

Sapphire Coast Adult Swim Club - Annual Training Plan 2026

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

The club collects swimmers' views annually in December via a survey, which includes questions on the year just completed and on goals for the next year. These views influence both the ATP and structure of each training cycle. This plan is designed to meet the needs of the average club swimmer, which according to the outcome of the Club's 2025/26 swimmer survey: --

1. Intends to swim with the club three times per week.
2. Is a competitive swimmer, training in preparation to swim at major Masters state and National meetings.
3. Wants training sessions to include technique drills across all strokes including more opportunities for specific practice on starts, turns and finishes.
4. Wants to break their personal best times at club "Have A Go" events and at major competitions.
5. Wants the opportunity to have their swimming videoed, analysed and feedback given poolside but also have a copy of their video for later review.
6. Preferred strokes and distances are becoming more varied: Request for Freestyle main sets to include longer distances of 200-800M are growing vs Sprint freestyle distances of 25-100M. Backstroke and Breaststroke remain at the sprint distances, while Butterfly is gaining more interest for both 25 and 50M, Individual Medley 100M now feature.
7. Half of the respondents offered to volunteer to assist the coaching team by being Lane Leaders and there was additional assistance offered for GoPro camera videoing.

Club training sessions are generally subdivided into four levels. Level 1 and Level 2 are the fitness and fun lanes with Level 3 Sprint and Level 3 Distance being squad lanes. All sessions are programmed to be coached by at least one on-pool deck coach and structured to include at least: a warm-up, stroke drills, main set(s) where the overall technical, physical / fitness level is strengthened and a cool down. Where a coach is not available, a Program Leader will deliver the session (as designed by a qualified coach) and be assisted by Lane leaders.

Club membership is steadily growing and with 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 the ability 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, introductory level Butterfly, open turns and basic diving skills are also offered. 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 Sprint 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 competitions open water or pool. For 2026 three specific meets are targeted: NSW Long course championships in April, the National championships in April and the NSW Short course championships in October.

Note 1: For those swimmers intending to enter major Masters events, the Head coach will schedule additional training opportunities in the weeks leading up to the meeting, if requested.

Note 2: 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 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” (HAG) 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 sessions, both sessions are aligned with the main Sunday session. Swimmers are encouraged to attend 2 or more sessions per week. The Sunday session plan is 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. Both the Sunday session and Tuesday sessions being 1.5 hours, provides sufficient time to include skills activities such as dive/starts, turns and relays. Friday session is only 1 hour and only allows a brief inclusion of these activities.

Note 3: Training Sessions are:-Sunday: 1030 – 1200, Tuesday: 1100 – 1230, Friday: 1745 – 1845. Session briefing commences 10 minutes before the start time. Swimmers are encouraged to do their own pre-session stretches.

The ATP’s main points are:

1. It covers the 2026 calendar year
2. The APT is divided into:
 - a. Training Phases, based around the three main targeted competitions in 2026,
 - b. Training cycles (within the training phase) typically lasting 6-8 weeks
 - c. Training sessions which are weeklong training blocks with a particular focus.

Training Phase Definitions:

- A. Preparation: This will be most of the year where the focus is on skill development, technique and establishing/building a fitness base or technique, and specific such as turns/dives
- B. Competition: a short phase for a specific event e.g. Masters meets. Training volume may decrease whereas, intensity increases. This Phase may include particular focus on time trials/HAG, starts, turns, finishes. Additionally, for high priority competitions a defined taper stage will be included.
- C. Transition: immediately following major competition a short cycle of recovery and adaptation will be included.

Training Cycle Definitions:

Cycles will progressively increase the training workload by adjusting the volume or intensity or both, followed by recovery for adaption. This ensures the swimmers bodies have time to adjust and respond to the training. The cycle ensures swimmers increase strength and fitness in a sequential manner, minimising overload injury and fatigue.

- a) Low intensity (Aerobic) focus on moderate to high volume in distance but low intensity
- b) Moderate intensity (Endurance) focus on moderate volume and moderate intensity
- c) High Intensity (Aerobic Endurance) is normally the peak week of effort in the cycle & focuses on pushing into the anaerobic / lactate threshold
- d) Recovery is reducing the volume & intensity to allow the body to recover & adapt (normally, post competition).

Overview of the year: There are 6 cycles through the year. This caters for stroke technique to be introduced and consolidated multiple times:

- Freestyle 9, Backstroke 9, Breaststroke 9 and Butterfly 8
- Individual Medleys 8
- Starts, Turns, and Relays 9
- Race practice, strategy preparation 8 including 3 Mini time trials
- HAG 3 plus 1 Family event.

Note 4: It is assumed all club members will participate in the 3 programmed Club's HAG weeks (Sunday and Tuesday sessions). It is not expected all swimmers will enter the major competitions in the 2026, however, they will benefit from interval-based training and the variety that this ATP provides.

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 sport such as Triathlons.

Swimmer Video Analysis

Opportunities will again be offered during the year for both short and long form analysis of swimmers preferred strokes. Short form will be verbal feedback viewing 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 and recommendations. A copy of the swimmer's video is available on request.

The following pages contain the ATP in detail and is divided into monthly sections.

Sapphire Coast Adult Swim Club Annual Training Plan 2026

January Focus – General: Stroke technique and building fitness. Specific: Consolidation of the specific stroke work from the previous week, increasing volume and reps in Swimmer's "A" and "B" strokes. Pace work: Even pace and Back-End Speed (BES). Workload: Low to Moderate - emphasis on Strokes per lap (SPL), Stroke Rating (SR) and use of Tempo Trainers (TTs) for SR on all strokes.					
Week beginning	Phase	Session Focus		Weekly Stroke Focus	Drills/Skills
		Distances	General		
4 th Jan	Nil	Holiday Break			
11 th Jan	Preparation	25-400	Building fitness Streamlining	Freestyle (FS)	Breathing, Body Position, Arms & Legs
18 th Jan	Preparation	25-400	Building fitness Pyramids	Backstroke (BK)	Breathing, Body Position, Arms & Legs
25 th Jan	Preparation	25-400	Building fitness Pulldowns	Breaststroke (BS)	Breathing, Body Position, Arms & Legs

February Focus General: Consolidation of stroke fundamentals – Butterfly (Fly) then all strokes/ Individual Medley (IM). Specific: Stroke Technique – Starts/Turns/Finishes and ensuring stroke rule compliance. Workload: Programs with moderate to high & volume. Aerobic and Anaerobic (FES/BES) across race distances.					
Week beginning	Phase	Session Focus		Weekly Stroke Focus	Drills/Skills
		Distances	General		
1 st Feb	Preparation	25-400	Stroke rules – Starts/Turn/Finish	Fly/ IM	Breathing, Body Position, Arms & Legs
8 th Feb	Preparation	25-400	HIIT	FS/BK	Coord/Timing
15 th Feb	Preparation	25-200	Slow to fast stroking & Sprints	BS/Fly	Coord/Timing
22 nd Feb	Preparation	25-400	Sprint & Recovery	All strokes	Starts/Turns/Finishes

March Focus

General: Preparation for the 1st "Have A Go" of the year on Sunday 8th March. Additionally, main preparation commences for competitions: -NSW LC 11-12 April & Nationals 28th April to 2nd May.

Focus on stroke techniques specific elements including turns and rule compliance. Consolidating the previous week stroke in the main set.

Specific: Higher intensity sets for Level 2 and 3 swimmers (Anaerobic mod/hard). Tempo Trainer for Level 3 to assist with pacing HIIT.

Workload: Reduced volume for level 2 & 3. Moderate for Level 1 - Increasing volume on main A & B stroke in the main set.

Week beginning	Cycle /Phase	Session Focus		Weekly Stroke Focus	Drills/Skills
		Distance Reps	General		
1 st March	Competition	25-400	Race Practice	All	Starts/Turns/Finishes
8 th March	Competition	25-400	Have A Go	Individual	Fitness Test
15 th March	Transition	25-400	Recovery	FS	Rotation & Leverage
22 nd March	Preparation	25-400	Streamlining / Underwaters	BK	Rotation & Leverage
29 th March	Preparation	25-400	All strokes, open / Tumble Turns	BS	Leverage & Kick timing

April Focus

General: Masters Event: NSW State Long Course Championship 11-12th in Sydney and Nationals in Brisbane 28th April to 2nd May, therefore it's a racing month.

Specific: Mini Taper leading up to NSW Champs and Nationals. – specific taper program from Head Coach.

If possible, have competitors in own lanes and other separate lanes doing increased volume on their A & B strokes

Workload: Higher intensity sets / Race pacing reducing in days before events.

Week beginning	Phase	Session Focus		Weekly Stroke Focus	Drills/Skills
		Distance Reps	General		
5 th April	Competition	25 - 400	Race Practice, Starts, Turns and Finishes, Mini time trail	Stroke & distance Practice	Starts/Turns/ Race Strategy
12 th April	Competition	25 - 400	Taper	All strokes	Technique
19 th April	Competition	25 - 400	Recovery & Race strategy for Nationals	Starts/Turns/Relays	Competitor specific
26 th April	Competition	25 - 200	Taper for Nationals	Event specific	Competitor specific

May Focus

General: Focus stroke – Consolidating the previous week stroke.

Specific: Recovery from Nationals competition. Moving into a maintenance phase with focus on technique and fitness.

Workload: Low to moderate intensity & volume.

Week beginning	Cycle /Phase	Session Focus		Weekly Stroke Focus	Drills/Skills
		Distance Reps	General		
3 rd May	Transition	25-800	Recovery with Aerobic easy & Pyramids	FS	Efficiency
10 th May	Preparation	25-800	Technique and fitness use of TT	BK	Efficiency
17 th May	Preparation	25- 400	Underwater streamlining /BS starts and turns.	BS	Efficiency
24 th May	Preparation	25- 200	High intensity reps/ streamlining	Fly/IM	Efficiency
31 st May	Preparation	25-400	Body position/rotation/power	FS/BK	Arms/legs

<p>June Focus General: Short axis stroke technique, Stroke rule knowledge and compliance Specific: Preparation for Club "Have a Go" Knowledge of the stroke rules. Starts, turns and finishes. Workload: Moderate to high intensity, decreasing endurance /distance</p>					
Week beginning	Cycle /Phase	Session Focus		Weekly Stroke Focus	Drills/Skills
		Distance Reps	General		
7th June	Preparation	25-400	Stroke timing - slow to fast	BS/Fly	Arms/legs
14th June	Preparation	25-200	Dives, sprints and walk backs	All Strokes	Starts /Turns
21st June	Preparation	25-400	Starts, finishes, Race preparation and strategy rule compliance	Event Practice	Advanced Starts / Turns
28th June	Competition	25-400	Have A Go event opportunity	Swimmer goals	Fitness Test

<p>July Focus General: Technique and use of Tempo Trainers all lanes (Mode 3 for levels 1, level 2 and 3 using Mode 2 (critical swim speed). Specific: Post recovery – varying pace and experimenting with using the TT to assist. (Even pace vs FES vs BES). Technique – "Getting a grip" and pulling more water to get the power into the stroke. Workload: Moderate with some HIIT.</p>					
Week beginning	Cycle /Phase	Session Focus		Weekly Stroke Focus	Drills/Skills
		Distance Reps	General		
5th July	Transition	25-200	Recovery /DPS/SPL	FS	Power & Pacing
12th July	Preparation	25-400	Where does the power come from, use TTs for pacing	BK	Power & Pacing
19th July	Preparation	25-400	Where does the power come from, use TTs for pacing	BS	Power & Pacing
26th July	Preparation	25-200	Where does the power come from, use TTs for pacing	Fly/IM	Power & Pacing

<p>August Focus General: Commence Preparation for October NSW Short Course Championships in Canberra October 10/11. Stroke Efficiency - What works best for individual swimmers while complying with stroke rules. Specific: Mini Time trial. Workload: Moderate to high intensity. Tempo trainer use in the lead up to mini time trial.</p>					
Week beginning	Cycle /Phase	Session Focus		Weekly Stroke Focus	Drills/Skills
		Distance Reps	General		
2nd Aug	Preparation	25-400	DPS/SPL/SR checks.	FS/BK	Rotation & Leverage
9th Aug	Preparation	25-200	USRP with walk backs	BS/Fly	Kicking & Stroke timing
16th Aug	Preparation	25-200	Starts, Turns, finishes and Check rule set compliance	All strokes	Starts/Turns
23rd Aug	Competition	25-200	Race Strategy and Mini Time Trials	Event Practice	Racing Technique
30th Aug	Transition	25-800	Recovery/ Streamlining & Technique – What works best for "You"	FS	Efficiency

September Focus

General: Commence Preparation for October NSW Short Course Championships in Canberra October 10/11.

Specific: Mini Time trial,

Workload: Moderate to High intensity sets for all levels

What works best for individual swimmers while complying with stroke rules.

Week beginning	Cycle /Phase	Session Focus		Stroke Focus	Drills/Skills
		Distance Reps	General		
6 th Sept	Preparation	25-400	Technique – What works best for “You”	BK	Efficiency
13 th Sept	Preparation	25-400	Technique – What works best for “You”	BS	Efficiency
20 th Sept	Preparation	25-200	Technique – What works best for “You”	Fly/IM	Efficiency
27 th Sept	Competition	25-200	Race Strategy and Mini Time Trials	Event Practice	Racing Technique

October Focus

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

Specific: NSW Short Course Championships in Canberra 10-11 Oct.

Workload: High intensity 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. Following competition, recovery easy swims.

Week beginning	Cycle /Phase	Session Focus		Weekly Stroke Focus	Drills/Skills
		Distance Reps	General		
4 th Oct	Competition	25-200	Starts, finishes, Relays, Race preparation and technique, rule compliance	Event Practice	Advanced Starts / Turns /Relays
11 th Oct	Competition	25-400	Taper	Form	Technique
18 th Oct	Transition	25-800	Recovery /DPS/SPL	A & B strokes	Body Position / Breathing
25 th Oct	Preparation	25-800	Timing of the stroke, streamlining, when to get the first stroke commenced.	A & B strokes	Coordination

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 and be compliant with the stroke rules, while lessening the risk of injuries.

Specific: What works best for individual swimmers. Prep for HAG in Dec

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		
1 st Nov	Preparation	25-200	Open & tumble turns / Dives with walk backs	A & B strokes	Starts/Turns
8 th Nov	Preparation	25-200	USRP	All Strokes	Sprinting
15 th Nov	Preparation	25-100	Technique – Alternate styles	FS/BK	Hybrid options
22 nd Nov	Preparation	25-200	Technique – Alternate styles	BS/Fly	Hybrid options
29 th Nov	Preparation	25-200	Streamlining, underwaters, Dives	All strokes	Starts/Turns/Relays

December Focus

General: Preparation for last HAG of 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: low to medium volume with mixed intensity sets to maintain all energy systems

Week beginning	Cycle /Phase	Session Focus		Weekly Stroke Focus	Drills/Skills
		Distance	General		
6 th Dec	Competition	25 - 400	Starts, finishes, Race Practice Relays and Rules set compliance	Event Practice	Starts/Turns * relays
13 th Dec	Competition	25 - 400	Final HAG of the year.	Swimmer goals	Fitness Test
20 th Dec	Special Event	25 -100	Family Relay & Fun Swims	Nil	NA
27 th Dec			Holiday Break		