be developed where multiple swimmers are training for (summer) seasonal open water events, otherwise, the Level 3 "squad" plan will be used with main sets to cater for longer distance swims of between 200 and 1500 meters.

Due to limited pool space this plan sets out the minimum entry requirements for each level (1, 2 and 3), however, the basic requirement for a try out swim with the club is to be able to swim 50M without stopping in one stroke.

- Level 1 swimmers are expected to be able to swim at least 2 of the 4 strokes and complete 50M without needing to stop. Swimmers at this level can expect to focus on repetitions from 25M to 100M in Freestyle, Backstroke and Breaststroke, however, there will also be introductory level Butterfly stroke elements. The primary focus is on fitness, fun and stroke work.
- Level 2 swimmers are expected to meet level 1 standard. In addition, all Butterfly stroke elements will be practiced. Distance requirements are increased to complete at least 200M without needing to stop. Primary focus is on fitness, fun, stroke work and start/turns and relays.

- Level 3 swimmers are expected to be competent in at least 2 of the 4 strokes and complete at least 400M without needing to stop. Level 3 and Level 3 Distance lanes are organised and run as a “Squad” where the primary focus is on: fitness, stroke technique work and general readiness for participation to swim in the major meets (open water or pool). For 2025, four specific meets are targeted: NSW Long course championships in March, the National championships in April, the NSW Short course championships in October and the Australian Masters Games in October.

Note: This plan includes drills and skill work on all strokes, however, where regular swimmers cannot physically or do not want to swim the weekly themed stroke, they are required to discuss this with the Head Coach ASAP so that alternates can be confirmed and approved for the year. For those swimmers who only attend club sessions occasionally, options should be discussed with the session coach at the pre-session briefing. Club members are offered the opportunity to learn all strokes in a structured way e.g. by doing just part of the stroke initially.

Fitness and ability to progress from one level to another is measured by participation in “Have a Go” sessions and Head coach check of swimmer’s technical proficiency and fitness. Members are encouraged to attend all sessions that best meet their swimming goals and fitness needs.

Each week of training commences on a Sunday with a 1.5 hr session, this is followed by 1.5-hour session on Tuesday and a 1-hour Friday session. Both sessions are aligned with the main Sunday session.

All sessions are run from the club’s “home” pool at Pambula, with sessions times of: Sunday: 1000 – 1130, Tuesday: 1100 – 1230, Friday: 1730 – 1830. Occasionally, during the summer months the Sunday session may be moved to one of the districts outdoor 50M pools nominally, Eden or Candelo.

Swimmers are encouraged to attend 2 or more sessions per week. Many of the session plans are published on the club’s website and thus available to members to swim or repeat in their own time. Swimmers are also encouraged to swim additional sessions in their own time if required to meet their swimming goals and fitness needs. The Sunday and Tuesday sessions being 1.5 hours, provide sufficient time to include skills activities such as dive/starts, turns and relays. Friday sessions being only 1 hour in length only allows a brief inclusion of these activities.

The ATP’s main points are:

- It covers one calendar year
- It contains Phases: Training types, effort / volume to be expected, and weekly (stroke/skill) focus.
- Each training cycle concludes with a HAG event opportunity for swimmers to test their fitness and ability. This year’s plan also includes a Christmas “family” style HAG event where relays and handicap events will be programmed.

Overview of the year: There are five blocks (repetitions) through the year. This caters for stroke technique to be introduced and consolidated via a weekly stroke theme rotation:

- Freestyle, Backstroke, Breaststroke, Butterfly and Individual Medley will feature 10 times,
- Race preparation will feature 10 times and includes dive starts/turns, and
- Club HAG events are scheduled 5 times including 1 Family event opportunity.

Training workload varies across the year as phases are introduced and fitness increases.

For level 1 and 2 swimmers their Training Cycle will nominally progress through: -

- 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) in 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.

For level 3 swimmers their training cycle will nominally progress through:

- Pre-season = Low to moderate volume. General work on all strokes including IMs, emphasis is on technique and skills development.
- Maintenance = Low to medium volume with mixed intensity sets to maintain all energy systems.
- General Endurance = Increasing volume of main stroke(s) with less stroke switching. Focus on technique.
- Aerobic base+ Aerobic Endurance = Some higher intensity sets introduced.
- Specific Endurance/Threshold = Maintain aerobic base but includes 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. Only moderate volume with the emphasis on skills and technique.

Why does the ATP include all strokes? There are many benefits to knowing how to swim several different strokes:

- **A Better workout:** Swimming several strokes, allows the use different muscles, and enables a better workout.
- **Less injuries:** The risk of a getting injured decreases as swimmers don't always do the same movements.
- **Variety:** More fun because workouts are more varied as more strokes can be used.
- **Skill transfer:** The skills that you learn in one stroke often relate to another stroke e.g. the body rotation skills of freestyle are also aligned to backstroke.
- **Versatility:** Swimming in the pool can help in other sports such as Triathlons.

Swimmer Video Analysis

Opportunities will again be offered during the year for both short and long form analysis. Short form will be verbal feedback on the video as seen on the notebook screen poolside as part of the normal training session. The long form is as above but also includes a detailed analysis with written feedback, recommendations, and access to a copy of the swimmer's video.

The two outline plans are on the next pages.

Sue Keey

Head Coach

Sapphire Coast Adult Swim Club.

11th Jan 2025

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	
					Week#	Month
			Holiday Break		1	January
1	Preparation Basic - Low intensity		FS - Body position, Legs, Arms		2	January
1	Preparation Basic - Low intensity		BK - Body position, Legs, Arms		3	January
1	Preparation Basic - Low intensity		BS - Body position, Legs, Arms		4	January
1	Preparation Basic - Low intensity		Fly/IM - Body position, Legs, Arms		5	January
1	Preparation - Moderate Intensity		FS/BK - Breathing, Coordination		6	February
1	Preparation - Moderate Intensity		BS/Fly - Breathing, Coordination		7	February
1	Preparation Specific - Dives, Starts, Turns, Relays		IM/STR		8	February
1	Competition Specific - High Intensity - Race Prac incl relays		Race Prac		9	February
1	Competition Specific - High Intensity - Race Prac incl relays	Club	HAG		10	March
2	Transition recovery or Moderate Intensity		Race Prac - Pacing		11	March
2	Preparation - Low Intensity or Taper for Competition		Race Prac/Taper		12	March
2	Preparation - Moderate Intensity/Recovery	NSW LC SY29-30	FS - Rotation & Leverage		13	March
2	Preparation - Moderate Intensity/Recovery	Not Chp ML8-12	BK - Rotation & Leverage		14	April
2	Preparation - Moderate Intensity/Recovery		BS - Leverage and Kick timing		15	April
2	Preparation - Low Intensity		Fly/IM - Leverage and Kick timing	Easter 18-21	16	April
2	Preparation - Low Intensity		FS/BK - Power and Pacing		17	April
2	Preparation - Moderate Intensity		BS/Fly - Power and Pacing		18	April
2	Preparation - Moderate Intensity		IM - Pacing /STR		19	May
2	Competition Specific - High Intensity - Race Prac incl relays		Race Prac		20	May
2	Competition Specific - High Intensity - Race Prac incl relays	Club	HAG		21	May
3	Transition Recovery		FS - Efficiency		22	June
3	Preparation - Low Intensity		BK - Efficiency		23	June
3	Preparation - Low Intensity		BS - Efficiency		24	June
3	Preparation - Moderate Intensity		Fly/IM - Efficiency		25	June
3	Preparation - Moderate Intensity		FS/BK		26	June
3	Preparation - Moderate Intensity		BS/Fly		27	July
3	Preparation / Competition Relay Practice	NSW Relay SY13	IM/STR		28	July
3	Competition Specific - High Intensity - Race Prac incl relays		Race Prac		29	July
4	Competition Specific - High Intensity - Race Prac incl relays	Club	HAG		30	July
4	Transition Recovery		FS - Power and Pacing		31	August
4	Preparation - Low Intensity		BK - Power and Pacing		1	August
4	Preparation - Low Intensity		BS - Power and Pacing		2	August
4	Preparation - Low Intensity		Fly/IM - Power and Pacing		3	August
4	Preparation - Moderate Intensity		FS/BK - Arms & Legs		4	August
4	Preparation - Moderate Intensity		BS/Fly - Arms & Legs		5	August
4	Preparation - Moderate Intensity		IM/STR		6	September
4	Competition Specific - High Intensity - Race Prac incl relays		Race Prac		7	September
4	Competition Specific - High Intensity - Race Prac incl relays	Club	HAG		8	September
5	Preparation - Low Intensity or Taper for Competition		Race Prac/ mini Taper		9	September
5	Preparation - low Intensity/Recovery	NSW SC Way	Mini recovery /Race Prep All Strokes		10	October
5	Preparation - Low Intensity	Games AIS	Race Prac/Taper		11	October
5	Preparation - Moderate Intensity/Recovery		FS - Hybrid options		12	October
5	Preparation - Moderate Intensity		BK - Hybrid options		13	November
5	Preparation - Moderate Intensity		BS - Hybrid options		14	November
5	Preparation - Moderate Intensity		Fly/IM - Hybrid options		15	November
5	Preparation - Moderate Intensity		FS/BK - Efficiency		16	November
5	Preparation - Moderate Intensity		BS/Fly - Efficiency		17	November
6	Preparation Specific - Relay		IM/STR - Efficiency		18	December
6	Competition Specific - High Intensity - Race Prac incl relays		Race Prac		19	December
6	Competition Specific - High Intensity - Race Prac incl relays	Club	Family Relay XMAS HAG		20	December
			Holiday Break	Xmas/NY	21	December
	<p>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.</p>	<p>Assumption - Fitness and Fun swimmers will participate in club "Have-A-Go" events and may participate in Masters events.</p>	<p>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.</p>			Notes

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 #
						January	5
1		Holiday Break		Holiday Break		January	12
1		Back to Basics all aspects		F5 - Body position, Legs, Arms.		January	19
1		Pre Season		BK - Body position, Legs, Arms.		January	26
1		Pre Season		BS - Body position, Legs, Arms.		February	2
1		General Endurance		Fly/IM - Body position, Legs, Arms.		February	9
1		General Endurance		F5/BK - Breathing, Coordination		February	16
1		Aerobic Base		BS/Fly - Breathing, Coordination		February	23
1		Aerobic Base		IM/STR		February	30
1		Threshold		Race Prac		March	6
1		Threshold	Club	HAG		March	13
2		Quality Race pacing		Race Prac - Pacing		March	20
2		Quality		Race Prac/Taper		March	27
2		Taper	NSW LC SY29-30	F5 - Rotation & Leverage		March	3
2		Taper/Recovery	Not Chp ML 8-12	BK - Rotation & Leverage		March	10
2		Maintenance		BS - Leverage and Kick timing		March	17
2		Maintenance		Fly/IM - Leverage and Kick timing	Easter 18-21	March	24
2		General Endurance		F5/BK - Power and Pacing		April	1
2		Aerobic Base		BS/Fly - Power and Pacing		April	8
2		Aerobic Base		IM - Pacing /STR		April	15
2		Quality		Race Prac		April	22
2		Taper	Club	HAG		April	29
3		Recovery		F5 - Efficiency		May	6
3		Maintenance		BK - Efficiency		May	13
3		General Endurance		BS - Efficiency		May	20
3		General Endurance		Fly/IM - Efficiency		May	27
3		Aerobic Base		F5/BK		June	3
3		Aerobic Base		BS/Fly		June	10
3		Threshold	NSW Relay SY 13	IM/STR		June	17
3		Quality		Race Prac		June	24
4		Taper	Club	HAG		June	30
4		Recovery		F5 - Power and Pacing		July	7
4		Maintenance		BK - Power and Pacing		July	14
4		General Endurance		BS - Power and Pacing		July	21
4		General Endurance		Fly/IM - Power and Pacing		July	28
4		Aerobic Base		F5/BK - Arms & Legs		August	4
4		Aerobic Base		BS/Fly - Arms & Legs		August	11
4		Threshold		IM/STR		August	18
4		Threshold		Race Prac		August	25
4		Quality	Club	HAG		August	31
5		Quality		Race Prac/mini Taper		September	7
5		Taper/Recovery	NSW SC Woy 11/12	Mini recovery /Race Prep All Strokes		September	14
5		Taper/Recovery	Games AIS 18-25	Race Prac/Taper		September	21
5		Maintenance		F5 - Hybrid options		September	28
5		Maintenance		BK - Hybrid options		October	5
5		Maintenance		BS - Hybrid options		October	12
5		General Endurance		Fly/IM - Hybrid options		October	19
5		General Endurance		F5/BK - Efficiency		October	26
5		Aerobic Base		BS/Fly - Efficiency		November	2
5		Aerobic Base		IM/STR - Efficiency		November	9
6		Threshold		Race Prac		November	16
6		Quality	Club	Family Relay XMAS HAG		November	23
6		XMAS Break		Holiday Break	Xmas/NY	December	30
	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 Woy/Woy October 11/12. Masters Games AIS October 18-25.	Codes: F5 = 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.			

