



2018 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>	20/1 Tathra OW
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>	3/1 Campbelltown BPS 4/2 Cole Classic OW 18/2 Sri Chimnoy Lake swims 25/2 Interclub meet Queanbeyan
March	<p>Conditioning - Pre-Race</p> <p>Quality work – sprinting with increased rest periods.</p> <p>Taper</p> <p>Start taper a week out from State (* taper will differ for individuals according to age and events) 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.</p> <p>For those going to Nationals: a mini taper – ease off slightly week prior. After State have a recovery /endurance week. This will allow for body to adjust to the hard work from last month.</p> <p>Then start again on quality sprinting phase</p>	3/3 Blacktown BPS 11/3 Broulee OW 17-18/3 State LC



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April	<p>Taper for Nationals</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>	18-21 Nationals Perth
May	<p>Rest and Maintenance</p> <p>Maintenance phase</p> <p>Technique focus</p> <p>Beep Test (over 2 weeks)</p>	<p>6/5 Hills Long distance</p> <p>26/5 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>	ACT Meet early June
July	<p>Maintenance Phase / Technique</p> <p>Continue stroke focus to build technique</p>	<p>1/7 Manly BPS</p> <p>15/7 State Relay Meet</p>
August	<p>Pre-Conditioning / Aerobic</p> <p>Distance swimming to build aerobic base and practice for long distance</p>	12/8 Seaside Pirates BPS



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September	Conditioning Starting work phase of high intensity workouts 9/9 – starts/turns workshop in prep for Tuggeranong Challenge	1/9 Ryde 15/9 Tuggeranong BPS
October	Pre-Race Quality Sprinting Start taper 10 days before States Optional program with increased mileage provide for those not competing Starts practice before State to encourage and familiarise new swimmers	October Long Weekend Thredbo Swim Camp 6/10 Warringah BPS 13-14/10 State SC Champs Woy Woy 7-10/11 PAN PACs- Gold Coast
November	Maintenance / Aerobic Open water/triathletes and those training for long course working on aerobic/ distance programs Sprinters easing back into maintenance	25/11 State Long Distance Lidcombe
December	Maintenance Continue maintenance phase and working on aerobic fitness Repeat Beep Test Open water technique session Incorporate OW skills into sessions	8/12 West Auburn BPS 2/12 National Capital Swim OW