



2019 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>19/1 Campbelltown BPS</p> <p>20/1 Tathra OW</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(e.g. increase rest time from endurance swimming interval of 10 sec R to 15, 20 sec and 30 sec R intervals)</p>	<p>3/2 Cole Classic OW</p> <p>9/2 Myall BPS</p> <p>17/2 ACT Interclub Meet Gunghalin</p> <p>23/2 Merrylands BPS</p> <p>24/2 Sri Chimnoy Lake swims</p>
March	<p>Conditioning - Pre-Race</p> <p>Quality work – sprinting with increased rest periods. (From the example above rest interval increases again to more than 30 sec to even a few minutes for Race pace sprint)</p> <p>Taper</p> <p>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.</p> <p>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>After Nationals have a recovery /endurance week. This will allow for body to adjust to the hard work from last month.</p>	<p>9/3 Cessnock BPS</p> <p>10/3 Broulee OW</p> <p>19-23/3 Nationals LC Adelaide</p>



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April	<p>Mini Cycle for State:</p> <p>1 and 2: Anaerobic High intensity and work load Quality Sprints (5 - 10 sec increased rest above endurance sets)</p> <p>3: Pre Race increasing rest period</p> <p>4. Taper for State</p> <p>Race practice</p> <p>Optional program with increased mileage provided for those not competing</p>	<p>6/11 Wett Ones BPS</p> <p>13/4 Blacktown BPS</p> <p>27-28/4 State LC SOPAC</p>
May	<p>Rest and Maintenance</p> <p>Maintenance phase</p> <p>Technique focus</p> <p>Beep Test (over 2 weeks)</p>	<p>11-12/5 Ulladulla weekend –coach session , swim meet and social</p> <p>25/5 Ettalong BPS</p>
June	<p>Maintenance / Technique</p> <p>Each week a stroke focus to build technique: Back, Br/s, Fly, IM - each session will have a drill focus, a form set and main Freestyle set</p> <p>Discuss and set individual program for any swimmer attending Worlds</p>	<p>30/6 Manly BPS</p>
July	<p>Maintenance Phase / Technique</p> <p>Continue stroke focus to build technique</p> <p>Continue program for swimmer attending Worlds</p>	<p>14/7 State Relay Meet</p> <p>28/7 Warringah BPS</p>
August	<p>Pre-Conditioning / Aerobic</p> <p>Distance swimming to build aerobic base and practice for long distance</p>	<p>8-18/8 FINA Worlds Korea</p> <p>31/8 Ryde BPS</p>
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>15/9 State Long Distance Meet Knox</p> <p>21/9 Tuggeranong Challenge</p> <p>29/9 Seaside Pirates BPS</p>



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October	Pre-Race Quality Sprinting Start taper 10 days before State 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 12-13/10 State SC Champs Woy Woy
November	Maintenance / Aerobic Open water/triathletes and those training for long course working on aerobic/ distance programs Sprinters easing back into maintenance	2/11 Port Macquarie BPS 9/11 Novocastrian BPS 24/11 Hills BPS
December	Maintenance Continue maintenance phase and working on aerobic fitness Repeat Beep Test Open water technique session Incorporate OW skills into sessions	7/12 West Auburn Long Distance 1/12 National Capital Swim OW

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	
	7	90% race pace, swim race distance and less.50 m ,25 m. Longer rests
80% efforts	8	Some over distance swims
	9	Higher intensity sprints 50m , 25 m. longer rest periods
Some race pace	10	90-100% pace, many repeats. Start reducing distance swum