

2024 Tuggeranong Annual Training Plan



Tuggeranong Masters Swimming Club Training Plan 2024

The purpose of this plan is twofold, 1) it informs club's members about the clubs wide annual training plan and 2) it provides guidelines to coaches so that they can create and deliver each individual training session.

This plan is designed to meet the needs of the average club swimmer who may wish compete at the many available Masters Swim Meets. It is not designed to train swimmers working towards the more challenging events such as 800 BU or 1500 FR. Swimmers wanting to train for these events are recommended to swim the Masters E1000 program, the Friday programmed set, or to ask the Coach for a specific program that you swim outside or additional to the Masters squad.

Coaches generally subdivide sessions into 3 skill and fitness groups (1, 2 and 3). This plan is general and covers all 3 groups.

Tuggeranong Masters Swimming Club (NTN) provides 3 types of training sessions, occasionally 4. These sessions types are:

- 1) **Coached Training:** structured as warmup, drills, build, main and cool down run by an on pool deck coach.
- 2) **Programmed Training:** a threshold set structured as per Coached Training sessions but there is no coach on pool deck – coaches often join in and swim this session.
- 3) **Endurance:** Swimmers swim from a program of 400, 800, 1500, 30 min, 45 min and 60 min swims. Swims are timed and are entered into a National Endurance Program. This program improves a swimmers endurance fitness.
- 4) Run seasonally when demand exists, a **Distance and Pace (D&P)** session is offered. This session focuses on longer distance open water swims. D&P often consist of a scheduled group pool swim and a non-scheduled continuous longer distance swim.

This training plan's scope is limited to the **Coached Training Sessions**.

Members are encouraged to attend the club run sessions that best meet their swimming goals and fitness needs. Each week of the training plan commences on a Sunday with a 1.5 hr session, the following mid-week sessions follow on / align to this session. Swimmers are encouraged to attend 3 or more sessions per week. Many of the session plans are published and thus available to members to swim or to repeat in their own time. Swimmers are also encouraged to swim additional session in their own time if required to meet their swimming goals and fitness needs.

The Sunday session being 1.5 hrs, provides sufficient time to include activities such as dive starts and relays. The mid-week sessions being only 1 hr or being in the shallow end of the pool usually cannot include the aforementioned activities.

The NTN weekly squad times are shown in the following table

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NTN Weekly Training Sessions / Squad Times

	SUN	MON	TUE	WED	THU	FRI	SAT
7:15 AM						1 HR Programmed	
09:30 AM			2 HR Endurance		1 HR Coached		2 HR Endurance
5 PM	1.5 HR Coached						
7:15 PM			1 HR Coached		1 HR Coached		

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The Training Plan's key points are:

- 1) It covers one calendar year
- 2) It contains **Training Phases**. A training PHASE refers to a division of the annual plan that works towards peaking for a goal competitions/events within the year. This year's plan has 2.5 training phases 1) working towards Nationals, 2) working towards State, and the remainder is a phase of general conditioning / maintenance to finish off the year. The phase structure of the training plan is
 - a. Preparation
 - i. General
 - ii. Specific
 - b. Competition. Focuses on producing the best possible results in the key competition event/s.
 - c. Transition: Psychological rest, relaxation after the competition
- 3) Phases are divided into **Effort Cycles**. Cycles progressively increase training load by adjusting volume or intensity or both followed by a recovery to allow for adaptation.
- 4) The club collects swimmers goals in January. Additionally the club has set a club wide goal to improve everyone's 100 FR between January and Nationals. The goals become input into both the training plan and also the session plans.
- 5) Lastly it contains the **Weekly Focus** which provides some guidelines to the coaches who prepare and deliver each session.

The following table contains the training plan.

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The Training plan – Summary Version

Major Comp Schedule	Training Weeks Starting	TRAINING PHASE	Training SUB-PHASE	Cycle No. & Focus	EFFORT CYCLE	WEEKLY FOCUS			
						General	Set Distance	Strokes	Skills, Techniques & Inclusions
13-14 April State LC	7-Jan	Preparation	General	1 Pre-Conditioning, holding technique over distance	moderate	Building Fitness			Improving Technique FR
	17-Jan				moderate	Pacing	50-400	All	Improving Technique BA
	21-Jan				hard	quality	50-400	All	Improving Technique BRS
	28-Jan				Recovery	Building fitness	50-400	All	Improving technique FLY
	4 Feb	Preparation	General	2 Race events, quality and 100 FR	Moderate	Sprints-100 Goal	50-200	All	100 Goal Test Week
	11-Feb				Moderate	Sprints	50-200	All	4 x 50 sprints
	18-Feb				Hard	Sprints	50-200	All	Starts/ Turns 12m explosive
	25-Feb				Recovery	Ease back /aerobic	50-200	All	Walk back 25's
	3-Mar	Preparation	Specific	3 Primary Events. Quality and 100 FR	Moderate	Event Practice	25-200	All	100 Goal Test Week
	10-Mar				Moderate	Event Practice	25-200	All	FES (Front End Speed)
	17-Mar				Hard	Event Practice	25-200	All	FES (Front End Speed)
	24-Mar				Hard	Quality/less kms	25-200	All	Race Plan
	31-Mar				Easy/mod	Quality less kms	25-200	All	Slight recovery/easier week Easter
	7-Apr	Major Competition		4 State	Hard/easy	Mini taper to State	25-200	All	Super Swim Sunday 100 Goal Test State 13/14
	14-Apr				Easy/Hard	Recovery /quality	25-200	All	State – small recovery followed by quality
3-6 May Nationals Darwin	21-Apr			Nationals Final Preparation	hard	Quality/Taper	25-200	All	Final quality before taper
	28 May				moderate	Taper	25-200	All	Nationals Darwin
	5-May	Transition	General	5 Transition	easy	recovery	100-800	All	Technique
	12-May				Easy	recovery	100-800	FR	Pacing, FR technique
	19-May				Moderate	Quality & Fitness	100-800	FR	Pacing, FR technique
	26-May	Preparation	General	6 Form Technique	Moderate	Form Technique	50-200	FR BA	BA Turns, BA technique
	2-Jun				Moderate	Form Technique	50-200	FR BR	BR Turns, BR technique
9-Jun	Hard				Form Technique	50-200	FR BU	BU technique	

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						General	Set Distance	Strokes	Skills, Techniques & Inclusions			
	16-Jun				Easy	Form Technique	50-200	FR IM	IM Turns			
	23-Jun				Moderate	Form Technique	50-200	FR BA	BA Technique			
Relay Meet 7/7 Or 14/7	30 Jun	Competition		7 Relays	Moderate	Relay Technique	25-100	All	Relay changeovers			
	7-Jul	Preparation	Specific	8 Form technique distance	Hard	Form Technique	50-200	FR BR	BR technique			
	14-Jul				Easy	Form Technique	50-200	FR BU	BU technique			
	21-Jul				Moderate	Form Technique	50-200	IM	IM Turns			
	28-Jul				Moderate	Fitness & long dist	100-800	All	Pacing and Tempo Timers			
	4-Aug				Hard	Fitness & long dist	100-800	All	Pacing and Tempo Timers			
	11-Aug	Preparation	Specific	9 Race events quality and fitness	Easy	Fitness & long dist	100-800	All	Pacing and Tempo Timers			
	18-Aug				Moderate	Fitness & long dist	100-800	All	Pacing and Tempo Timers			
	25-Aug				Hard	Intro Sprint work	50-200	All	Sprint /still LD prep			
	1-Sep				Easy	Sprint	50-200	All	Varying speed			
	8-Sep				Moderate	Sprint	25-200	All	Starts Turns practice for Tugg BPS			
	15-Sep				Hard	Sprint	25-200	All	How to sprint			
	22-Sep				Easy Recovery	Pre-Taper	25-200	All	Sprint planning			
	29 Sep				Major Competition		10 State SC Final Preparation	Moderate	Sprints and Taper	25-200	All	Super Swim Sunday
	6-Oct							Hard	Sprints and Taper	25-200	All	Sunday Starts, Turns and Race Plan
	13-Oct							Recovery	Aerobic	50-200	All	
	Pan Pacs LD Meet 23/11	20-Oct	Transition		11 Transition	Easy	Aerobic	100-400	All			
		27-Oct	Preparation		12	Moderate	PP prep anaerobic	100-400	All			
		3-Nov				Moderate	Or Aerobic squad	100-400	All			
17-Nov		Preparation	General	13 Open Water, maintenance and XMAS wind down	Easy/mini Taper	Taper for PPs or aerobic	100-800	All				
Nov Dec					Moderate	Fitness OWS	100-800	FR	OW Skills			

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The Training plan – Full Version

January Focus							
General: Stroke technique and building fitness. Specific: <ul style="list-style-type: none"> • Weekly stroke focus • Endurance cycles focus on building and holding pace over distance while maintaining technique. • High Volume of kms swim • BES (Back End Speed) work • Option for Form specialists to substitute form stroke in place of freestyle 							
Week beginning Sunday:	Phase	Training Cycle Workload	Session Focus				Events
			Distance	General	Strokes	Drills /skills	
Jan 7	Preparation	Aerobic moderate	50-400	Welcome back	FR focus	FR Drills	
Jan 14	Preparation	Aerobic moderate	50-400	Building fitness	FR BK focus	BK Drills	
Jan 21	Preparation	Aerobic hard	50-400	Pacing , easier towards end of week for Meet	FR BRS Focus	BRS Drills	27/1 Campbelltown
Jan 28	Preparation	Recovery/aerobic easy	50-400	Easier week with lower volume and intensity	FR Fly focus	Fly Drills	

February Focus

General: Start State Nationals Preparation. Fitness base should be established.

Specific:

- Start high intensity workouts– anaerobic work with increased rest intervals.
- Front End Speed Work (FES)

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- Programs a variety of high intensity and/or high volume. Sets either Sustained speed with shorter recovery or quality sets (max effort with increased recovery)
- All Sunday sessions to include a walk back 25s set
- Stroke specialists may substitute Form into FR main set
- Club 100 Goal

Week beginning Sunday:	Phase	Training Cycle Workload	Session Focus				Events
			Distance	General	Strokes	Drills /skills	
Feb 4	Preparation	Anaerobic Moderate	50-200	Sprints and Club 100 Goal Test	All	Walk back 25s 4 x 50 sprints	4/2 Cole Classic
Feb 11	Preparation	Anaerobic Moderate	50-200	Sprints	All	Starts/Turns 4 x 50 sprints	10/2 Myall BPS
Feb 18	Preparation	Anaerobic Hard	50-200	Sprints	All	Walk back 25s	18/2 Sri Chimnoy Lake swim 24/2 Blacktown BPS
Feb 25	Preparation	Recovery	50-200	Easier week with lower volume and intensity	All		

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March Focus

General: Nationals preparation continues. Quality sprinting increasing rest period over the month (e.g. increase rest time from endurance swimming interval of 10 sec R to 15, 20 sec and 30 sec R intervals)

Specific:

- Speed Work - quality sprinting Front End Speed (FES)
- Reduced volume but slight increase in lactate and sprint sets
- Race Technique – plan and practise how to swim target events - working on FES/BES plan
- Focus on Starts and Turns

Week Beginning Sunday:	Phase	Training Cycle Workload	Session Focus				Events
			Distance	General	Strokes	Drills/Skills	
Mar 3	Preparation	Anaerobic Moderate	25-200	Sprints and Club 100 Goal Test	All	100 Goal Test Race Technique	
Mar 10	Preparation	Anaerobic Moderate	25-200	Sprints	All	Race Technique	10/3 Broulee OW
Mar 17	Preparation	Anaerobic hard	25-200	Sprints	All	Race practice Starts and turns	23/3 Cessnock
Mar 24	Preparation	Anaerobic ease back	25-200	Short Quality work, less kms – easier week	All	Race practice Starts and turns	29- 1 EASTER

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April Focus

General: Final Build to State and Nationals. Pre-Race Quality Sprint

Specific

- Quality work – sprinting with increased rest periods. (rest interval increases again; more than 30 sec to a few minutes for Race Pace sprints)
- **Mini Taper** in week leading up to State
- **Nationals Taper** From April 24 - Start taper 10 days out from **Nationals** (* taper will differ for individuals according to age and events) *Refer to Taper Tips at end of year plan document*
- Either have those competitors in a separate lane or swim them as part of the squad where they do for e.g. every 2nd 50 to give them extra recovery. Optional program with increased mileage provided for those not competing

Week Beginning Sunday:	Phase	Training Cycle Workload	Session Focus				Events
			Distance	General	Strokes	Drills Skills	
March 31	Preparation	Anaerobic hard	25-200	Quality pre-race prep Less kms. Increased rest periods	All	Race prep	Post EASTER
Apr 7	Competition	Anaerobic hard/ Mini taper	25-200	Super Swim Sunday incl Club 100 Final Test set No max effort after this. Mini taper	All	Race prep	Super swim Sunday 13-14/3 State LC Sydney
Apr 14	Competition	Anaerobic mod	25-200	Short Recovery till mid-week. Then quality pre-race prep.	All		
Apr 21	Competition	Taper	25-200	Last hard session Sunday April 21/Tuesday 23. Begin Taper mid-week (10 days out from Nationals)	All		

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May Focus

General: Nationals Competition Week followed by Rest and Maintenance

Specific:

- Maintenance phase
- Technique focus
- Maintain fitness

Week Beginning Sunday:	Phase	Training Cycle Workload	Session Focus				Events
			Distance	General	Strokes	Drills/skills	
April 28 - May 6	Competition	Taper/race week	100-800	Race week	All		May 3-6 Nationals Darwin
May 5	Transition	Aerobic easy	100-800	recovery	All		
May 12	Transition	Aerobic easy	100-800	Technique Fitness	Mainly FR	Pacing FR Drills	
May 19	Preparation	Aerobic moderate	100-800	Technique Fitness	Mainly FR	Pacing FR Drills	25/5 Ettalong BPS
May 26	Preparation	Aerobic Moderate	100-800	Technique Fitness	Mainly FR	Pacing FR Drills	

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June and July Focus

General: Maintenance / Technique Low to moderate volume with mixed intensity sets to maintain all energy systems. Varied sets to keep interest.

Specific:

- Each week a stroke focus to build technique: FR, Back, BRS, Fly, IM. Each session will have a drill focus, a form set and main Freestyle set
- Relay Practice for State Relay Meet
- End of June: Start training for 10 km open water swim (optional sessions) Specific 20 week Plan available

Week Beginning Sunday:	Phase	Training Cycle Workload	Session Focus				Events
			Distance	General	Stroke	Drills Skills	
June 2	Preparation	Aerobic Moderate	50-200	Form Technique	FR BA	BA Turns BA Drills	
Jun 9	Preparation	Aerobic Hard	50-200	Form Technique	FR BRS	BRS Turns and Drills	
Jun 16	Preparation	Aerobic easy	50-200	Form Technique	FR FLY	Fly Drills	16/6 Seaside Pirates
Jun 23	Preparation	Aerobic Moderate	50-200	Form Technique	FR IM	IM Turns	
Jun 30	Preparation	Aerobic Moderate	50-200	Form Technique	FR BA	BA Drills	
July 7	Preparation	Anaerobic Hard	25-100	Relay Prep Sprints	ALL	Relay changeovers	Relay Meet 7/7 or 13/7
Jul 14	Preparation	Aerobic Easy	50-200	Form Technique	FR BRS	BRS Drills	
Jul 21	Preparation	Aerobic Moderate	50-200	Form Technique	FR FLY	FLY Drills	
Jul 28	Preparation	Aerobic Moderate	50-200	Form Technique	IM	IM Turns	

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August Focus

General: Pre-Conditioning / Aerobic. Building fitness base through aerobic sets

Specific: Increased distance – high workload/small rest intervals

Back End Speed Work (BES)

Week Beginning Sunday:	Phase	Training Cycle Workload	Session Focus				Events
			Distance	General	Stroke	Drills Skills	
Aug 4	Preparation	Aerobic hard	100-800	Fitness, Long distance	All	Pacing Use of tempo trainers	Warringah 4/8
Aug 11	Preparation	Aerobic easy	100-800	Fitness, Long distance	All	Pacing Use of tempo trainers	
Aug 18	Preparation	Aerobic moderate	100-800	Fitness, Long distance	All	Pacing Use of tempo trainers	Ryde 24/8
Aug 25	Preparation	Aerobic Hard	100-800	Fitness, Long distance	All	Pacing Use of tempo trainers	

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September Focus

General: Preparation for State LC in October

Specific:

- Starting work phase of high intensity workouts
- Quality sprinting increasing rest period over the month (e.g. increase rest time from endurance swimming interval of 10 sec R to 15, 20 sec and 30 sec R intervals (FES work)

Week Beginning Sunday:	Phase	Training Cycle Workload	Session Focus				Events
			Distance	General	Stroke	Drills Skills	
Sep 1	Preparation	Anaerobic easy	50 -200	Start prep for State SC	All	Use of tempo trainers	
Sep 8	Preparation	Anaerobic moderate	50-200	sprint work in preparation for Tuggeranong Meet/State	All	Starts Turns	
Sep 15	Preparation	Anaerobic hard	50-200	Quality sprints	All	Starts Turns	Wett ones BPS 21/9
Sep 22	Preparation	Anaerobic easy	50-200		All		
Sep 29	Competition	Anaerobic Mod	50-200	Quality high intensity	All	Dive starts	Super Swim Sunday

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October Focus

General: Preparation for State LC meet followed by Pan Pacs

Specific:

- **Pre-Race Quality Sprinting.** Quality work – sprinting with increased rest periods. (rest interval increases; more than 30 sec to even a few mins for Race Pace sprint)
- **Taper** Start taper 10 days before State
- Starts practice before State to encourage and familiarise new swimmers
- Optional program with increased mileage provide for those not competing

Week Beginning Sunday:	Phase	Training Cycle Workload	Session Focus				Events
			Distance	General	Strokes	Drills/ Skills	
Oct 6	Competition	Anaerobic Moderate	100-200	Sprint/race practice	All	Walk back 25s	
Oct 13	Competition	taper	100-200	Taper/race practice	All	Starts/Turns Race plan for Events	12-13/10 State SC Champs AIS
Oct 20	Recovery	Easy	100-200	Recovery week	All		
Oct 27	Transition Or Mod	Aerobic easy Pan Pacs Competitors	100-400	Recovery For those going to Pan Pacs , a quality week	All		

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November Focus

General: Prep for Pan Pacs for those competing. Otherwise transition to prep for open water events and LD meet

Specific: FS Technique, OW skills. Training for Distance

Week beginning Sunday:	Phase	Training Cycle Workload	Session Focus				Events
			Distance	General	Stroke	Drills Skills	
Nov 3	Transition/ Preparation	Aerobic mod or Taper for Pan Pacs	100-400	Mixed squad focus	All		Pan Pacs Nov 1-10
Nov 10	Preparation	Aerobic moderate	100-800	Technique Focus/increasing distance	All		
Nov 17	Preparation	Aerobic moderate	100-800	Fitness OW/increasing distance	All	OW technique	Branch LD 23/11
Nov 24	Preparation	Aerobic hard	100-800	Fitness OW/ high volume	Mainly FR	OW technique	National Capital Swim OW Date TBC

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December Focus
General: Continue maintenance phase and working on aerobic fitness
Specific: Open water technique session. Incorporate OW skills into sessions

Week Beginning Sunday:	Phase	Training Cycle Workload	Session Focus				Events
			Distance	General	Stroke	Drills Skills	
Dec 1	Preparation	Aerobic easy	100-400	Maintenance and Xmas wind down	All	Technique	
Dec 8	Preparation	Aerobic easy	100-400	Maintenance and Xmas wind down	All	Fun sets	
Dec 15	Preparation	Aerobic easy	100-400	Maintenance and Xmas wind down	All	Fun sets	
Dec 22	XMAS BREAK	XMAS BREAK	XMAS BREAK	XMAS BREAK			

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Taper Tips:

This is a 10 day Taper program adapted from Anita Killmier’s book, *Mastering Swimming*.

Intensity	Days to swim	Distance
No all out effort	1	No swimming, or just warm up swimming
	2	Starts turns relay changes etc
	3	No more than 1500m
90-100% efforts for 25% program	4	Race pace, distance of events shorter than distance swims
	5	Longer rest, fewer repeats. No more than 1800m.
	6	
80% efforts	7	90% race pace, swim race distance and less.50 m ,25 m. Longer rests
	8	Some over distance swims
Some race pace	9	Higher intensity sprints 50m , 25 m. longer rest periods
	10	90-100% pace, many repeats. Start reducing distance swum