

Training Block #	Training Phase and Cycles (including main set emphasis)	Club / State/ National - event opportunity	2026 Weekly Stroke Focus	Main P/H	Date	
					Month	Notes
					W/C Sun Week #	
	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 - All 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 Pract = 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.			
	Holiday Break		Holiday Break		4	
1	Preparation - Low intensity		FS - Body pos, Breathing, Legs, Arms.		11	
1	Preparation - Moderate intensity		BK - Body pos, Breathing, Legs, Arms		18	
1	Preparation - High intensity		BS - Body pos, Breathing, Legs, Arms	26	25	
1	Preparation - Recovery		Fly/IM - Body pos, Breathing, Legs, Arms		5	
1	Preparation - Moderate Intensity		FS/BK - Coord/Timing		6	
1	Preparation - Moderate Intensity		BS/Fly - Coord/Timing		7	
1	Preparation Specific - Moderate intensity Dives, Starts, Turns, Competition Specific - High intensity - Race Pract incl relays		All strokes - power /STR		8	
1	Competition Specific - High intensity - Race Pract incl relays	Club	Race Practice		9	
2	Transition Recovery - Moderate Intensity		HAG		10	
2	Preparation - Moderate intensity		FS - Rotation & Leverage		8	
2	Preparation Specific - High intensity		BK - Rotation & Leverage		11	
2	Competition Specific - High intensity - Race Pract incl relays		BS - Leverage and Kick timing		12	
2	Competition Specific - Taper	NSW LC SY 11-12	Race Prac/STR/Time trials	3-6	14	
2	Competition Specific - Recovery		All Strokes Technique		12	
2	Competition Specific - Taper	Not Chp BN 28-2	Race Prac STR		19	
2	Transition Recovery - Low Intensity		Form Technique	25	26	
3	Preparation - Moderate intensity		FS - Efficiency		3	
3	Preparation - Moderate intensity		BK - Efficiency		10	
3	Preparation - High intensity		BS - Efficiency		17	
3	Preparation - Moderate intensity		Fly/IM - Efficiency		20	
3	Preparation - Moderate intensity		FS/BK - arms/legs		21	
3	Preparation Specific - High intensity Dives, Starts, Turns, Competition Specific - High intensity - Race Pract incl relays		BS/Fly - arms /legs	8	7	
3	Competition Specific - High intensity - Race Pract incl relays		All strokes / STR		14	
3	Transition Recovery Moderate Intensity	Club	Race Prac		21	
4	Preparation - Moderate intensity	18 NSW SCLongDist	HAG		26	
4	Preparation - Moderate intensity		FS - Power and Pacing		5	
4	Preparation - Moderate intensity		BK - Power and Pacing		12	
4	Preparation - Moderate intensity		BS - Power and Pacing		19	
4	Preparation - Moderate intensity		Fly/IM - Power and Pacing		26	
4	Preparation - Moderate intensity		FS/BK - Rotation & Leverage		2	
4	Preparation Specific - High intensity Dives, Starts, Turns, Competition Specific - High intensity - Race Pract incl relays		BS/Fly - Kick & Timing		9	
4	Competition Specific - High intensity - Race Pract incl relays		All strokes /STR		16	
5	Transition Recovery Moderate Intensity		Race Prac/STR/time trials		23	
5	Preparation - Moderate Intensity		FS - Efficiency		30	
5	Preparation - Moderate Intensity		BK - Efficiency		6	
5	Preparation - High intensity		BS - Efficiency		13	
5	Preparation Specific - High intensity Dives, Starts, Turns, Competition Specific - Taper - Race Pract incl relays		Fly/IM - Efficiency		20	
5	Competition Specific - High intensity - Race Pract incl relays	NSW SC CB 10/11	Race Prac/STR/time trials	5	27	
6	Transition Recovery Moderate Intensity		Race Pract / Relay Tech		4	
6	Preparation - Moderate Intensity		Form Technique		11	
6	Preparation - Moderate Intensity		A & B strokes - Body Posn & breathing		18	
6	Preparation - Moderate Intensity		A & B strokes - Coordination		25	
6	Preparation - High Intensity	12-14 PanPac Cool	A & B strokes - Starts / Turns		1	
6	Preparation - Moderate Intensity	22 NSW LC Long Dis	All strokes - Sprinting		8	
6	Preparation Specific - Moderate intensity Dives, Starts, Turns, Competition Specific - High intensity Dives, Starts, Turns,		FS/BK - Hybrid		15	
6	Competition Specific - High intensity - Race Pract incl relays	Club	BS/Fly - Hybrid		22	
	Transition Recovery - Fun week	Club	All strokes / STR		29	
	Holiday Break	Club	Race Prac		6	
			HAG		13	
			Family Relay XMAS HAG		20	
			Holiday Break		27	
		Targeted Meets				
		Non Targetted Meets				