

South Coast Adult Swim Club - Annual Training Plan 2024

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

The plan is designed to meet the needs of the average club swimmer, which according to the outcome of the Club's 2023/24 swimmer survey - attends training for the purposes of: Fitness, Fun, Stroke work and drills, Race preparation, Club "Have A Go" (HAG) events and one or two Masters competition a year. The change from last year's plan has been the increased interest in race preparation for club and Masters events. Swimmer understanding and compliance with Masters Australia Swimming Rules (April 2023 edition) is by the inclusion of stroke technique drills in each session. Swimmer technical competence is checked by coaches during normal training sessions and at HAG events. For those swimmers who train specifically for entry into multiple competitions such as State and National Masters events plus other Masters type events, the Head coach has prepared an summary level plan which can be tailored to provide individual training programs for specific races and special events on an "as needs basis."

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 coached by an on-pool deck coach and structured to include at least: a warmup, stroke/skill drills, main set(s) where the overall technical, physical / fitness level is strengthened and cool down. With the increase in club membership and limited pool space this plan sets out the minimum entry requirements for each level, 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 repartitions 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.
- Level 3 swimmers are expected to be able to swim at least 2 of the 4 strokes, 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 occasional carnival (open water or pool). For 2024 three specific meets are targeted: NSW Long course championships in April, the National championships in May and the NSW Short course championships 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 occasional, 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 hour sessions on Tuesday and Friday sessions, both of these sessions are aligned with the main Sunday session. 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 session being 1.5 hours, provides sufficient time to include skills activities such as dive/starts, turns and relays. Tuesday and Friday sessions being only 1 hour in length only allows a brief inclusion of these activities.

Weekly Training Sessions are: Sunday: 1000 – 1130, Tuesday: 1100 – 1200, Friday: 1730 – 1830.

The ATP's main points are:

- It covers one calendar year which includes 7 training cycles (repartitions)
- 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 two "family" style HAG events where relays and handicap events will be programmed.

The club collects swimmers' goals annually via a Swimmer survey. These goals influence both the ATP and structure of each cycles programming. This ATP has information down to the weekly level, i.e. weekly stroke focus and associated drill/skill. This in turn provides the necessary guidance to the session coach who prepares and delivers each session.

Overview of the year: There are seven cycles thru the year. This caters for stroke technique to be introduced and consolidated:

- Freestyle, Backstroke, Breaststroke and Butterfly will feature 7 times,
- All strokes/ Individual Medleys /Turns 6 times,
- Race preparation including dive starts/turns 7 times, and
- HAG events 7 times including 2 Family events opportunities.

Training workload varies across the year as phases are introduced and fitness increases. Not all phases listed below are contained in this ATP, however, are listed and may be used if enough swimmers decide to enter competitions.

Phase Definitions:

- **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 slightly 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 included 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 sport 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.

A summary level of the club ATP (one pager) is an attachment to this plan. The following pages contain the ATP in more detail and is divided into monthly sections.

South Coast Adult Swim Club Annual Training Plan 2024 – Full version

January Focus – Pre - Season					
General: Stroke Technique and building fitness.					
Specific: Cycle 1 = Back to basics on each stroke. Consolidation of the stroke work from the previous week, and slowly increasing swimming volume and reps.					
Workload: Low/moderate - emphasis on technical/skill development					
Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Distance Reps	General		
7 th Jan	Nil	Back to basics – fundamentals of swimming			
14 th Jan	1/ Pre- season	25-400	Building fitness	Freestyle	Basic
21 st Jan	1/ Pre- season	25-200	Building fitness	Backstroke	Basic
28 th Jan	1/ Pre- season	25-200	Building fitness	Breaststroke	Basic

February Focus - Pre - Season					
General: Consolidation of stroke fundamentals – Butterfly then all strokes/IM, building fitness and preparation for the first “Have A Go” opportunity of the year.					
Specific: Stroke Technique – Starts/Turns/Finsihes and ensuring stroke rule compliance.					
Workload: Low/moderate - emphasis on technical/skill development.					
Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Distance Reps	General		
4 th Feb	1/ Pre- season	25-100	Building fitness	Butterfly	Basic
11 th Feb	1/ Pre- season	25-400	Building fitness	All strokes	Basic turns
18 th Feb	1/ Pre- season	25-400	Starts, Finishes and Race preparation	Event Practice	Starts/Turns/ Rule compliance
25 th Feb	1/ Event	25-400	Have A Go - event opportunity	Swimmer goals	Self-fitness Test

March Focus					
General: Focus on stroke techniques. Moving from basic fundamentals to specific stroke elements. Consolidating the previous week stroke in the main set.					
Specific: Cycle 2 of Stroke Technique. Each stroke has a specific emphasis for the week.					
Workload: General Endurance - Increasing volume on swimmers’ main A & B stroke in the main set, less stoke switching during the session. Some higher intensity sets for Level 2 and 3 swimmers = Aerobic Base at the end of the month.					
Easter Holidays may impact on a couple of sessions - last weekend of the month..					
Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Distance Reps	General		
3 rd March	2/ General Endurance	25-200	Technique	Freestyle	Breathing and Body Rotation
10 th March	2/ General Endurance	25-100	Technique	Backstroke	Breathing and Body Rotation
17 th March	2/ General Endurance	25-200	Technique	Breaststroke	Breathing and Glide Position
25 th March	2/ General Endurance	25-50	Technique	Butterfly	Breathing and Shoulder roll
31 st March	2/Aerobic Base	25-400	All strokes and open/Tumble Turn	Turns	Turns

April Focus

General: Preparation for the 2nd "Have A Go" opportunity of the year.

Focus stroke – Arm and Leg work: Catch/Pull/Push and Kicking technique.

Tempo Trainer use in Mode 3 for Level 3 to assist with increasing the Stroke Rating (SR) in higher intensity sets.

Masters Event: NSW State Long Course Championship 13-14th Sydney

Specific: Cycle 3 commences in week 3 when Stroke Technique focus on arms and legs

Workload: Aerobic base+ Aerobic Endurance = Some higher intensity sets introduced for L2 and L3 swimmers.

Increasing volume on swimmer main stroke(s) for L1 swimmers.

Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Distance Reps	General		
7 th April	2/ Aerobic Base	25 - 400	Starts, Turns and Finishes & Race Preparation	Event Practice	Starts/Turns/Basic Racing Technique
14 th April	2/ Event	25 - 400	Have A Go event opportunity #2	Swimmer goals	Fitness Test
21 st April	3/ Aerobic Base	25 - 400	Technique	Freestyle	Arms & Legs
28 th April	3/ Aerobic Base	25 - 200	Technique	Backstroke	Arms & Legs

May Focus

General: Focus stroke – Consolidating the previous week stroke. Arm and Leg work: Catch/Pull/Push/Gliding and Kick for Breaststroke and Butterfly

Masters Event: National Championships – 3-6 May in Darwin

Specific: Cycle 3 of Stroke Technique continues with drills and then further consolidation opportunity in the main set.

Workload: Aerobic base+ Aerobic Endurance = Increased volume and higher intensity sets for L2 and L3 swimmers.

Increasing volume on swimmer main stroke(s) for L1 swimmers and introducing higher intensity sets.

Introducing Threshold, which is the maintenance of the aerobic base and endurance with race specific high aerobic end sets introduced for the first time for L2 and L3 in preparation for June HAG event.

Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Distance Reps	General		
5 th May	3/ Aerobic Base	25-200	Technique	Breaststroke	Arms/Legs
12 th May	3/ Aerobic Base	25-200	Technique	Butterfly	Arms/Legs
19 May	3/ Threshold	25-200	All strokes including IMs	Technique	Stroke Rules
26 th May	3/ Threshold	25-200	Starts, Turns and Finishes & Race Preparation, including Rules compliance	Event Practice	Starts/Turns/Racing Technique

June Focus

General Focus stroke – How to grip the water for the given stroke and turning on the stroke power base.

Specific: Cycle 4 for the year - Stroke Technique commences this month.

Workload: Maintenance = Low to medium volume with mixed intensity sets to maintain all energy systems

Tempo Trainer use in Mode 3 for Level 1 to assist with Stroke Rating (SR) as focussing on the stroke power should increase the SR.

Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Distance Reps	General		
2nd June	Event	25-400	Have A Go event opportunity #3	Swimmer goals	Fitness Test
9 th June	4/ Maintenance	25-400	Technique	Freestyle	Leverage /Power
16 th June	4/ Maintenance	25-200	Technique	Backstroke	Leverage /Power
23 th June	4/ Maintenance	25-200	Technique	Breaststroke	Leverage /Power
30 th June	4/ Maintenance	25-100	Technique	Butterfly	Leverage /Power

July Focus General: Focus strokes – Freestyle and Backstroke - coordination to maintain body balance and pacing the swim to finish in a set time, preparation for the 4th “Have A Go” opportunity of the year including a “Family Relays.” Specific: Relay team competition (100M) 4 x 25. Teams (including family members) aim to swim the closest to their initial swim time wins. No stroke rules. Workload: Threshold – maintain the aerobic base but including more race specific high aerobic end sets and General Endurance later in the month with increasing volume on swimmers A and B strokes, whilst ensuring good technique. Tempo trainer use in Mode 3 for levels 1 with level 2 and 3 using Mode 2 (critical swim speed).					
Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Distance Reps	General		
7 th July	4/ Threshold	25-200	Starts, finishes, Relays, Race preparation and Rules compliance	Event Practice	Advanced Starts/Turns Racing Technique
14 th July	4/ Threshold	25-400	Special Family Relay team competition and Have A Go event opportunity #4	Swimmer goals	Relays competition and Fitness test
21 st July	5/ General Endurance	25-400	Technique and use of Tempo Trainers all lanes	Freestyle	Stroke Coordination and Pacing
28 th July	5/ General Endurance	25-200	Technique and use of Tempo Trainers all lanes	Backstroke	Stroke Coordination and Pacing

August Focus General: Coordination and Pacing of all elements for Breaststroke and Butterfly, including main set consolidation of previous weeks stroke. Specific: Stoke coordination to maintain body balance and pacing the swim to finish in a set time. Workload: General Endurance - increasing volume on swimmers A and B strokes, whilst ensuring good technique Use of Tempo trainers for all lanes. Preparation for HAG next month and lead up to October NSW Short Course Championships.					
Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Distance Reps	General		
4 th Aug	5/ General Endurance	25-200	Technique and use of Tempo Trainers all lanes	Breaststroke	Coordination and Pacing
11 th Aug	5/ General Endurance	25-100	Technique and use of Tempo Trainers all lanes	Butterfly	Coordination and Pacing
18 th Aug	5/ General Endurance	25-200	All strokes including IMs	All /IMs/FORM	Stroke Rules
25 th Aug	5/ General Endurance	25-400	Starts, finishes and Race preparation, rules set compliance	Event Practice	Advanced Starts/Turns Racing Technique

September Focus General: Event - HAG #5. Can swimmers beat their PBs. Final plans for NSW Short Course Championships in October. Moving in Cycle #6 of the year. Specific: Swimmers stroke efficiency. What works best for individual swimmers while complying with stroke rules. Workload: Aerobic base+ Aerobic Endurance = Increased volume and higher intensity sets for all levels. Increasing volume on swimmer main stroke(s)					
Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Distance Reps	General		
1 st Sept	5/ Event	25-400	Have A Go event opportunity #5	Swimmer goals	Fitness Test
8 th Sept	6/Aerobic Base	25-400	Technique – What best for “You”	Freestyle	Efficiency
15 th Sept	6/ Aerobic Base	25-200	Technique – What best for “You”	Backstroke	Efficiency
22 nd Sept	6/ Aerobic Base	25-200	Technique – What best for “You”	Breaststroke	Efficiency
29 th Sept	6/ Aerobic Base	25-100	Technique – What best for “You”	Butterfly	Efficiency

October Focus

General: Preparation for HAG #6. At the end of the month stroke focus will move to explore hybrid modes for each stroke. This is intended to assist swimmers explore alternate options to swim new strokes or enhance their preferred stroke to help swimmers be compliant with the stroke rules, while lessening the risk of injuries.

Specific: NSW Short Course Championships in Canberra 12-13.

Focus across all strokes with reinforcement of stroke rules for those competing at the State championships.

Workload: Moving thru three phases: Threshold – maintain the aerobic base but including more race specific high aerobic end sets, with a week of Quality - Reduced volume but slightly increase in lactate and sprint sets/race pace. Use of Tempo trainers for Critical Swim Speed sets across levels 2 and 3, then as the end of year nears moving into the maintenance phase with low to medium volume with mixed intensity sets.

Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Distance Reps	General		
6 th Oct	6/Threshold	25-200	All strokes including IMs	All /IMs	Stroke Rules
13 th Oct	6/Quality	25-400	Starts, finishes and Race preparation, rules set compliance	Event Practice	Advanced Starts/Turns Racing Technique
20 th Oct	6/ Event	25-400	Have A Go event opportunity #6	Swimmer goals	Fitness Test
27 th Oct	7/Maintenance	25-400	Technique – Alternate styles	Freestyle	Hybrid options

November Focus

General: Stroke focus will move to explore hybrid modes. This is intended to assist swimmers explore alternate options to swim new strokes or enhance their preferred stroke to help swimmers be compliant with the stroke rules, while lessening the risk of injuries.

Specific: What works best for individual swimmers.

Workload: Maintenance - Low to medium volume with mixed intensity sets to maintain all energy systems.

Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Distance Reps	General		
3 rd Nov	7/ Maintenance	25-200	Technique – Alternate styles	Backstroke	Hybrid options
10 th Nov	7/ Maintenance	25-200	Technique – Alternate styles	Breaststroke	Hybrid options
17 th Nov	7/ Maintenance	25-100	Technique – Alternate styles	Fly	Hybrid options
24 th Nov	7/ Maintenance	25-200	All strokes/ IMs/Turns	All /IMs	Stroke Rules

December Focus

General: Preparation for HAG #7, the final one for the year. Wind down for December holidays.

Specific: Family Team Relay handicap event - (100M) 4 x 25= 4 members. Swimmers can form their own teams (including family members). No stroke rules. Plus, some short sprint coaches handicap events.

Workload: Maintenance – low to medium volume with mixed intensity sets to maintain all energy systems

Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Distance	General		
1 st Dec	7/Maintenance	25 - 400	Starts, finishes, Race preparation, Relays and Rules set compliance	Event Practice	Advanced Starts/Turns Racing Technique
8 th Dec	7/Event	25 - 400	Final HAG of the year.	Swimmer goals	Fitness Test
16 th Dec	7/ Aerobic Base	25 - 100	A and B stroke Fun	Nil	Coache handicaps
22 nd Dec	Special Event	25 -100	Family Fun Swims	Nil	Coaches pick