

Training Week	Date	Day	Event	Phase	Cycle	Cycle Training Goal	Session Focus	Weekly Focus
Wk1	2-May	Tues		Maintenance	Endurance	Body Position	Technique	Kick Effectiveness
	5-May	Thurs		Maintenance		Body Position	Endurance	Kick Effectiveness
	7-May	Sat		Maintenance		Body Position	Speed Sets	Kick Effectiveness
Wk2	9-May	Tues		Maintenance	Aerobic	Body Position	Technique	Core Awareness
	12-May	Thurs		Maintenance		Body Position	Endurance	Core Awareness
	14-May	Sat		Maintenance		Body Position	Speed Sets	Core Awareness
Wk3	16-May	Tues		Pre-condition	Aerobic	Body Position	Technique	Core Awareness
	19-May	Thurs		Pre-condition	Endurance	Body Position	Endurance	Core Awareness
	21-May	Sat		Pre-condition		Body Position	Speed Sets	Core Awareness
Wk4	23-May	Tues		Pre-condition	Recovery	Body Position	Technique	Head Position
	26-May	Thurs		Pre-condition		Body Position	Endurance	Head Position
	28-May	Sat		Pre-condition		Body Position	Speed Sets	Head Position
Wk1	30-May	Tues		Conditioning	Endurance	Body Position	Technique	Head Position
	2-Jun	Thurs		Conditioning		Body Position	Endurance	Head Position
	4-Jun	Sat		Conditioning		Body Position	Speed Sets	Head Position
Wk2	7-Jun	Tues		Building	Aerobic	Body Position	Technique	Core, Head
	9-Jun	Thurs		Building		Body Position	Endurance	Core, Head
	11-Jun	Sat		Building		Body Position	Speed Sets	Core, Head
	<b>12-Jun</b>	<b>Sun</b>	<b>Stadium Snappers</b>	<b>1500m</b>				
Wk3	14-Jun	Tues		Pre-Event	Aerobic	Body Position	Technique	Kick, Core, Head
	16-Jun	Thurs		Pre-Event	Endurance	Body Position	Endurance	Kick, Core, Head
	18-Jun	Sat		Pre-Event		Body Position	Speed Sets	Kick, Core, Head
	<b>19-Jun</b>	<b>Sun</b>	<b>Mandurah BACC</b>	<b>Short Course</b>				
Wk4	21-Jun	Tues		De-Conditioning	Recovery	Body Position	Technique	Kick, Core, Head
	23-Jun	Thurs		De-Conditioning		Body Position	Endurance	Kick, Core, Head
	25-Jun	Sat		De-Conditioning		Body Position	Speed Sets	Kick, Core, Head
Wk1	28-Jun	Tues		Maintenance	Endurance	Stroke Alignment	Technique	Hand Entry
	30-Jun	Thurs		Maintenance		Stroke Alignment	Endurance	Hand Entry
	2-Jul	Sat		Maintenance		Stroke Alignment	Speed Sets	Hand Entry

Training Week	Date	Day	Event	Phase	Cycle	Cycle Training Goal	Session Focus	Weekly Focus
Wk2	5-Jul	Tues		Maintenance	Aerobic	Stroke Alignment	Technique	Catch
	7-Jul	Thurs		Maintenance		Stroke Alignment	Endurance	Catch
	9-Jul	Sat		Maintenance		Stroke Alignment	Speed Sets	Catch
Wk3	12-Jul	Tues		Maintenance	Aerobic	Stroke Alignment	Technique	Catch
	14-Jul	Thurs		Maintenance	Endurance	Stroke Alignment	Endurance	Catch
	16-Jul	Sat		Maintenance		Stroke Alignment	Speed Sets	Catch
Wk4	19-Jul	Tues		Maintenance	Recovery	Stroke Alignment	Technique	Elbow Position
	21-Jul	Thurs		Maintenance		Stroke Alignment	Endurance	Elbow Position
	23-Jul	Sat		Maintenance		Stroke Alignment	Speed Sets	Elbow Position
Wk5	26-Jul	Tues		Maintenance	Endurance	Stroke Alignment	Technique	Shoulder Rotation
	28-Jul	Thurs		Maintenance		Stroke Alignment	Endurance	Shoulder Rotation
	30-Jul	Sat		Maintenance		Stroke Alignment	Speed Sets	Shoulder Rotation
Wk1	2-Aug	Tues		Conditioning	Aerobic	Stroke Alignment	Technique	Shoulder Rotation
	4-Aug	Thurs		Conditioning		Stroke Alignment	Endurance	Shoulder Rotation
	6-Aug	Sat		Conditioning		Stroke Alignment	Speed Sets	Shoulder Rotation
Wk2	9-Aug	Tues		Conditioning	Aerobic	Stroke Alignment	Technique	Pull-through
	11-Aug	Thurs		Conditioning	Endurance	Stroke Alignment	Endurance	Pull-through
	13-Aug	Sat		Conditioning		Stroke Alignment	Speed Sets	Pull-through
Wk3	16-Aug	Tues		Building	Recovery	Stroke Alignment	Technique	Pull-through
	18-Aug	Thurs		Building		Stroke Alignment	Endurance	Pull-through
	20-Aug	Sat		Building		Stroke Alignment	Speed Sets	Pull-through
Wk4	23-Aug	Tues		Building	Endurance	Timing	Technique	Breathing Timing
	25-Aug	Thurs		Building		Timing	Endurance	Breathing Timing
	27-Aug	Sat		Building		Timing	Speed Sets	Breathing Timing
Wk1	30-Aug	Tues		Pre-Event	Aerobic	Timing	Technique	Breathing Timing
	1-Sep	Thurs		Pre-Event		Timing	Endurance	Breathing Timing
	3-Sep	Sat		Pre-Event		Timing	Speed Sets	Breathing Timing
Wk2	6-Sep	Tues		Pre-Event	Aerobic	Timing	Technique	Arm Recovery Timing
	8-Sep	Thurs		Taper	Endurance	Timing	Endurance	Arm Recovery Timing
	10-Sep	Sat		Taper		Timing	Speed Sets	Arm Recovery Timing

	Trainin g Week	Date	Day	Event	Phase	Cycle	Cycle Training Goal	Session Focus	Weekly Focus
		11-Sep	Sun	Stadium Snappers BAC	Long Course				

Training Week	Date	Day	Event	Phase	Cycle	Cycle Training Goal	Session Focus	Weekly Focus
Wk3	13-Sep	Tues		Recovery	Recovery	Timing	Technique	Arm Recovery Timing
	15-Sep	Thurs		Recovery		Timing	Endurance	Arm Recovery Timing
	17-Sep	Sat		Recovery		Timing	Speed Sets	Arm Recovery Timing
Wk4	20-Sep	Tues		Building	Endurance	Timing	Technique	Rotation Timing
	22-Sep	Thurs		Building		Timing	Endurance	Rotation Timing
	24-Sep	Sat		Building		Timing	Speed Sets	Rotation Timing
Wk1	27-Sep	Tues		Building	Aerobic	Timing	Technique	Rotation Timing
	29-Sep	Thurs		Building		Timing	Endurance	Rotation Timing
	1-Oct	Sat		Building		Timing	Speed Sets	Rotation Timing
Wk2	4-Oct	Tues		Building	Aerobic	Timing	Technique	Kick Timing
	6-Oct	Thurs		Building	Endurance	Timing	Endurance	Kick Timing
	8-Oct	Sat		Building		Timing	Speed Sets	Kick Timing
Wk3	11-Oct	Tues		Building	Recovery	Timing	Technique	Kick Timing
	13-Oct	Thurs		Building		Timing	Endurance	Kick Timing
	15-Oct	Sat		Building		Timing	Speed Sets	Kick Timing
Wk4	18-Oct	Tues		Pre-Event	Endurance	Streamline Stroke	Technique	Stroke Rate
	20-Oct	Thurs		Pre-Event		Streamline Stroke	Endurance	Stroke Rate
	22-Oct	Sat		Pre-Event		Streamline Stroke	Speed Sets	Stroke Rate
	<b>23-Oct</b>	<b>Sun</b>	<b>Fremantle Fins BACC</b>	<b>Long Course</b>				
Wk5	25-Oct	Tues		Building	Aerobic	Streamline Stroke	Technique	Stroke Rate
	27-Oct	Thurs		Building		Streamline Stroke	Endurance	Stroke Rate
	29-Oct	Sat		Building		Streamline Stroke	Speed Sets	Stroke Rate
	<b>30-Oct</b>	<b>Sun</b>	<b>BBB River Swim TBC</b>					
Wk1	1-Nov	Tues		Building	Aerobic	Streamline Stroke	Technique	Stroke Count & Time
	3-Nov	Thurs		Building	Endurance	Streamline Stroke	Endurance	Stroke Count & Time
	5-Nov	Sat		Building		Streamline Stroke	Speed Sets	Stroke Count & Time
Wk2	8-Nov	Tues		Building	Recovery	Streamline Stroke	Technique	Stroke, Count, Rate, Time
	10-Nov	Thurs		Building		Streamline Stroke	Endurance	Stroke, Count, Rate, Time
	12-Nov	Sat		Building		Streamline Stroke	Speed Sets	Stroke, Count, Rate, Time

Training Week	Date	Day	Event	Phase	Cycle	Cycle Training Goal	Session Focus	Weekly Focus
Wk3	15-Nov	Tues		Building	Endurance	Streamline Stroke	Technique	Stroke Count & Time
	17-Nov	Thurs		Building		Streamline Stroke	Endurance	Stroke Count & Time
	19-Nov	Sat		Building		Streamline Stroke	Speed Sets	Stroke Count & Time
Wk4	22-Nov	Tues		Peak	Aerobic	Streamline Stroke	Technique	Stroke, Count, Rate, Time
	24-Nov	Thurs		Peak		Streamline Stroke	Endurance	Stroke, Count, Rate, Time
	26-Nov	Sat		Peak		Streamline Stroke	Speed Sets	Stroke, Count, Rate, Time
Wk1	29-Nov	Tues		Pre-Event	Aerobic	Streamline Stroke	Technique	Kick Rate
	1-Dec	Thurs		Pre-Event	Endurance	Streamline Stroke	Endurance	Kick Rate
	3-Dec	Sat	Swim Thru Rottnest TBC			Streamline Stroke	Speed Sets	Kick Rate
Wk2	6-Dec	Tues		Pre-Event	Recovery	Streamline Stroke	Technique	Kick Rate
	8-Dec	Thurs		Pre-Event		Streamline Stroke	Endurance	Kick Rate
	10-Dec	Sat	Freo Ports Swim Thru	All Helping		Streamline Stroke	Speed Sets	Kick Rate
Wk3	13-Dec	Tues		Conditioning	Endurance	Propulsion & Power	Technique	Grab the Water
	15-Dec	Thurs		Conditioning		Propulsion & Power	Endurance	Grab the Water
	17-Dec	Sat		Conditioning		Propulsion & Power	Speed Sets	Grab the Water
Wk4	20-Dec	Tues		Building	Aerobic	Propulsion & Power	Technique	Grab the Water
	22-Dec	Thurs		Building		Propulsion & Power	Endurance	Grab the Water
	24-Dec	Sat		Building		Propulsion & Power	Speed Sets	Grab the Water
Wk1	27-Dec	Tues		Building	Aerobic	Propulsion & Power	Technique	Pull the Water
	29-Dec	Thurs		Building	Endurance	Propulsion & Power	Endurance	Pull the Water
	31-Dec	Sat		Building		Propulsion & Power	Speed Sets	Pull the Water
Wk2	3-Jan	Tues		Building	Recovery	Propulsion & Power	Technique	Pull the Water
	5-Jan	Thurs		Building		Propulsion & Power	Endurance	Pull the Water
	7-Jan	Sat	Cott Mile TBC	Building		Propulsion & Power	Speed Sets	Pull the Water
Wk3	10-Jan	Tues		Building	Endurance	Propulsion & Power	Technique	Throw the Water
	12-Jan	Thurs		Building		Propulsion & Power	Endurance	Throw the Water
	14-Jan	Sat		Building		Propulsion & Power	Speed Sets	Throw the Water

Training Week	Date	Day	Event	Phase	Cycle	Cycle Training Goal	Session Focus	Weekly Focus
Wk4	17-Jan	Tues		Building	Aerobic	Propulsion & Power	Technique	Throw the Water
	19-Jan	Thurs		Building		Propulsion & Power	Endurance	Throw the Water
	21-Jan	Sat				Propulsion & Power	Speed Sets	Throw the Water
	<b>23-Jan</b>	<b>Sun</b>	<b>Swim Thru Perth TBC</b>					
Wk5	24-Jan	Tues		Building	Aerobic	Propulsion & Power	Technique	Kick Depth
	26-Jan	Thurs		Building	Endurance	Propulsion & Power	Endurance	Kick Depth
	28-Jan	Sat		Building		Propulsion & Power	Speed Sets	Kick Depth
Wk1	31-Jan	Tues		Building	Recovery	Propulsion & Power	Technique	Kick Depth
	2-Feb	Thurs		Building		Propulsion & Power	Endurance	Kick Depth
	<b>4-Feb</b>	<b>Sat</b>	<b>Swannie Swim TBC</b>	Building		Propulsion & Power	Speed Sets	Kick Depth
Wk2	7-Feb	Tues		Peak	Endurance	Distance Swimming	Technique	Reduce Drag
	9-Feb	Thurs		Peak		Distance Swimming	Endurance	Reduce Drag
	11-Feb	Sat		Peak		Distance Swimming	Speed Sets	Reduce Drag
Wk3	14-Feb	Tues		Peak	Aerobic	Distance Swimming	Technique	Reduce Drag
	16-Feb	Thurs		Peak		Distance Swimming	Endurance	Reduce Drag
	18-Feb	Sat		Peak		Distance Swimming	Speed Sets	Reduce Drag
Wk4	21-Feb	Tues		Peak	Aerobic	Distance Swimming	Technique	Shoulder Position
	23-Feb	Thurs		Peak	Endurance	Distance Swimming	Endurance	Shoulder Position
	<b>25-Feb</b>	<b>Sat</b>	<b>Rottest Channel Swim</b>	Peak		Distance Swimming	Speed Sets	Shoulder Position
Wk1	28-Feb	Tues		Peak	Recovery	Distance Swimming	Technique	Shoulder Position
	1-Mar	Thurs		Peak		Distance Swimming	Endurance	Shoulder Position
	3-Mar	Sat		Peak		Distance Swimming	Speed Sets	Shoulder Position
Wk2	6-Mar	Tues		Taper	Endurance	Speed and Pacing	Technique	400m, 200m Time Trials
	8-Mar	Thurs		Taper		Speed and Pacing	Endurance	400m, 200m Time Trials
	10-Mar	Sat		Taper		Speed and Pacing	Speed Sets	400m, 200m Time Trials
	<b>11-Mar</b>	<b>Sun</b>	<b>Coogee Jetty Swim TBC</b>	Peak				
Wk3	13-Mar	Tues		Taper	Aerobic	Speed and Pacing	Technique	Holding Speed
	15-Mar	Thurs		Taper		Speed and Pacing	Endurance	Holding Speed
	17-Mar			Taper		Speed and Pacing	Speed Sets	Holding Speed

Training Week	Date	Day	Event	Phase	Cycle	Cycle Training Goal	Session Focus	Weekly Focus
Wk4	20-Mar	Tues		Recovery	Aerobic	Speed and Pacing	Technique	Holding Speed
	22-Mar	Thurs		Recovery	Endurance	Speed and Pacing	Endurance	Holding Speed
	24-Mar	Sat		Recovery		Speed and Pacing	Speed Sets	Holding Speed
Wk5	27-Mar	Tues		Conditioning	Recovery	Speed and Pacing	Technique	Holding Speed
	29-Mar	Thurs		Conditioning		Speed and Pacing	Endurance	Holding Speed
	31-Mar	Sat		Conditioning		Speed and Pacing	Speed Sets	Holding Speed
	1-Apr	Sun	State OWS TBC					
Wk1	3-Apr	Tues		Building	Endurance	Speed and Pacing	Technique	400m, 200m Time Trials
	5-Apr	Thurs		Building		Speed and Pacing	Endurance	400m, 200m Time Trials
	7-Apr	Sat	State Champs TBC	Building		Speed and Pacing	Speed Sets	400m, 200m Time Trials
Wk2	10-Apr	Tues		Building	Aerobic	Speed and Pacing	Technique	Building Speed
	12-Apr	Thurs		Building		Speed and Pacing	Endurance	Building Speed
	14-Apr	Sat		Building		Speed and Pacing	Speed Sets	Building Speed
Wk3	17-Apr	Tues		Peak	Aerobic	Speed and Pacing	Technique	Building Speed
	19-Apr	Thurs		Peak	Endurance	Speed and Pacing	Endurance	Building Speed
	21-Apr	Sat		Peak		Speed and Pacing	Speed Sets	Building Speed
Wk4	24-Apr	Tues		Peak	Recovery	Speed and Pacing	Technique	Building Speed
	26-Apr	Thurs		Peak		Speed and Pacing	Endurance	Building Speed
	28-Apr	Sat		Peak		Speed and Pacing	Speed Sets	Building Speed

Fins Training Plan May11-May12

Training Cycle	Session Focus	Explanation
Endurance	Technique	Develop drills that focus on the cycle training goal generally and the session focus specifically. Have the drill work comprise 50% of the session time.
Aerobic		Use drills that have a building component over 50m.
Aerobic Endurance		Incorporate longer breathing cycles to push towards anaerobic threshold eg 3, 5, 7 breaths.
Recovery		Minimise number of drills and maximise distance of drills for highest impact.
Endurance	Endurance	Endurance sets are long steady paced sets that allow swimmers to build on their technique work. Structure sets on the cycle and weekly training focus.
Aerobic		Interval training 1 hard, 1 easy, 2 hard, 2 easy etc.
Aerobic Endurance		Use FINS for some long pyramid sets with shorter time intervals to develop leg endurance. Use hand paddles and pull-buoys for longer sets on short time intervals to develop resistance training.
Recovery		Long distance work. Can do 800m & 1500m time trials at this time.
	Speed Sets	This is where we work on the swimmers' threshold speed. Take account of the training cycle that you are in.
Endurance		Aerobic cycle - make speed sets around 80% effort with enough recovery breaks to minimise the lactate levels. Develop sets that are many repeats of the same distance.
Aerobic		Endurance cycle - make speed sets around 80% effort with same recovery breaks as Aerobic but with increasing distance intervals. Eg Pyramid training.
Aerobic Endurance		Aerobic Endurance cycle - make speed sets to max training effort with longer recovery intervals and shorter distances. Sustained speed with short recovery. Ensure swimmers know their <b>maximum</b> heart rate (MHR) is 200 minus age. Max <b>Training</b> HR is 75% of MHR
Recovery		Recovery cycle - Work on swimmers knowledge of their maximum heart rate and max training heart rate. Aim is to swim each repetition at the same pace.

Explanation