

2017 Annual Training Plan

Month	Focus / Stage	Events
January	<p>Pre-Conditioning / Aerobic</p> <p>Stroke technique and fitness</p> <p>Many competing in open water/triathlons – incorporate OW techniques into sessions</p>	<p>15/1 Tathra OW</p> <p>21/1 Campbelltown BPS</p>
February	<p>Conditioning – sprint phase</p> <p>Fitness base should be established Start high intensity workouts– anaerobic work.</p> <p>Quality sprinting increasing rest period over the month.</p>	<p>5/2 Cole Classic OW</p> <p>19/2 Sri Chimnoy Lake swims</p> <p>26/2 ACT Interclub @ Queanbeyan</p>
March	<p>Conditioning</p> <p>Pre-Race</p> <p>Quality work – sprinting with increased rest periods.</p> <p>Race practice</p> <p>Start taper 10 days out from Nationals (* taper will differ for individuals according to age and events)</p> <p>For those going to State/ Worlds repeat a mini cycle of a week of back to fitness /distance then build into quality sprinting with increased rest</p>	<p>12/3 Broulee OW</p> <p>8-11/3 National Champs @ Gold Coast</p>

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April	<p>Taper for State</p> <p>Mini taper during week before States for those attending Worlds</p> <p>Race practice</p> <p>Optional program with increased mileage provided for those not competing</p> <p>Recovery sessions and start maintenance phase</p>	<p>8-9/4 State LC Champs @ SOPAC</p> <p>21/4- 31/4 World Masters Games Auckland</p>
May	<p>Rest and Maintenance</p> <p>World swimmers – recovery</p> <p>Squad – maintenance phase</p> <p>Technique focus</p> <p>Beep Test</p>	<p>13/5 Wett Ones BPS</p> <p>20/5 Ettalong BPS</p>
June	<p>Maintenance / Technique</p> <p>Each week a stroke focus to build technique</p> <p>Stroke Focus each week: Back, BR/S, Fly, IM - each session will have a drill focus, a form set and main Freestyle set</p> <p>Starts practice before ACT Interclub to encourage new swimmers</p>	<p>25/6 Manly BPS</p> <p>4/6 ACT Interclub @ Tuggeranong</p>
July	<p>Maintenance Phase / Technique</p> <p>Continue stroke focus to build technique</p>	<p>16/7 State Relay Meet</p>
August	<p>Pre-Conditioning / Aerobic</p> <p>Distance swimming to build aerobic base and practice for long distance</p>	<p>14-20/8 FINA Worlds Budapest</p>

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September	<p>Conditioning</p> <p>Starting work phase of high intensity workouts</p> <p>9/9 – starts/turns workshop in prep for Tuggeranong Challenge</p>	<p>2/9 Ryde</p> <p>16/9 Tuggeranong Challenge</p> <p>24/9 Seaside Pirates BPS</p>
October	<p>Pre-Race Quality Sprinting</p> <p>Start taper 10 days before States</p> <p>Optional program with increased mileage provide for those not competing</p> <p>Starts practice before State to encourage and familiarise new swimmers</p>	<p>October Long Weekend</p> <p>Thredbo Swim Camp</p> <p>7/10 Warringah BPS</p> <p>14-15/10 State SC Champs @ Canberra AIS</p> <p>Australian Masters Games Tasmania</p>
November	<p>Maintenance / Aerobic</p> <p>Open water/triathletes and those training for long course working on aerobic/ distance programs</p> <p>Sprinters easing back into maintenance</p>	<p>4/11 State Long Distance SC Champs @ Knox Grammar</p> <p>National Capital Swim OW</p>
December	<p>Maintenance</p> <p>Continue maintenance phase and working on aerobic fitness</p> <p>Beep Test</p> <p>Open water technique session</p> <p>Incorporate OW skills into sessions</p>	<p>2/12 West Auburn BPS</p>