

Swimming Yearly Training Plan

March 2016



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Overview

Training Plan

The purpose of this training program is to improve swimming ability, surf skills and physical fitness specific to swimming and multi discipline Surf Lifesaving events.

This is not an elite athlete swim program. An elite athlete Swim program in Surf Lifesaving would consist of a minimum of five to six pool sessions per week with a distance of 5-7km per session. This program consists of two pool sessions per week for September and October. From November to the Aussie Titles in April there are two pool sessions plus a surf swim session each week. Pool sessions start at 3km per session and build to between 4 and 4.5km

This program is designed to cater for all other abilities giving a well-rounded approach to participating in all Surf Lifesaving events. Having said this, the program is challenging throughout. The sessions grow in volume and increase in intensity. If the athletes involved in this program are consistent and stick to the program they will see improvements in their performance. All 4 strokes (Butterfly, Backstroke, Breaststroke, and Freestyle) are used in the program to get the athletes working all muscle groups. This will be beneficial to flexibility as well as aiding improvements in other Surf Lifesaving disciplines.

Safety

Pool: please adhere to Swimming Pool safety rules.

- Coaches are to follow the Coach to Athlete ratio rules that are required by SLSA.

Surf: Coaches are to follow the Coach to Athlete ratio rules that are required by SLSA.

- Strategically place water safety evenly across all courses in the program, for example: throughout the surf break as well as beyond the surf break.
- If the beach is closed Surf sessions are not to be implemented.

September - Week 1 Session 1

	Overview							
Venue Duration	Local Swimming Pool 1 hour 15 mins	Athlete communities being coached: • Late childhood • Early teenage • Late teenage • Social adult • Competitive adult	Equipment required: Pull buoy Paddles Fins Front snorkel Kick board	Broad purpose of the Increase aerobic Improve technique Improve surf race Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	and anaerobic endu	Key skill area 3 3 stroke breathing (bi-lateral) throughout all freestyle swimming. Good for balancing out shoulders and building aerobic capacity.		

List of key activities							
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling dov	wn)		
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2,	G3 in this order		
200 Freestyle		5 X 100 Freestyle: 1.30, 1.40, 1.50		8 X 50 Pull Buoy: 50, 55	5, 1.00		
8 X 25 Backstroke		5 X 100 Freestyle with fins.		8 X 50 of 25 Backstroke	e and 25 Freestyle: 55,		
(10 seconds rest)		Times as above minus 5 seconds		1.00, 1.05			
8 X 25 Freestyle Kick with	Board			200 Easy Freestyle			
(20 Seconds Rest)				Session Total 3km			
4 X 100 Individual Medley							
(20 Seconds Rest)							
Which components of fi the focus?	itness are	Which energy systems are the focus?		Which principles of training have you considered?			
Speed	х	Immediate Energy System		Specificity	Х		
		(Alactic Anaerobic System)					
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	Х		
Power		Long-Term Energy (Aerobic System)	х	Individualisation	Х		
Endurance	х			Variation	х		
Flexibility	х			Recovery	х		
Agility				Reversibility	х		

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September – Week 1 Session 2

	Overview							
Venue Duration	Local Swimming Pool 1 hour 15 mins	Athlete communities being coached: • Late childhood • Early teenage • Late teenage • Social adult • Competitive adult	Equipment required: Pull buoy Paddles Fins Front snorkel Kick board	Broad purpose of the Increase aerobic Improve technique Improve surf race Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	and anaerobic endu	Key skill area 3 3 stroke breathing (bi-lateral) throughout all freestyle swimming. Good for balancing out shoulders and building aerobic capacity.		

List of key activities							
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)			
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2, G3	in this order		
300 Freestyle		10 X 50 Freestyle: 50, 55, 1.00		8 X 25 Back Kick (20 Secon	ids Rest)		
8 X 25 Medley Order (10 seconds rest)		5 X 100 Freestyle with fins: 1.30, 1.40, 2	1.50	3 X 200: 1 X Swim, 1 X Pull with Gear Changeovers	, 1 X Fins Continuous		
	Doord			200 Easy Freestyle			
8 X 25 Freestyle Kick with	DOdiu			Session Total: 3km			
(20 Seconds Rest) 6 X 50 Pull Buoy 50, 55, 1.	00						
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?			
Speed	х	Immediate Energy System		Specificity	х		
		(Alactic Anaerobic System)					
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	Х	Progressive overload	х		
Power		Long-Term Energy (Aerobic System)	Х	Individualisation	х		
Endurance	х			Variation	х		
Flexibility	Х			Recovery	х		
Agility				Reversibility	х		

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September – Week 2 Session 1

	Overview								
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	Equipment required: Pull buoy Paddles Fins	Improve technicImprove surf rac	and anaerobic endo que/efficiency ce results				
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front snorkel Kick board 	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all freestyle swimming. Good for balancing out shoulders and building aerobic capacity.			

List of key activities						
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling dow	n)	
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2, G	3 in this order	
500 SKIPS (100 of each lett	ter of the	6 X 100 Freestyle: 1.30, 1.40, 1.50		4 X 100 50 Freestyle/50	Kick on Board	
acronym being Swim, Kick, Medley, Pull and Swim)	, Individual	4 X 100 Freestyle with fin: 1.30, 1.40, 1.5	0	(10 Seconds Rest)		
8 X 25 10 Kick Catch up Dri	ill			4 X 100 of Medley		
(20 seconds rest)				(20 Seconds Rest)		
6 X 50 Freestyle Pull: 50, 5	5. 1.00			200 Easy Freestyle		
	-,			Session Total 3km		
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?		
Speed	х	Immediate Energy System		Specificity	х	
		(Alactic Anaerobic System)				
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х	
Power		Long-Term Energy (Aerobic System)	х	Individualisation	х	
Endurance	х		Variation	х		
Flexibility	х			Recovery	Х	
Agility				Reversibility	Х	

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September – Week 2 Session 2

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: Late childhood Early teenage	 Paddles Improve technique/efficiency Improve surf race results 		se aerobic and anaerobic endurance ve technique/efficiency	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front snorkel Kick board 	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

List of key activities							
START OUT (warming up)	GET INTO IT (main session activities)		FINISH UP (cooling down)		
Group times – G1, G2, G3	3 in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2, G3	in this order		
400 Freestyle		12 X 50 Freestyle: 50, 55, 1.00		8 X 50 Pull Buoy: 50, 55, 1	00		
8 X 25 Medley Order		4 X 100 Freestyle with fins: 1.30, 1.40, 1.	50	8 X 25 10 Kick Catch Up D	rill (20 Seconds Rest)		
(10 seconds rest)				400: 150 Freestyle, 50 Bac	ckstroke X2		
8 X 25 Backstroke Kick				Session Total 3km			
(20 Seconds Rest)							
200 Backstroke							
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?			
Speed	х	Immediate Energy System		Specificity	х		
		(Alactic Anaerobic System)					
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	Х		
Power		Long-Term Energy (Aerobic System)	х	Individualisation	Х		
Endurance	х			Variation	Х		
Flexibility	х			Recovery	х		
Agility				Reversibility	Х		

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September – Week 3 Session 1

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: Late childhood Early teenage	 Pull buoy Increase aerobic and anaero Paddles Improve technique/efficience Improve surf race results 		and anaerobic endoque/efficiency	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front snorkel Kick board 	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

List of key activities							
START OUT (warming up))	GET INTO IT (main session activities)		FINISH UP (cooling dov	wn)		
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2,	G3 in this order		
500 SKIPS (100 of each let		3 X 200 Freestyle: 3.00, 3.15, 3.30		12 X 25 Medley Order ((10 Seconds Rest)		
acronym being Swim, Kick Medley, Pull and Swim)	k, Individual	3 X 200 Freestyle with fins. Times as above	⁄e	4 X 50 of Backstroke 1.	00, 1.05, 1.10		
10 X 50 Freestyle Pull: 50,	55 1 00			8 X 25 10 Kick Catch Up	Drill (20 Seconds Rest)		
10 × 30 Freestyle Fall. 30,	, 55, 1.00			6 X 50 Freestyle: 50, 55	5, 1.00		
				Session Total 3.2km			
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?			
Speed	х	Immediate Energy System		Specificity	х		
		(Alactic Anaerobic System)					
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	Х		
Power		Long-Term Energy (Aerobic System)	х	Individualisation	Х		
Endurance X				Variation	Х		
Flexibility	х			Recovery	х		
Agility				Reversibility	х		

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September – Week 3 Session 2

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: Late childhood Early teenage	Equipment required: Pull buoy Paddles Fins	Broad purpose of th Increase aerobic Improve technic Improve surf rac	and anaerobic endo	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front snorkel Kick board 	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

	List of key activities							
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling dow	vn)			
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2, G	33 in this order			
200 Freestyle		6 X 150 Freestyle: 2.15, 2.30, 2.45		6 X 50 Kick with Fins: 50), 55, 1.00			
200 Pull 200 Fins		6 X 50 Freestyle with Pull buoy: 50, 55, 1.	00	6 X 50 Fins – 25 Backstro Freestyle: 50, 55, 1.00	oke Kick and 25			
4 X 100 Individual Medley				400: 150 Freestyle, 50 B	Backstroke X2			
(20 Seconds Rest)				Session Total 3.2km				
Which components of fitne focus?	ess are the	Which energy systems are the focus?		Which principles of training have you considered?				
Speed	х	Immediate Energy System		Specificity	х			
		(Alactic Anaerobic System)						
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х			
Power		Long-Term Energy (Aerobic System)	х	Individualisation	х			
Endurance X				Variation	х			
Flexibility X				Recovery	х			
Agility				Reversibility	х			

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September – Week 4 Session 1

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	Equipment required:Pull buoyPaddlesFins	Broad purpose of th Increase aerobic Improve technic Improve surf rac	and anaerobic endoque/efficiency	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front snorkel Kick board 	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

	List of key activities							
START OUT (warming up) Group times – G1, G2, G3 in this order 400 Freestyle 10 X 50 Freestyle Pull: 50, 55, 1.00 12 X 25 Medley Order (10 Seconds Rest)		Group times – G1, G2, G3 in this order 400 Freestyle Time Trial with time to be recorded by coach and athlete 6 X 100 Freestyle with Fins: 1.30, 1.40, 1.50		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 10 X 50 Pull Buoy: 50, 55, 1.00 10 X 50 of 25 Backstroke and 25 Freestyle: 55, 1.00, 1.05 200 Easy Freestyle Session Total 3.4km				
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?				
Speed	х	Immediate Energy System (Alactic Anaerobic System)		Specificity	х			
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	Х			
Power		Long-Term Energy (Aerobic System)	х	Individualisation	Х			
Endurance X				Variation	Х			
Flexibility X				Recovery	х			
Agility				Reversibility	Х			

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September – Week 4 Session 2

			Recovery week			
Venue	Local Swimming Pool	Athlete communities being coached: Late childhood Early teenage	Equipment required:Pull buoyPaddlesFins	Broad purpose of th Increase aerobic Improve technic Improve surf rac	and anaerobic endo	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	Front snorkelKick board	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

	List of key activities							
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling do	wn)			
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2,	G3 in this order			
300 Freestyle		10 X 50 Freestyle: 50, 55, 1.00		500 SKIPS				
8 X 25 Backstroke Kick (20 seconds rest)		5 X 100 Freestyle Pull: 1.30, 1.40, 1.50		(100 of each Letter of Kick, Individual Medle	the Acronym being Swim, y, Pull and Swim)			
,				8 X 25 10 Kick Catch U	p Drill (20 Seconds Rest)			
8 X 25 Medley Order (10 Seconds Rest) 6 X 50 Freestyle Fins: 50, 5	i5. 1.00			1.05	6 X 50 -25 Backstroke, 25 Freestyle: 55, 1.00.			
o x so r reestyle r ms. so, s	.5, 1.00			Session Total 3km				
Which components of fitne focus?	ess are the	Which energy systems are the focus?		Which principles of training have you considered?				
Speed	х	Immediate Energy System		Specificity	Х			
		(Alactic Anaerobic System)						
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х			
Power		Long-Term Energy (Aerobic System)	х	Individualisation	Х			
Endurance X				Variation	х			
Flexibility	х			Recovery	х			
Agility				Reversibility	х			

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September – Week 5 Session 1

ı			Recovery week			
Venue	Local Swimming Pool	Athlete communities being coached: Late childhood Early teenage	Equipment required:Pull buoyPaddlesFins	Broad purpose of thIncrease aerobioImprove technicImprove surf rac	c and anaerobic endoque/efficiency	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	Front snorkelKick board	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

List of key activities							
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)			
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2, G3 i	in this order		
500 SKIPS		5 X 100 Freestyle: 1.30, 1.40, 1.50		3 X 100 50 Freestyle/50 Kid	ck on Board		
(100 of each letter of the	•	4 X 100 Freestyle with fin: 1.30, 1.40, 1.5	0	(10 Seconds Rest)			
being Swim, Kick, Individu Pull and Swim)	ial Medley,			3 X 100 of Medley			
8 X 25 10 Kick Catch up Dr	rill			(20 Seconds Rest)			
(20 seconds rest)				200 Easy Freestyle			
4 X 50 Freestyle Pull: 50, 5	55 1 00			Session Total 2.6km			
,					Which wind the of twining borner		
Which components of fitn focus?	ess are the	Which energy systems are the focus?		Which principles of training have you considered?			
Speed	х	Immediate Energy System		Specificity	х		
		(Alactic Anaerobic System)					
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х		
Power		Long-Term Energy (Aerobic System)	х	Individualisation	х		
Endurance X				Variation	Х		
Flexibility	х			Recovery	х		
Agility				Reversibility	х		

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September – Week 5 Session 2

			Recovery week			
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	Equipment required: Pull buoy Paddles Fins Front snorkel	Improve technic Improve surf rac	and anaerobic endo que/efficiency ce results	
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	Kick board	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

List of key activities							
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling dow	n)		
Group times – G1, G2, G3 in	n this order	Group times – G1, G2, G3 in this order		Group times – G1, G2, G	3 in this order		
300 Freestyle		12 X 50 Freestyle: 50, 55, 1.00		8 X 50 Pull Buoy: 50, 55,	1.00		
8 X 25 Medley Order		4 X 100 Freestyle with fins: 1.30, 1.40, 1.5	50	8 X 25 10 Kick Catch Up	Drill (20 Seconds Rest)		
(10 seconds rest)				400: 150 Freestyle, 50 B	ackstroke X 2		
8 X 20 Backstroke Kick				Session Total 2.7km			
(20 Seconds Rest)							
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?			
Speed	х	Immediate Energy System		Specificity	х		
		(Alactic Anaerobic System)					
Strength	х	Short-Term / High Intensity Energy	Х	Progressive overload	Х		
		System (Lactic Anaerobic System)					
Power		Long-Term Energy (Aerobic System)	х	Individualisation	х		
Endurance	Х			Variation	х		
Flexibility X				Recovery	х		
Agility				Reversibility	Х		

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October – Week 1 Session 1

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	Equipment required:Pull buoyPaddlesFins	Broad purpose of th Increase aerobic Improve technic Improve surf rac	and anaerobic endo que/efficiency	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front snorkel Kick board 	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

	List of key activities							
START OUT (warming up) Group times – G1, G2, G3 in this order 500 SKIPS (100 of each letter of the acronym being Swim, Kick, Individual Medley, Pull and Swim) 10 x 50 Pull Buoy: 0.50,0.55,1.00		Group times – G1, G2, G3 in this order 4 X 200 Freestyle: 3.00, 3.15, 3.30 3 X 200 Freestyle with fins: 3.00, 3.15, 3.30		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 3 X 100 of Medley (15 Seconds Rest) 8 X 50 Backstroke: 1.00,1.05,1.10 6 X 50 Freestyle: 0.50, 0.55, 1.00 Session Total 3.4km				
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?				
Speed	х	Immediate Energy System (Alactic Anaerobic System)		Specificity	х			
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х			
Power		Long-Term Energy (Aerobic System)	х	Individualisation	х			
Endurance X				Variation	х			
Flexibility	х			Recovery	х			
Agility				Reversibility	х			

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October – Week 1 Session 2

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	Equipment required: Pull buoy Paddles Fins	Improve technicImprove surf rac	and anaerobic endu que/efficiency ce results	
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front snorkel Kick board 	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

	List of key activities							
START OUT (warming up)		GET INTO IT (main session activities)	FINISH UP (cooling dov	vn)				
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2,	G3 in this order			
3 X 200 Freestyle, Pull and	l Fins	8 X 100 Freestyle: 1.30, 1.40, 1.50		6 X 50 Pull Buoy: 0.50,	0.55, 1.00			
8 X 50 25m 10 Kick Catch Up Drill and	25 Freestyle:	12 X 50 Freestyle with fins: 0.45,0.50, 0.5	5	6 X 50 Fins – 25 Backsti Freestyle: 0.50, 0.55, 1				
0.55, 1.00, 1.05	25 i reestyle.			400 Easy Freestyle				
				Session Total 3.4km				
Which components of fitne focus?	ess are the	Which energy systems are the focus?		Which principles of training have you considered?				
Speed	Х	Immediate Energy System		Specificity	х			
		(Alactic Anaerobic System)						
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	Х			
Power		Long-Term Energy (Aerobic System)	х	Individualisation	х			
Endurance	х			Variation	х			
Flexibility	х			Recovery	х			
Agility					х			
					_			

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October - Week 2 Session 1

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	Equipment required:	Broad purpose of theIncrease aerobioImprove technicImprove surf rac	and anaerobic endu ue/efficiency	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	Front snorkelKick board	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

	List of key activities						
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling do	wn)		
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2,	G3 in this order		
1000 SKIPS		6 X 150 Freestyle: 2.10, 2.25, 2.40		6 X 50 Kick with Fins: 0	.50, 0.55, 1.00		
(200 of each letter of the abeing Swim, Kick, Individu Pull and Swim)	,			6 X 50 fins 25 Kick Catc Freestyle: 0.50, 0.55, 1	.00		
,				Session Total 3.4km	4 X 100 Freestyle: 1.40, 1.50, 2.00 Session Total 3.4km		
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?			
Speed	х	Immediate Energy System (Alactic Anaerobic System)		Specificity	х		
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х		
Power		Long-Term Energy (Aerobic System)	х	Individualisation	х		
Endurance	х				х		
Flexibility	х			Recovery	х		
Agility				Reversibility	х		

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October – Week 2 Session 2

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: Late childhood Early teenage	Equipment required: Pull buoy Paddles Fins	Broad purpose of the Increase aerobic Improve technic Improve surf rac	and anaerobic endo	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front snorkel Kick board 	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

		List of key activities			
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling dow	n)
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2, G	3 in this order
10 x 50 Freestyle: 0.50,0.5	55,1.00	8 X 100 Freestyle: 1.30, 1.40, 1.50		8 X 50 Pull Buoy: 50, 55,	1.00
10 X 50 Kick with fins: 0.50	0, 0.55, 1.00	6 X 100 Freestyle with fins: 1.25, 1.35, 1.4	15	8 X 50 of 25 Backstroke 0.55, 1.00	and 25 Freestyle: 0. 50,
				200 Easy Freestyle	
				Session Total 3.4km	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	х	Immediate Energy System		Specificity	х
		(Alactic Anaerobic System)			
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х
Power		Long-Term Energy (Aerobic System)	х	Individualisation	Х
Endurance	х				Х
Flexibility	х			Recovery	Х
Agility				Reversibility	х

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October – Week 3 Session 1

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: Late childhood Early teenage	Equipment required: Pull buoy Paddles Fins	Broad purpose of the Increase aerobic Improve techniq Improve surf rac	and anaerobic endu ue/efficiency	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front snorkel Kick board 	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

		List of key activities			
START OUT (warming u	p)	GET INTO IT (main session activities)		FINISH UP (cooling dov	vn)
Group times – G1, G2, G	3 in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2,	G3 in this order
1000 SKIPS		5 X 300 Freestyle: 4.35, 4.45, 4.55		6 X 50 Freestyle Fins: 0	.50, 0.55, 1.00
(200 of each letter of the	e acronym			6 X 50 Freestyle Pull: 0	.50, 0.55, 1.00
being Swim, Kick, Individed Pull and Swim)	dual Medley,			8 x 25 Backstroke- 30se	ecs
r un and Swiffi				200 Easy Freestyle	
				Session Total 3.5km	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	х	Immediate Energy System		Specificity	х
		(Alactic Anaerobic System)			
Strength	х	Short-Term / High Intensity Energy	Х	Progressive overload	х
		System (Lactic Anaerobic System)			
Power		Long-Term Energy (Aerobic System)	х	Individualisation	х
Endurance	х			Variation	х
Flexibility	х			Recovery	x
Agility				Reversibility	х

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October – Week 3 Session 2

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: Late childhood Early teenage	Equipment required: Pull buoy Paddles Fins	Broad purpose of the Increase aerobic Improve technic Improve surf rac	and anaerobic endo	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	Front snorkelKick board	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

	List of key activities							
START OUT (warming up)		GET INTO IT (main session activities)	FINISH UP (cooling dov	FINISH UP (cooling down)				
Group times – G1, G2, G3 in this order		Group times – G1, G2, G3 in this order		Group times – G1, G2,	G3 in this order			
500 SKIPS		20 X 50 Freestyle : 0.45, 0.50, 0.55		12 X 25 Individual Med	ley			
(100 of each letter of the a	•	10 X 50 Freestyle Fins: 0.45, 0.50, 0.55		(30 Seconds Rest)				
being Swim, Kick, Individual Pull and Swim)	al Medley,			4 X 50 Backstroke: 0.55	5, 1.00. 1.05			
10 X 50 Pull Buoy: 0.50, 0.	55. 1.00			8 X 25 10 Kick Catch Up	Drill			
	23, 1.00			(30 Seconds Rest)				
				6 x 50 Freestyle: 0.50, 0	0.55, 1.00			
				Session Total 3.5km				
Which components of fitne focus?	ess are the	Which energy systems are the focus?		Which principles of training have you considered?				
Speed	х	Immediate Energy System		Specificity	х			
		(Alactic Anaerobic System)						
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х			
Power		Long-Term Energy (Aerobic System)	х	Individualisation	х			
Endurance	х			Variation	х			
Flexibility	х			Recovery	х			
Agility				Reversibility	х			

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October Week 4 Session 1

			Recovery week			
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	Equipment required:Pull buoyPaddlesFins	Broad purpose of thIncrease aerobioImprove technicImprove surf rac	c and anaerobic endoque/efficiency	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	Front snorkelKick board	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

		List of key activities			
START OUT (warming up)		GET INTO IT (main session activities) FINISH UP (cooling down)		wn)	
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2,	G3 in this order
400 Freestyle		10 X 50 Freestyle @ 100% effort on the 1	20 (times		e and 25 Freestyle: 0. 55,
8 X 50 Pull Buoy: 0.50, 0.5	5, 1.00	to be recorded)		1.00, 1.05	
8 X 25 Individual Medley		6 X 100 Freestyle with Fins: 1.25, 1.35, 1.	45	8 X 50 Pull Buoy: 0.50,	0.55, 1.00
(30 Seconds Rest)				200 Freestyle	
				Session Total 3.1km	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of traic considered?	ining have you
Speed	х	Immediate Energy System		Specificity	х
		(Alactic Anaerobic System)			
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х
Power		Long-Term Energy (Aerobic System)	х	Individualisation	Х
Endurance	х			Variation	х
Flexibility	х			Recovery	Х
Agility				Reversibility	х

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October - Week 4 Session 2

			Recovery week			
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	Equipment required: Pull buoy Paddles Fins	Broad purpose of the Increase aerobic Improve technic Improve surf rac	and anaerobic endo	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	Front snorkelKick board	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

		List of key activities			
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling do	wn)
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2,	G3 in this order
300 Freestyle		6 X 100 Freestyle: 1.25, 1.35, 1.45		-	Letter of the Acronym
8 X 25 Backstroke Kick		8 X 50 Pull Buoy: 0. 45, 0.50, 0.55		being Swim, Kick, Indiv Swim)	idual Medley, Pull and
(35 seconds rest)				'	e and 25 Freestyle: 0. 55,
8 X 25 Individual Medley				1.00, 1.05	, ,
(30 Seconds Rest)				8 X 25 10 Kick Catch Up	o Drill
6 X 50 Freestyle with fins: 0.50, 0.55,				(30 Seconds Rest)	
1.00				Session Total 3.1km	
Which components of fitne focus?	ess are the	Which energy systems are the focus?		Which principles of traic considered?	ining have you
Speed	х	Immediate Energy System		Specificity	х
		(Alactic Anaerobic System)			
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х
Power		Long-Term Energy (Aerobic System)	х	Individualisation	х
Endurance	х			Variation	х
Flexibility	х			Recovery	х
Agility				Reversibility	х

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November – Week 1 Session 1

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	Equipment required: Pull buoy Paddles Fins	Broad purpose of th Increase aerobic Improve technic Improve surf rac	and anaerobic endoque/efficiency	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front snorkel Kick board 	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

		List of key activities			
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down	1)
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2, G3	3 in this order
500 SKIPS		4 X 200 Freestyle: 2.55, 3.10, 3.25		3 X 100 Individual Medle	y: 1.45, 1.50, 1.55
(100 of each letter of the acronym being Swim, Kick, Individual Medley, Pull and Swim)		•		8 X 50 Backstroke: 0.55, 1.00, 1.05 6 X 50 Freestyle: 0. 50, 0.55, 1.00	
4 x 75 of Butterfly, Backstroke and Breaststroke: 1.30, 1.25, 1.30				Session Total 3.6km	
8 x 25 Backstroke					
(30 Seconds Rest)					
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training considered?	ng have you
Speed	х	Immediate Energy System (Alactic Anaerobic System)		Specificity	х
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х
Power		Long-Term Energy (Aerobic System)	Х	Individualisation	х
Endurance	х			Variation	х
Flexibility	Х			Recovery	х
Agility				Reversibility	х

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November – Week 1 Session 2

			Overview			
Venue	Beach	Athlete communities being coached: Late childhood Early teenage	Equipment required:GogglesWater Safety (1:5 Ratio) on	Broad purpose of theIncrease aerobicImprove techniqImprove surf rac	and anaerobic enduue/efficiency	urance
Duration	1 hour	Late teenageSocial adultCompetitive adult	boards to use also as markers (Buoys) in the water Witches Hats on beach	Key skill area 1 Running into water with smooth transition to wading, to dolphin diving then swimming.	Key skill area 2 Diving under waves.	Key skill area 3 Catching waves on body.

		List of key activities			
START OUT (warming	up)	GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 minute Jog on beach		Note: Always utilising all skills from run s		1 X Easy surf swim	
5 minute stretch of leg	s and shoulders	wade, dolphin dive (including under wav straight line swimming and body surfing.	• •	5 minutes of body surfing	
Double M Shape Swim buoys (water safety) o		3 X 250 Surf Race @ 80%.			
shore. After completin	g the first M	2 mins rest between			
Shape run back to start and complete course again. This should take 10 minutes. Coach should be identifying areas that		90%. 1 minute rest between. Rest is off s between water safeties then again on th between witches hats.	6 X 100 one way efforts (1 out 1 back 3 times) @ 90%. 1 minute rest between. Rest is off shore between water safeties then again on the beach between witches hats.		
need technique correct athletes complete this skills are being utilised wading, dolphin diving body surfing.	warm up. All . Running,	2 X Max effort starts, 2 x max effort finis off shore.1 Minute rest between each.	hes 30m		
Which components of focus?	fitness are the	Which energy systems are the focus?		Which principles of training considered?	have you
Speed	х	Immediate Energy System	х	Specificity	х
		(Alactic Anaerobic System)			
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	Х	Progressive overload	X
Power	х	Long-Term Energy (Aerobic System)	Х	Individualisation	Х
Endurance	х			Variation	х
Flexibility	х			Recovery	Х
Agility	х			Reversibility	Х

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November – Week 1 Session 3

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: Late childhood Early teenage	Equipment required: Pull Buoy Paddles Fins	Broad purpose of the Increase aerobic Improve technic Improve surf rac	and anaerobic endo	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front Snorkel Kick Board 	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

		List of key activities			
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling dov	vn)
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2,	G3 in this order
200 Freestyle Pull with Fir	ns	10 X 100 Freestyle: 1.25, 1.35, 1.45		6 X 50 Pull Buoy: 0. 50,	0.55, 1.00
8 X 50 - 25 Kick Catch Up Freestyle: 0.50,0.55, 1.00	Drill and 25	12 X 50 Freestyle with fins: 0.45, 0.50, 0.55		6 X 50 fins of 25 Backst Freestyle: 0.50, 0.55, 1	
				400 Freestyle	
				Session Total 3.6km	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	х	Immediate Energy System		Specificity	Х
		(Alactic Anaerobic System)			
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	Х
Power		Long-Term Energy (Aerobic System)	х	Individualisation	Х
Endurance	х			Variation	х
Flexibility	х			Recovery	х
Agility				Reversibility	Х

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November – Week 2 Session 1

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: Late childhood Early teenage	Equipment required: Pull Buoy Paddles Fins	Broad purpose of the Increase aerobic Improve technic Improve surf rac	and anaerobic endo	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front Snorkel Kick Board 	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

		List of key activities			
START OUT (warming u	p)	GET INTO IT (main session activities)		FINISH UP (cooling dov	wn)
Group times – G1, G2, G	3 in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2,	G3 in this order
1000 SKIPS		8 X 150 Freestyle: 2.10, 2.25, 2.40		6 X 50 Kick with fins: 0.	50, 0.55, 1.00
(200 of each letter of the	•	, , ,		6 X 50 Fins of 25 kick ca freestyle: 0.50, 0.55, 1.	•
Pull and Swim)				4 x 100 Freestyle: 1.40,	1.50, 2.00
				Session Total 3.7km	
Which components of fit focus?	tness are the	Which energy systems are the focus?		Which principles of trai considered?	ning have you
Speed	х	Immediate Energy System (Alactic Anaerobic System)		Specificity	х
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х
Power		Long-Term Energy (Aerobic System)	х	Individualisation	х
Endurance	х			Variation	х
Flexibility	х			Recovery	Х
Agility				Reversibility	Х

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November – Week 2 Session 2

being coached: • Late childhood • Early teenage • Late teenage • Social adult • Competitive adult • Witches hats on beach • Goggles • Water Safety • (1:5 Ratio) on boards to use also as markers (Buoys) in the water • Witches hats on beach	road purpose of the training session Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results ey skill area 1 unning into water vith smooth ransition to rading, to dolphin iving then wimming. Key skill area 2 Diving under waves on body. Catching waves on body.

		List of key activities			
START OUT (warming up) 5 minute jog on beach. 5 minute stretch of legs and shoulders Surf Skills: Each athlete must get out through the surf and catch a wave in 6 times. After each wave, run up around a witch's hat on the beach then head straight back out. Coach to use this as an opportunity to speak to the athletes as they run passed. Give correction and feedback on technique and skill.		GET INTO IT (main session activities) Note: Always utilising all Skills from run start, wade, dolphin dive (including under waves), straight line swimming and body surfing 6 X swim/run transitions. Athletes start in the water 50m off shore (distance to build each week) and line up between water safety. Coach calls go, athletes sprint in run around witches hat 20m from shoreline and sprint straight back out. Rest is off shore. 1 Minute rest between. 3 X World Champion Body Surf/Sprint Finishes. Athletes line up at back of break. All catch same wave and race up beach.		FINISH UP (cooling down) 1 X easy 200 surf swim 5 minutes of body surfing	
Which components of fit focus?	ness are the	Which energy systems are the focus?		Which principles of training have you considered?	
Speed	х	Immediate Energy System (Alactic Anaerobic System)	х	Specificity	Х
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	Х
Power	х	Long-Term Energy (Aerobic System)	Х	Individualisation	Х
Endurance	Endurance X			Variation	Х
Flexibility	х	Recovery			Х
Agility	Х		х		

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November – Week 2 Session 3

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: Late childhood Early teenage	Equipment required: Pull Buoy Paddles Fins	Broad purpose of the Increase aerobic Improve technic Improve surf rac	and anaerobic endo	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front Snorkel Kick Board 	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

	List of key activities							
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling dow	n)			
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2, G	i3 in this order			
10 X 50 Freestyle: 0.50, 0.5	55, 1.00	10 X 100 Freestyle: 1.25, 1.35, 1.45		8 X 50 Pull Buoy: 0.50, 0	.55, 1.00			
10 X 50 Freestyle kick with 0.55, 1.00	n fins: 0.50,	8 X 100 Freestyle with fins: 1.25, 1.35, 1.4	15	8 X 50 of 25 Backstroke 0.55, 1.00	and 25 Freestyle: 0.50,			
				200 Easy Freestyle				
				Session Total 3.8km				
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?				
Speed	х	Immediate Energy System		Specificity	х			
		(Alactic Anaerobic System)						
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	Х			
Power		Long-Term Energy (Aerobic System)	х	Individualisation	Х			
Endurance	х				Х			
Flexibility	х			Recovery	Х			
Agility				Reversibility	х			

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November – Week 3 Session 1

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: Late childhood Early teenage	Equipment required: Pull Buoy Paddles Fins	Broad purpose of the Increase aerobic Improve techniq Improve surf rac	and anaerobic endo	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front Snorkel Kick Board 	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

List of key activities							
START OUT (warming up	o)	GET INTO IT (main session activities)		FINISH UP (cooling dov	wn)		
Group times – G1, G2, G3	3 in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2,	G3 in this order		
1000 SKIPS		6 X 300 Freestyle: 4.30, 4.40, 4.50		6 X 50 Freestyle with fi	ns: 0.50, 0.55, 1.00		
(200 of each letter of the	•			6 X 50 Freestyle Pull: 0	.50, 0.55, 1.00		
being Swim, Kick, Individ Pull and Swim)	ual Medley,			8 x 25 Backstroke (30 S	econds Rest)		
r dii and Swiinj				200 Easy Freestyle			
				Session Total: 3.8km			
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?			
Speed	х	Immediate Energy System		Specificity	х		
		(Alactic Anaerobic System)					
Strength	х	Short-Term / High Intensity Energy	х	Progressive overload	Х		
		System (Lactic Anaerobic System)					
Power		Long-Term Energy (Aerobic System)	х	Individualisation	х		
Endurance	х			Variation	х		
Flexibility	X			Recovery	X		
·······································	^	*			^		
Agility				Reversibility	Х		

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November – Week 3 Session 2

			Overview			
Venue	Beach	Athlete communities		- CI		
venue	Beach	being coached: • Late childhood • Early teenage	Equipment required:GogglesWater Safety (1:5 Ratio) on	Broad purpose of theIncrease aerobicImprove techniqImprove surf rac	and anaerobic end ue/efficiency	urance
Duration	1 hour	 Late teenage Social adult Competitive adult 	boards to use also as markers (Buoys) in the water	Key skill area 1 Running into water with smooth transition to wading, to dolphin diving then swimming.	Key skill area 2 Diving under waves.	Key skill area 3 Catching waves on body.

		List of key activities			
Shape run back to start and complete course again. This should take 10 minutes Coach should be identifying areas that need technique correction when athletes complete this warm up. All Skills are being utilised. Running, wading, dolphin diving, swimming and body surfing.		GET INTO IT (main session activities) Note: Always utilising all Skills from Run start, wade, dolphin dive (including under waves), straight line swimming and body surfing 4 X 250 Surf Race @ 80%. 2 mins rest between 8 X 100 one way efforts (1 out 1 back 3 times) @ 90% 1 minute rest between. Rest is off shore between water safeties then again on the beach between witches hats. 2 x max effort starts, 2 x max effort finishes 30 metres off shore. 1 minute rest between each.		FINISH UP (cooling down) 1 X Easy 200 Surf Swim 5 minutes of Body Surfing	
Which components of fitne focus?	ess are the	Which energy systems are the focus?		Which principles of training have you considered?	
Speed	х	Immediate Energy System (Alactic Anaerobic System)	х	Specificity	х
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х
Power	х	Long-Term Energy (Aerobic System)	Х	Individualisation	х
Endurance X				Variation	х
Flexibility X				Recovery	х
Agility	х			Reversibility	х

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November – Week 3 Session 3

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: Late childhood Early teenage	Equipment required: Pull Buoy Paddles Fins	Broad purpose of the Increase aerobic Improve techniq Improve surf rac	and anaerobic endo	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front Snorkel Kick Board 	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

		List of key activities			
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling dov	vn)
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2,	G3 in this order
500 SKIPS		20 X 50 Freestyle: 0.45, 0.50, 0.55		12 X 25 Individual Med	ley
(100 of each letter of the	,	8 X 100 Freestyle with fins: 1.25, 1.35, 1.4	15	(30 Seconds Rest)	
being Swim, Kick, Individu Pull and Swim)	al Medley,			4 X 50 Backstroke: 0.55	5, 1.00, 1.05
5 X 100 Pull Buoy: 1.30, 1	40 1 50			8 x 25 10 kick catch up	drill
3 × 100 † dii Bdoy. 1.50, 1	.40, 1.50			(30 Seconds Rest)	
				6 x 50 Freestyle: 0.50, 0	0.55, 1.00
			Session Total 3.8km		
Which components of fitne focus?	ess are the	Which energy systems are the focus?		Which principles of training have you considered?	
Speed	х	Immediate Energy System		Specificity	х
		(Alactic Anaerobic System)			
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	Х	Progressive overload	Х
Power		Long-Term Energy (Aerobic System)	х	Individualisation	х
Endurance X			Variation	Х	
Flexibility	х			Recovery	х
Agility				Reversibility	х
Agility		-		Reversibility	Х

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November – Week 4 Session 1

			Recovery week			
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	Equipment required: Pull Buoy Paddles Fins	Broad purpose of the Increase aerobic Improve technic Improve surf rac	and anaerobic endu ue/efficiency	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	Front SnorkelKick Board	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

	List of key activities							
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling dow	n)			
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2, G	i3 in this order			
400 Freestyle		400 Time Trial (Compare to previous time	e).	8 X 50 of 25 Backstroke	and 25 Freestyle: 0. 55,			
8 X 50 Pull Buoy: 0.50, 0.5	5, 1.00	8 X 100 Freestyle with fins: 1.25, 1.35, 1.4	45	1.00, 1.05				
8 X 25 Butterfly				8 X 50 Pull Buoy				
(30 Seconds Rest)				200 Freestyle				
				Session Total 3.2km				
Which components of fitne focus?	ess are the	Which energy systems are the focus?		Which principles of train considered?	Which principles of training have you considered?			
Speed	Х	Immediate Energy System		Specificity	х			
		(Alactic Anaerobic System)						
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х			
Power		Long-Term Energy (Aerobic System)	х	Individualisation	Х			
Endurance	х				Х			
Flexibility	х			Recovery	Х			
Agility				Reversibility	х			

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November – Week 4 Session 2

			Recovery week			
Venue Duration	Beach 1 hour	Athlete communities being coached: • Late childhood • Early teenage • Late teenage • Social adult • Competitive	Equipment required: Goggles Water Safety (1:5 Ratio) on boards to use also as markers (Buoys) in the water	 Improve technic Improve surf rac Key skill area 1 Running into water with smooth 	and anaerobic endo	Key skill area 3 Catching waves on body.
		adult	Witches hats on beach	transition to wading, to dolphin diving then swimming.		

List of key activities							
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)			
5 minute jog on beach. 5 minute stretch of legs and shoulders Surf Skills: Each athlete must get out through the surf and catch a wave in 4 times. After each wave, run up around a witch's hat on the beach then head straight back out. Coach to use this as an opportunity to speak to the athletes as they run passed. Give correction and feedback on technique and skill.		Note: Always utilising all Skills from Run start, wade, dolphin dive (including under waves), straight line swimming and body surfing 4 X Swim/run transitions. Athletes start in the water 50m off shore (distance to build each week) and line up between water safety. Coach calls go, athletes sprint in run around witches hat 20m from shoreline and sprint straight back out. Rest is off shore. 1 minute rest between. 2 X World Champion Body Surf/Sprint Finishes. Athletes line up at back of break. All catch same wave and race up beach.		1 X Easy 200 Surf Swim 5 minutes of body surfing			
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?			
Speed	х	Immediate Energy System (Alactic Anaerobic System)	х	Specificity	х		
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х		
Power	х	Long-Term Energy (Aerobic System)	х	Individualisation	х		
Endurance	х			Variation	х		
Flexibility	Х			Recovery	х		
Agility	х			Reversibility	х		
	l						

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November – Week 4 Session 3

			Recovery week				
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	Equipment required:	Broad purpose of the training session Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results			
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	Front SnorkelKick Board	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.	

List of key activities							
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)			
Group times – G1, G2, G3 in this order		Group times – G1, G2, G3 in this order		Group times – G1, G2, G3 in this order			
300 Freestyle		10 X 50 Freestyle: 0.45, 0.50, 0.55		500 SKIPS			
8 X 25 Backstroke Kick		6 X 100 Pull Buoy: 1.25,1.35,1.45		(100 of each Letter of the Acronym being Swim, Kick, Individual Medley, Pull and Swim)			
(40 seconds rest)				8 X 25 10 Kick catch up Drill (30 Seconds Rest)			
8 X 25 Individual Medley (30 Seconds Rest)				8 X 50 of 25 Backstroke and 25 Freestyle: 0. 55, 1.00, 1.05			
6 X 50 Freestyle with fins: 0.50, 0.55, 1.00				Session Total 3.2km			
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?			
Speed	х	Immediate Energy System (Alactic Anaerobic System)		Specificity	х		
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	Х	Progressive overload	Х		
Power		Long-Term Energy (Aerobic System)	Х	Individualisation	Х		
Endurance	х			Variation	Х		
Flexibility	Х			Recovery	Х		
Agility				Reversibility	Х		
					_		

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December – Week 1 Session 1

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	Equipment required: Pull Buoy Paddles Fins	Broad purpose of th Increase aerobic Improve technic Improve surf rac	and anaerobic endo	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front Snorkel Kick Board 	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

List of key activities							
START OUT (warming up)		GET INTO IT (main session activities)	FINISH UP (cooling down)				
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2, G	33 in this order		
500 SKIPS		5 X 200 Freestyle: 2.55, 3.10, 3.25		5 X 100 Individual Medle	ey: 1.45, 1.50, 1.55		
(100 of each letter of the acronym being Swim, Kick, Individual Medley, Pull and Swim).		4 X 200 Freestyle with Fins: 2.50, 3.05, 3.20		8 X50 Backstroke: 0.55, 1.00, 1.05 6 x 50 Freestyle: 0.50, 0.55, 1.00			
200 Backstroke				Session Total 4km			
4 x 75 of Butterfly, Backstr Breaststroke (25m each st 1.25, 1.30							
Which components of fitne focus?	ess are the	Which energy systems are the focus?		Which principles of training have you considered?			
Speed	Х	Immediate Energy System (Alactic Anaerobic System)		Specificity	х		
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х		
Power		Long-Term Energy (Aerobic System)	Х	Individualisation	Х		
Endurance	х			Variation	Х		
Flexibility	Х			Recovery	Х		
Agility				Reversibility	Х		

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December – Week 1 Session 2

			Overview			
Venue	Beach	Athlete communities	Facilians out noncined.	Dugad wywnasa af th	o troining cossion	
Venue	Beach	being coached: • Late childhood • Early teenage	Equipment required:GogglesWater Safety (1:5 Ratio) on	Broad purpose of thIncrease aerobioImprove technicImprove surf rac	and anaerobic end que/efficiency	urance
Duration	1 hour	Late teenageSocial adultCompetitive adult	boards to use also as markers (Buoys) in the water	Key skill area 1 Running into water with smooth transition to wading, to dolphin diving then swimming.	Key skill area 2 Diving under waves.	Key skill area 3 Catching waves on body.

		List of key activities				
START OUT (warming t	ıb)	GET INTO IT (main session activities)		FINISH UP (cooling down)	FINISH UP (cooling down)	
5 minute jog on beach.		Note: Always utilising all Skills from Run	start,	1 X Easy 200 Surf Swim		
5 minute stretch of leg	s and shoulders	wade, dolphin dive (including under way straight line swimming and body surfing		5 minutes of body surfing		
Triple M Shape Swim co		5 X 250 surf race @ 80%. 1 minute rest between				
off shore. After comple Shape run back to start course again. This shou minutes	ting the first M and complete	8 X 100 one way efforts (1 out 1 back 3 times) @ 90% 1 minute rest between. Rest is off shore between water safety then again on the beach between witches hats.				
Coach should be identifued technique correct athletes complete this Skills are being utilised. wading, dolphin diving, body surfing.	cion when warm up. All Running,	4 X max effort starts, 2 x max effort finis metres off shore. 1 Minute Rest betwee				
Which components of f focus?	itness are the	Which energy systems are the focus?		Which principles of training considered?	have you	
	itness are the	Which energy systems are the focus? Immediate Energy System (Alactic Anaerobic System)	х		have you X	
focus? Speed		Immediate Energy System	x	considered?		
focus? Speed	х	Immediate Energy System (Alactic Anaerobic System) Short-Term / High Intensity Energy		considered? Specificity	х	
focus? Speed Strength	x x	Immediate Energy System (Alactic Anaerobic System) Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	considered? Specificity Progressive overload	x x	
focus? Speed Strength Power	x x	Immediate Energy System (Alactic Anaerobic System) Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	considered? Specificity Progressive overload Individualisation	x x x	

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December – Week 1 Session 3

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: Late childhood Early teenage	Equipment required:Pull BuoyPaddlesFins	Broad purpose of th Increase aerobic Improve technic Improve surf rac	and anaerobic endo	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	Front SnorkelKick Board	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

List of key activities							
START OUT (warming up)		GET INTO IT (main session activities)	FINISH UP (cooling dow	n)			
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2, G	33 in this order		
200 Freestyle pull fins		12 X 100's Freestyle: 1.25, 1.35, 1.45		8 X 50's Pull Buoy: 0.50,	0.55, 1.00		
8 X 50 Freestyle Kick :1.20, 1.25, 1.30		12 X 50's Freestyle with fins: 0.45, 0.50, 0).55	8 X 50s of 25 Backstroke 0. 55, 1.00, 1.05	e Kick and 25 Freestyle:		
				400 Freestyle			
				Session Total 4km			
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?			
Speed	х	Immediate Energy System		Specificity	х		
		(Alactic Anaerobic System)					
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	Х		
Power		Long-Term Energy (Aerobic System)	х	Individualisation	Х		
Endurance	х			Variation	Х		
Flexibility	х			Recovery	Х		
Agility				Reversibility	Х		

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December – Week 2 Session 1

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	Equipment required: Pull Buoy Paddles Fins	Broad purpose of th Increase aerobic Improve technic Improve surf rac	and anaerobic endo	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front Snorkel Kick Board 	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

		List of key activities				
START OUT (warming up)		GET INTO IT (main session activities)	FINISH UP (cooling dow	FINISH UP (cooling down)		
Group Times – G1, G2, G3	in this order	Group Times – G1, G2, G3 in this order		Group Times – G1, G2, G	3 in this order	
1000 SKIPS		8 X 150 Freestyle: 2.10, 2.25, 2.40		6 X 50 Backstroke: 0.50,	1.00, 1.05	
(200 of each letter of the acronym being Swim, Kick, Individual Medley, Pull and Swim).		10 X 50 Freestyle Pull: 0.45,0.50, 0.55		Freestyle: 0.50, 0.55, 1.0	6 X 50 with Fins, 25 kick catch up drill and 25 Freestyle: 0.50, 0.55, 1.00	
8 X 50 Freestyle Kick: 1.20, 1.25, 1.30				Session Total 4km	4 X 100 Freestyle: 1.40, 1.45, 1.55 Session Total 4km	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?		
Speed	Х	Immediate Energy System		Specificity	х	
		(Alactic Anaerobic System)				
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	Х	
Power		Long-Term Energy (Aerobic System)	х	Individualisation	Х	
Endurance	х			Variation	Х	
Flexibility	х			Recovery	Х	
Agility				Reversibility	Х	

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December – Week 2 Session 2

Venue Athlete communities being coached: Equipment required: Broad purpose of the training session • Goggles • Increase aerobic and anaerobic endurance • Late childhood • Water Safety		Overview			
Duration 1 hour • Late teenage boards to use also as markers Key skill area 1 Key skill area 2 Key skill area 3	 being coached: Late childhood Early teenage Late teenage Social adult Competitive 	 Equipment required: Goggles Water Safety (1:5 Ratio) on boards to use also as markers (Buoys) in the water Witches hats on 	 Increase aerobic Improve techniq Improve surf rac Key skill area 1 Running into water with smooth transition to wading, to dolphin diving then 	e and anaerobic endo que/efficiency se results Key skill area 2 Diving under	Key skill area 3 Catching waves on

		List of key activities				
CT4.DT.QUT / : \		057.070.77		Emigraph II		
START OUT (warming up) 5 minute jog on beach. 5 minute stretch of legs and shoulders Surf Skills: Each athlete must get out through the surf and catch a wave in 7 times. After each wave, run up around a witch's hat on the beach then head straight back out. Coach to use this as an opportunity to speak to the athletes as they run passed. Give correction and feedback on technique and skill.		Ret Into It (main session activities) Note: Always utilising all Skills from Run start, wade, dolphin dive (including under waves), straight line swimming and body surfing 8 X Swim/run transitions. Athletes start in the water 75m off shore (distance to build each week) and line up between water safety. Coach calls go, athletes sprint in run around witches hat 20m from shoreline and sprint straight back out. Rest is off shore. 1 Minute rest between. 4 X World Champion Body Surf/Sprint Finishes. Athletes line up at back of break. All catch same wave and race up beach.		FINISH UP (cooling down) 1 X Easy 200 Surf Swim 5 minutes of body surfing		
Which components of fitne focus?	ess are the	Which energy systems are the focus?		Which principles of training have you considered?		
Speed	Х	Immediate Energy System (Alactic Anaerobic System)	х	Specificity	х	
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	Х	Progressive overload	х	
Power	х	Long-Term Energy (Aerobic System)	х	Individualisation	х	
Endurance	х			Variation	х	
Flexibility	Х			Recovery X		
Agility	х			Reversibility	х	

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December – Week 2 Session 3

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: Late childhood Early teenage	Equipment required: Pull Buoy Paddles Fins	Broad purpose of th Increase aerobic Improve technic Improve surf rac	and anaerobic endo	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front Snorkel Kick Board 	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

		List of key activities			
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling dow	rn)
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2, G	63 in this order
10 X 50 Freestyles; 0.55, 0.	.55, 1.00	10 X 100 Freestyle: 1.25, 1.35, 1.45		8 X 50 Pull Buoy: 0.50, 0	0.55, 1.00
5 X 100 Freestyle kick with	fins: 1.45,	10 X 100 Freestyle with fins: 1.20, 1.30, 1	L.40	8 X 50 Backstroke:0.55,	1.00, 1.05
1.50, 1.55				200 Easy Freestyle	
				Session Total 4km	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	х	Immediate Energy System		Specificity	х
		(Alactic Anaerobic System)			
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х
Power		Long-Term Energy (Aerobic System)	х	Individualisation	Х
Endurance	х			Variation	Х
Flexibility	Х			Recovery	Х
Agility				Reversibility	х

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December – Week 3 Session 1

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	Equipment required:Pull BuoyPaddlesFins	Broad purpose of th Increase aerobic Improve technic Improve surf rac	and anaerobic endo	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front Snorkel Kick Board 	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

		List of key activities			
START OUT (warmin	g up)	GET INTO IT (main session activities)		FINISH UP (cooling down	n)
Group times – G1, G	2, G3 in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2, G3	3 in this order
1000 SKIPS		5 X 400 Freestyle: 6.00, 6.20, 6.40		6 X 50 Pull Buoy: 0.50, 0.	55, 1.00
(200 of each letter o	•	8 X 50 Freestyle Kick : 1.20, 1.25, 1.30		12 X 25 Backstroke (30 S	econds Rest)
being Swim, Kick, Inc Pull and Swim).	dividual Medley,			Session Total 4km	
ruli aliu Swillij.					
Which components of focus?	of fitness are the	Which energy systems are the focus?		Which principles of training have you considered?	
Speed	х	Immediate Energy System		Specificity	х
		(Alactic Anaerobic System)			
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	Х
Power		Long-Term Energy (Aerobic System)	х	Individualisation	Х
Endurance X				Variation	Х
Flexibility	х			Recovery	х
Agility		Reversibility	х		
<u> </u>					

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December – Week 3 Session 2

,	Overview							
Venue	Beach	Athlete communities being coached: Late childhood Early teenage	 Equipment required: Goggles Water Safety (1:5 Ratio) on boards to use 	Broad purpose of th Increase aerobic Improve technic Improve surf rac	and anaerobic end que/efficiency	urance		
Duration	1 hour	 Late teenage Social adult Competitive adult 	also as markers (Buoys) in the water	Key skill area 1 Running into water with smooth transition to wading, to dolphin diving then swimming.	Key skill area 2 Diving under waves.	Key skill area 3 Catching waves on body.		

	List of key activities								
START OUT (warming up) 5 minute jog on beach. 5 minute stretch of legs and shoulders Triple M Shape Swim course. Marker Buoys (water safety) only 60m off shore. After completing the first M Shape run back to start and complete course again. This should take 10 minutes Coach should be identifying areas that need technique correction when athletes complete this warm up. All Skills are being utilised. Running, wading, dolphin diving, swimming and body surfing. GET INTO IT (main session activities) Note: Always utilising all Skills from Run start, wade, dolphin dive (including under waves), straight line swimming and body surfing 5 X 250 Surf Race @ 80%. 1 minute rest between 8 X 100 One Way Efforts (1 out 1 back 3 times) @ 90%. 45 Seconds rest between. Rest is off shore between water safety then again on the beach between witches hats. 4 X Max effort starts, 2 x max effort finishes 30m off shore. 45 Seconds rest between each.									
Which components of fitne focus?	ess are the	Which energy systems are the focus?		Which principles of training have you considered?					
Speed	х	Immediate Energy System (Alactic Anaerobic System)	х	Specificity	х				
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х				
Power	х	Long-Term Energy (Aerobic System)	х	Individualisation	х				
Endurance X				Variation	Х				
Flexibility X				Recovery	Х				
Agility	х			Reversibility	х				

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December – Week 3 Session 3

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	 Equipment required: Pull Buoy Paddles Fins 	Broad purpose of th Increase aerobic Improve technic Improve surf rac	and anaerobic endo que/efficiency ce results	
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front Snorkel Kick Board 	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

		List of key activities				
START OUT (warming up)		GET INTO IT (main session activities)	FINISH UP (cooling dow	FINISH UP (cooling down)		
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2, G	63 in this order	
500 SKIPS		20 X 50 Freestyle: 0.45, 0.50, 0.55		12 X 25 Individual Medl	ey (30 Seconds Rest)	
(100 of each letter of the	•	10 X 100 Freestyle with fins: 1.25, 1.35, 1	.45	8 X 50 of Backstroke: 0.	50, 0.55, 1.00	
being Swim, Kick, Individu Pull and Swim).	ai Mediey,			6 x 50 Freestyle: 0.50, 0	.55, 1.00	
10 X 50 Pull Buoy: 0.50, 0.	55, 1.00			Session Total 4km		
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?		
Speed	х	Immediate Energy System		Specificity	Х	
		(Alactic Anaerobic System)				
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	Х	
Power		Long-Term Energy (Aerobic System)	х	Individualisation	Х	
Endurance X				Variation	х	
Flexibility	х			Recovery	Х	
Agility				Reversibility	Х	

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December – Week 4 Session 1

			Recovery week			
Venue	Local Swimming Pool	Athlete communities being coached: Late childhood Early teenage	Equipment required: Pull Buoy Paddles Fins	Improve technicImprove surf rac	c and anaerobic end que/efficiency ce results	1
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	Front SnorkelKick Board	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

	List of key activities							
START OUT (warming up) GET INTO IT (main session activities) FINISH UP (cooling down)								
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2,	G3 in this order			
400 Freestyle		10 X 50 Freestyle @ 100% effort on 1.20		10 X 50 Pull Buoy: 0.50	, 0.55, 1.00			
8 X 50 Pull Buoy: 0.50, 0.5	5, 1.00	(times to be compared to previous)		400 of 50 Freestyle and	l 50 Backstroke			
8 X 25 Individual Medley		8 X 100 Freestyle with fins: 1.20, 1.30, 1.4	40	Session Total 3.2km				
(30 Seconds Rest)								
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?				
Speed	х	Immediate Energy System		Specificity	х			
		(Alactic Anaerobic System)						
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	Х			
Power	х	Long-Term Energy (Aerobic System)	х	Individualisation	Х			
Endurance X				Variation	Х			
Flexibility X				Recovery	Х			
Agility				Reversibility	Х			

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December – Week 4 Session 2

			Recovery week			
Venue Duration	Beach 1 hour	Athlete communities being coached: • Late childhood • Early teenage • Late teenage • Social adult • Competitive	Equipment required: Goggles Water Safety (1:5 Ratio) on boards to use also as markers (Buoys) in the water	Broad purpose of th Increase aerobic Improve technic Improve surf rac Key skill area 1 Running into water with smooth	and anaerobic endo	Key skill area 3 Catching waves on body.
		adult	Witches hats on beach	transition to wading, to dolphin diving then swimming.	waves.	Body.

		List of key activities			
START OUT (warming t	ıp)	GET INTO IT (main session activities)		FINISH UP (cooling down)
5 minute jog on beach. 5 minute stretch of leg: Surf Skills: Each athlete through the surf and ca times. After each wave a witch's hat on the be straight back out. Coac an opportunity to spea athletes as they run pa correction and feedbac and skill.	must get out atch a wave in 4 arun up around ach then head to use this as k to the ssed. Give	Note: Always utilising all Skills from Run wade, dolphin dive (including under way straight line swimming and body surfing 4 X Swim/run transitions. Athletes start i water 75m off shore (distance to build e and line up between water safety. Coach athletes sprint in run around witches has shoreline and sprint straight back out. Rushore. 90 Seconds rest between. 2 X World Champion Body Surf/Sprint Fin Athletes line up at back of break. All cate wave and race up beach.	start, ves), in the each week) h calls go, t 20m from est is off		
Which components of focus?	itness are the	Which energy systems are the focus?		Which principles of training have you considered?	
Speed	Х	Immediate Energy System (Alactic Anaerobic System)	х	Specificity	х
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х
Power	х	Long-Term Energy (Aerobic System)	Х	Individualisation	х
Endurance X				Variation	х
Flexibility	х	Recovery		х	
Agility	х			Reversibility	Х

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December – Week 4 Session 3

			Recovery week			
Venue	Local Swimming Pool	Athlete communities being coached: Late childhood Early teenage	Equipment required: Pull Buoy Paddles Fins	Broad purpose of th Increase aerobic Improve technic Improve surf rac	and anaerobic endo	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	Front SnorkelKick Board	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

		List of key activities			
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling do	wn)
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2,	G3 in this order
300 Freestyle		6 X 100 Freestyle: 1.25, 1.35, 1.45		500 SKIPS	
8 X 50 Freestyle Kick: 1.20, 6 X 50 Freestyle with fins:	,	10 X 50 Pull Buoy: 0.45, 0.50, 0.55		(100 of each Letter of Kick, Individual Medley	the Acronym being Swim, y, Pull and Swim).
0.55	0.43, 0.30,			8 X 50 of 25 Breaststro 55, 1.00, 1.05	oke and 25 Freestyle: 0.
				8 x 25 Backstroke (30 S	Seconds Rest)
				Session Total 3.2km	
Which components of fitne focus?	ess are the	Which energy systems are the focus?		Which principles of training have you considered?	
Speed	х	Immediate Energy System		Specificity	Х
		(Alactic Anaerobic System)			
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х
Power		Long-Term Energy (Aerobic System)	х	Individualisation	х
Endurance X				Variation	х
Flexibility	х			Recovery	х
Agility	ty			Reversibility	х

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January – Week 1 Session 1

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	Equipment required: Pull Buoy Paddles Fins Front Snorkel	Improve technicImprove surf rac	and anaerobic endo que/efficiency ce results	1
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front Snorkel Kick Board 	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

	List of key activities							
START OUT (warming up)		GET INTO IT (main session activities)	FINISH UP (cooling down)					
Group times – G1, G2, G3 in this order		Group times – G1, G2, G3 in this order		Group times – G1, G2, G3	3 in this order			
200 Freestyle		5 X 200 Freestyle: 2.50, 3.05, 3.25		5 X 100 Individual Medle	y: 1.45, 1.50, 1.55			
500 SKIPS		5 X 200 Freestyle with fins:2.45, 3.00, 3.2	0	8 X 50 Backstroke: 0.55,	1.00, 1.05			
(100 of each letter of the	•			100 Freestyle Easy				
being Swim, Kick, Individual Medley, Pull and Swim).				Session Total 4km				
4 x 75 of Butterfly, Backsti Breaststroke: 1.20, 1.25, 1								
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?				
Speed	х	Immediate Energy System		Specificity	х			
		(Alactic Anaerobic System)						
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х			
Power		Long-Term Energy (Aerobic System)	х	Individualisation	Х			
Endurance X				Variation	Х			
Flexibility	х			Recovery	х			
Agility				Reversibility	х			

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January – Week 1 Session 2

Venue Beach Athlete communities being coached: • Late childhood • Early teenage • Late teenage • Social adult Athlete communities being coached: • Goggles • Increase aerobic and anaerobic endurance • Improve technique/efficiency • Improve surf race results Key skill area 2 Key skill area 3 Catabian workers (Duration			Overview			
• Competitive adult water with smooth transition to wading, to dolphin diving then swimming.		 being coached: Late childhood Early teenage Late teenage Social adult Competitive 	Equipment required: Goggles Water Safety (1:5 Ratio) on boards to use also as markers (Buoys) in the	 Increase aerobic Improve technic Improve surf rac Key skill area 1 Running into water with smooth transition to wading, to dolphin diving then 	e and anaerobic enque/efficiency se results Key skill area 2 Diving under	Key skill area 3 Catching waves on

	List of key activities							
START OUT (warming up) 5 minute jog on beach. 5 minute stretch of legs and shoulders Triple M Shape Swim course. Marker buoys (water safety) only 60m off shore. After completing the first M Shape run back to start and complete course again. This should take 10 minutes. Coach should be identifying areas that need technique correction when athletes complete this warm up. All Skills are being utilised. Running, wading, dolphin diving, swimming and body surfing.		GET INTO IT (main session activities) Note: Always utilising all Skills from run start, wade, dolphin dive (including under waves), straight line swimming and body surfing 5 X 250 Surf Race @ 80%. 1 minute rest between 8 X 100 One Way Efforts (1 out 1 back 3 times) @ 90%. 45 seconds rest between. Rest is off shore between water safety then again on the beach between witches hats. 6 X max effort starts, 2 x max effort finishes 30m off shore. 45 seconds rest between each.		FINISH UP (cooling down) 1 X Easy 200 Surf Swim 5 minutes of body surfing				
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?				
Speed	х	Immediate Energy System (Alactic Anaerobic System)	х	Specificity	х			
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	Х	Progressive overload	х			
Power	х	Long-Term Energy (Aerobic System)	х	Individualisation	х			
Endurance			Variation	х				
Flexibility				Recovery	Х			
Agility	х			Reversibility	х			

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January – Week 1 Session 3

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	Equipment required: Pull Buoy Paddles Fins Front Snorkel	Improve technicImprove surf rac	and anaerobic endo que/efficiency ce results	1
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front Snorkel Kick Board 	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

	List of key activities						
START OUT (warming up)		GET INTO IT (main session activities)	FINISH UP (cooling dov	wn)			
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2,	G3 in this order		
10 x 50 Freestyle: 0.50, 0.5	55, 1.00	20 X 50 Freestyle @ 90% effort off 1.15		8 X 50 Freestyle Fins:0.	45, 0.50, 0.55		
10 X 50 Freestyle kick with fins:0.50, 0.55, 1.00		20 X 50 Pull Buoy: 0.45, 0.50, 0.55		8 X 50 of 25 Backstroke 0.55, 1.00	e and 25 Freestyle: 0. 50,		
				200 Freestyle Easy			
				Session Total 4km			
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of trai considered?	Which principles of training have you considered?		
Speed	х	Immediate Energy System		Specificity	х		
		(Alactic Anaerobic System)					
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х		
Power		Long-Term Energy (Aerobic System)	Х	Individualisation	х		
Endurance	х			Variation	х		
Flexibility	х			Recovery	х		
Agility				Reversibility	х		

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January – Week 2 Session 1

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: Late childhood Early teenage	Equipment required: Pull Buoy Paddles Fins	Broad purpose of th Increase aerobic Improve technic Improve surf rac	and anaerobic endo	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front Snorkel Kick Board 	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

	List of key activities							
START OUT (warming up)		GET INTO IT (main session activities)	FINISH UP (cooling do	FINISH UP (cooling down)				
Group times – G1, G2, G3 in this order		Group times – G1, G2, G3 in this order		Group times – G1, G2,	G3 in this order			
1000 SKIPS		4 X 300 Freestyle: 4.30, 4.40, 4.50		12 X 25 Individual Med	lley (30 Seconds Rest)			
(200 of each letter of the acronym being Swim, Kick, Individual Medley,		3 X 300 Freestyle with fins: 4.30, 4.40, 4.50		6 X 50 of 25 Backstroke 0.55, 1.00	6 X 50 of 25 Backstroke and 25 Freestyle: 0. 50, 0.55, 1.00			
Pull and Swim).				6 x 50 Freestyle Easy: 0	0.50, 0.55, 1.00			
6 X 50 Freestyle Kick: 1.15, 1.20, 1.25				Session Total 4km	Session Total 4km			
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?				
Speed	х	Immediate Energy System		Specificity	х			
		(Alactic Anaerobic System)						
Strength	Х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	Х			
Power		Long-Term Energy (Aerobic System)	х	Individualisation	х			
Endurance	Х			Variation	х			
Flexibility	х			Recovery	х			
Agility				Reversibility	х			

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January – Week 2 Session 2

			Overview			
Venue Duration	Beach 1 hour	Athlete communities being coached: • Late childhood • Early teenage • Late teenage • Social adult • Competitive adult	Equipment required: Goggles Water Safety (1:5 Ratio) on boards to use also as markers (Buoys) in the water Witches hats on beach	Broad purpose of the Increase aerobic Improve techniq Improve surf rac Key skill area 1 Running into water with smooth transition to wading, to dolphin diving then swimming.	and anaerobic endu	Key skill area 3 Catching waves on body.

	List of key activities							
START OUT (warming up) 5 minute jog on beach.		GET INTO IT (main session activities) Note: Always utilising all Skills from Run	start	FINISH UP (cooling down) 1 X Easy 200 Surf Swim				
5 minute stretch of legs and shoulders		wade, dolphin dive (including under wav straight line swimming and body surfing		5 minutes of body surfing				
Surf Skills: Each athlete must get out through the surf and catch a wave in 7 times. After each wave, run up around a witch's hat on the beach then head straight back out. Coach to use this as an opportunity to speak to the athletes as they run passed. Give correction and feedback on technique and skill.		9 X Swim/run transitions. Athletes start in the water 75m off shore (distance to build each week) and line up between water safety. Coach calls go, athletes sprint in run around witches hat 20m from shoreline and sprint straight back out. Rest is off shore. 45 Seconds rest between. 4 X World Champion Body Surf/Sprint Finishes. Athletes line up at back of break. All catch same wave and race up beach.						
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?				
Speed	х	Immediate Energy System (Alactic Anaerobic System)	х	Specificity	х			
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х			
Power	Х	Long-Term Energy (Aerobic System)	х	Individualisation	х			
Endurance	х			Variation	х			
Flexibility	Х			Recovery	х			
Agility	х			Reversibility	х			

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January – Week 2 Session3

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: Late childhood Early teenage	Equipment required: Pull Buoy Paddles Fins	Broad purpose of th Increase aerobic Improve technic Improve surf rac	and anaerobic endo	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front Snorkel Kick Board 	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

	List of key activities						
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling dow	vn)		
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2, G	33 in this order		
500 SKIPS		10 X 100 Freestyle @ 90% off 1.50		5 X 100 Individual Medl	ey: 1.45, 1.50, 1.55		
(100 of each letter of the acronym being Swim, Kick, Individual Medley, Pull and Swim).		10 X 100 Freestyle with fins, 50 kick no board and 50 Freestyle: 1.30, 1.40, 1.50		8 X 25 10 kick catch up drill (30 seconds rest) 6 X50 Freestyle Easy: 0.50, 0.55, 1.00			
10 X 50 Pull Buoy: 0.50, 0.55, 1.00				Session Total 4km			
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of train considered?	ning have you		
Speed	х	Immediate Energy System (Alactic Anaerobic System)		Specificity	х		
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х		
Power		Long-Term Energy (Aerobic System)	Х	Individualisation	х		
Endurance	х			Variation	х		
Flexibility	х			Recovery	х		
Agility				Reversibility	Х		

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January – Week 3 Session 1

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	Pull Buoy Paddles Fins	Improve technicImprove surf rac	and anaerobic endo que/efficiency ce results	
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front Snorkel Kick Board 	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

		List of key activities			
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down	n)
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2, G	3 in this order
10 X 50 Freestyle: 0.50, 0.	.55, 1.00	6 X 400 Freestyle: 6.00, 6.20, 6.40		200 Easy Freestyle, 50 Fr	reestyle and 50 back X 2
12 X 25 Individual Medley	1	10 X 50 Freestyle kick: 1.15, 1.20, 1.25		Session Total 4.1km	
(30 Seconds Rest)					
8 X 25 Butterfly					
(30 Seconds Rest)					
Which components of fitn focus?	ess are the	Which energy systems are the focus?		Which principles of training have you considered?	
Speed	х	Immediate Energy System		Specificity	х
		(Alactic Anaerobic System)			
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	Х	Progressive overload	Х
Power		Long-Term Energy (Aerobic System)	х	Individualisation	х
Endurance	х			Variation	х
Flexibility	х			Recovery	х
Agility				Reversibility	х

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January – Week 3 Session 2

			Overview		
Venue	Beach	Athlete communities	Facility and the continued.	Durand natural and the Austrian consists	
venue	beauti	being coached: • Late childhood • Early teenage	Equipment required:GogglesWater Safety (1:5 Ratio) on	 Broad purpose of the training session Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 	9
Duration	1 hour	Late teenageSocial adultCompetitive adult	boards to use also as markers (Buoys) in the water		skill area 3 ching waves on y.

		List of key activities			
START OUT (Warming	• •	GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 minute jog on beach. 5 minute stretch of legs and shoulders Triple M Shape Swim course. Marker buoys (water safety) only 60m off shore. After completing the first M Shape run back to start and complete course again. This should take 10 minutes. Coach should be identifying areas that need technique correction when athletes complete this warm up. All Skills are being utilised. Running, wading, dolphin diving, swimming and body surfing.		Note: Always utilising all Skills from run start, wade, dolphin dive (including under waves), straight line swimming and body surfing 5 X 250 Surf Race @ 80%. 1 minute rest between 10 X 100 one way efforts (1 out 1 back 3 times) @ 90%. 45 seconds rest between. Rest is off shore between water safety then again on the beach between witches hats. 6 X max effort starts, 2 x max effort finishes 30m off shore. 45 seconds rest between each.		1 X Easy 200 Surf Swim 5 minutes of body surfing	
Which components of f focus?	itness are the	Which energy systems are the focus?		Which principles of training have you considered?	
Speed	х	Immediate Energy System (Alactic Anaerobic System)	х	Specificity	Х
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	Х	Progressive overload	Х
Power	Х	Long-Term Energy (Aerobic System)	х	Individualisation	Х
Endurance	х			Variation	Х
Flexibility	х			Recovery	х
Agility	х			Reversibility	Х

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January – Week 3 Session 3

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: Late childhood Early teenage	Equipment required: Pull Buoy Paddles Fins	Broad purpose of th Increase aerobic Improve technic Improve surf rac	and anaerobic endo	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front Snorkel Kick Board 	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

	List of key activities							
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling dow	FINISH UP (cooling down)			
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2, G	i3 in this order			
500 SKIPS		8 X 150 Freestyle: 2.10, 2.25, 2.40		10 X 50 Pull: 45, 50, 55				
(100 of each letter of the abeing Swim, Kick, Individual Pull and Swim).	•	8 X 100 Freestyle fins: 1.20, 1.30, 1.40		8 X 25 Freestyle 10 kick seconds	·			
8 X 25 fly on 30 Seconds				8 X 50 Backstroke: 50, 5	5, 1.00			
8 X 25 @ 90% Effort on 30	Saconds			Session Total 4km				
8 X 23 @ 90% Enort on 30	Seconds							
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?				
Speed	х	Immediate Energy System		Specificity	х			
		(Alactic Anaerobic System)						
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х			
Power		Long-Term Energy (Aerobic System)	х	Individualisation	Х			
Endurance X				Variation	Х			
Flexibility	х			Recovery	х			
Agility				Reversibility	х			

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January – Week 4 Session 1

			Recovery week			
Venue	Local Swimming Pool	Athlete communities being coached: Late childhood Early teenage	Equipment required:	Broad purpose of the Increase aerobic Improve techniq Improve surf rac	and anaerobic endu ue/efficiency	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	Front SnorkelKick Board	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

		List of key activities			
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down	n)
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2, G	3 in this order
400 Freestyle		400 Freestyle time trial (compare to prev	rious time)	8 X 50 Freestyle kick: 1.1	5, 1.20, 1.25
8 X 50 Pull Buoy: 0.45, 0.5	0, 0.55	10 X 100 Freestyle with fins: 1.20, 1.25, 1	30	8 X 50 of 25 Backstroke a	and 25 Freestyle: 0.55,
8 X 25 10 kick catch up dri	II	8 X 100 Pull Buoy: 1.25, 1.30, 1.35		1.00, 1.05	
(30 Seconds Rest)				Session Total 3.2km	
Which components of fitne focus?	ess are the	Which energy systems are the focus?		Which principles of training have you considered?	
Speed	Х	Immediate Energy System		Specificity	Х
		(Alactic Anaerobic System)			
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	Х
Power		Long-Term Energy (Aerobic System)	х	Individualisation	Х
Endurance	х			Variation	Х
Flexibility	х			Recovery	Х
Agility				Reversibility	Х

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January – Week 4 Session 2

			Recovery week			
Venue	Beach	Athlete communities being coached: Late childhood Early teenage	 Equipment required: Goggles Water Safety (1:5 Ratio) on boards to use 	Increase aerobic Improve technic Improve surf rac	and anaerobic end ue/efficiency	durance
Duration	1 hour	Late teenageSocial adultCompetitive adult	also as markers (Buoys) in the water	Key skill area 1 Running into water with smooth transition to wading, to dolphin diving then swimming.	Key skill area 2 Diving under waves.	Key skill area 3 Catching waves on body.

		List of key activities			
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 minute jog on beach. 5 minute stretch of legs ar	nd shoulders	Note: Always utilising all Skills from run si wade, dolphin dive (including under wave straight line swimming and body surfing.		1 X Easy 200 Surf Swim 5 minutes of body surfing	
Surf Skills: Each athlete must get out through the surf and catch a wave in 4 times. After each wave, run up around a witch's hat on the beach then head straight back out. Coach to use this as an opportunity to speak to the athletes as they run passed. Give correction and feedback on technique and skill.		4 X Swim/run transitions. Athletes start in the water 75m off shore (distance to build each week) and line up between water safety. Coach calls go, athletes sprint in run around witches hat 20m from shoreline and sprint straight back out. Rest is off shore. 45 Seconds rest between. 3 X World Champion Body Surf/Sprint Finishes. Athletes line up at back of break. All catch same wave and race up beach.			
Which components of fitne focus?	ess are the	Which energy systems are the focus?		Which principles of training have you considered?	
Speed	х	Immediate Energy System (Alactic Anaerobic System)	х	Specificity	х
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х
Power	х	Long-Term Energy (Aerobic System)	Х	Individualisation	х
Endurance	Х			Variation	х
Flexibility	х			Recovery	х
Agility	х			Reversibility	х

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January – Week 4 Session 3

			Recovery week			
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	Equipment required: Pull Buoy Paddles Fins	Broad purpose of the Increase aerobic Improve techniq Improve surf rac	and anaerobic endo	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	Front SnorkelKick Board	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

		List of key activities			
START OUT (warming up) Group times – G1, G2, G3		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order		FINISH UP (cooling down Group times – G1, G2, G	G3 in this order
300 Freestyle 8 X 25 Backstroke Kick		12 X 50 Freestyle: 0.45, 0.50, 0.55 8 X 100 Pull Buoy: 1.25, 1.35, 1.45		16 X 25 Individual Medl 200 Freestyle Easy	ley (30 Seconds Rest)
(40 seconds rest)8 X 25 Individual Medley(30 seconds rest)6 X 50 Freestyle kick with feet or the seconds restyle kick with feet or the second restyle kick with feet or the sec	fins: 0.50.			Session Total 3km	
0.55, 1.00	,				
Which components of fitne focus?	ess are the	Which energy systems are the focus?		Which principles of training have you considered?	
Speed	х	Immediate Energy System (Alactic Anaerobic System)		Specificity	х
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х
Power		Long-Term Energy (Aerobic System)	х	Individualisation	Х
Endurance X				Variation	х
Flexibility	ity x		Recovery	х	
Agility				Reversibility	Х

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February – Week 1 Session 1

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	Equipment required:Pull BuoyPaddlesFins	Broad purpose of th Increase aerobic Improve technic Improve surf rac	and anaerobic endo	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	Front SnorkelKick Board	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

List of key activities									
START OUT (warming up)		GET INTO IT (main session activities)	FINISH UP (cooling do	wn)					
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2,	G3 in this order				
400 Freestyle		6 X 200 Freestyle: 2.50, 3.05, 3.25		5 X 100 Individual Med	fley: 1.45, 1.50, 1.55				
8 X 50 Freestyle kick: 1.20	, 1.25, 1.30	5 X 200 Freestyle with fins: 2.45, 3.00, 3.2	20	8 X 50 Backstroke: 0.5	5, 1.00, 1.05				
8 X 25 Backstroke kick (40	seconds			100 Freestyle Easy					
rest)				Session Total 4km					
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?					
Speed	х	Immediate Energy System (Alactic Anaerobic System)		Specificity	х				
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	Х				
Power		Long-Term Energy (Aerobic System)	х	Individualisation	Х				
Endurance	х			Variation	Х				
Flexibility	х			Recovery	Х				
Agility				Reversibility	Х				

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February – Week 1 Session 2

		Overview	
Beach 1 hour	Athlete communities being coached: Late childhood Early teenage Late teenage Social adult Competitive adult	Equipment required: Goggles Water Safety (1:5 Ratio) on boards to use also as markers (Buoys) in the water	Broad purpose of the training session Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results Key skill area 1 Running into water with smooth transition to wading, to dolphin diving then swimming. Key skill area 2 Diving under waves body. Catching waves body.

START OUT (warming up) 5 minute jog on beach. 5 minute stretch of legs and shoulders Triple M Shape Swim course. Marker buoys (water safety) only 60m off shore. After completing the first M Shape run back to start and complete course again. This should take 10 minutes. Coach should be identifying areas that need technique correction when athletes complete this warm up. All Skills are being utilised. Running, wading, dolphin diving, swimming and body surfing. Which components of fitness are the focus? Speed X Immediate Energy System (Alactic Anaerobic System) Strength X Endurance X GET INTO IT (main session activities) Note: Always utilising all Skills from run start, wade, dolphin dive (including under waves), straight line swimming and body surfing 1 X Easy 200 Surf Swim 5 minutes of body surfing 5 minutes of body surfing 6 X 250 Surf Race @ 85%. 1 minute rest between. Rest is off shore between water safety then again on the beach between water safety then again on the beach between witches hats. 6 X max effort starts, 2 x max effort finishes 30m off shore. 45 seconds rest between each. 6 X max effort starts, 2 x max effort finishes 30m off shore. 45 seconds rest between each. Which principles of training have you considered? Speed X Immediate Energy System (Alactic Anaerobic System) X Specificity X Progressive overload X Individualisation X Variation X	List of key activities								
S minute stretch of legs and shoulders Triple M Shape Swim course. Marker buoys (water safety) only 60m off shore. After completing the first M Shape run back to start and complete course again. This should take 10 minutes. Coach should be identifying areas that need technique correction when athletes complete this warm up. All Skills are being utilised. Running, wading, dolphin diving, swimming and body surfing. Which components of fitness are the focus? Speed X Immediate Energy System (Alactic Anaerobic System) Siminutes stretch of legs and shoulders straight line swimming and body surfing 5 minutes of body surfing 6 X 250 Surf Race @ 85%. 1 minute rest between. 8 X 100 one way efforts (1 out 1 back 3 times) @ 90%. 45 seconds rest between. Rest is off shore between water safety hen again on the beach between witches hats. 6 X max effort starts, 2 x max effort finishes 30m off shore. 45 seconds rest between each. Which principles of training have you considered? Triple M inutes of body surfing 5 minutes of body surfing 6 X 250 Surf Race @ 85%. 1 minute rest between. 8 X 100 one way efforts (1 out 1 back 3 times) @ 90%. 45 seconds rest between. Rest is off shore between each. 8 X 100 one way efforts (1 out 1 back 3 times) @ 90%. 45 seconds rest between. Rest is off shore between each. 8 X 100 one way efforts (1 out 1 back 3 times) @ 90%. 45 seconds rest between each. 8 X 100 one way efforts (1 out 1 back 3 times) @ 90%. 45 seconds rest between each. 8 X 100 one way efforts (1 out 1 back 3	START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)				
focus? Speed X Immediate Energy System (Alactic Anaerobic System) X Specificity X Strength X Short-Term / High Intensity Energy System (Lactic Anaerobic System) X Progressive overload Progressive overload System) X Power X Long-Term Energy (Aerobic System) X Individualisation X	5 minute jog on beach. 5 minute stretch of legs and shoulders Triple M Shape Swim course. Marker buoys (water safety) only 60m off shore. After completing the first M Shape run back to start and complete course again. This should take 10 minutes. Coach should be identifying areas that need technique correction when athletes complete this warm up. All Skills are being utilised. Running, wading, dolphin diving, swimming and		wade, dolphin dive (including under waves), straight line swimming and body surfing 6 X 250 Surf Race @ 85%. 1 minute rest between. 8 X 100 one way efforts (1 out 1 back 3 times) @ 90%. 45 seconds rest between. Rest is off shore between water safety then again on the beach between witches hats. 6 X max effort starts, 2 x max effort finishes 30m		'				
(Alactic Anaerobic System) Strength X Short-Term / High Intensity Energy System (Lactic Anaerobic System) Power X Long-Term Energy (Aerobic System) X Individualisation X	· ·	ess are the	Which energy systems are the focus?						
System (Lactic Anaerobic System) Power X Long-Term Energy (Aerobic System) X Individualisation X	Speed	х	, , ,	х	Specificity	х			
X S S S S S S S S S S S S S S S S S S S	Strength	х		х	Progressive overload	х			
Endurance X Variation X	Power	х	Long-Term Energy (Aerobic System)	х	Individualisation	х			
	Endurance X				Variation	х			
Flexibility X Recovery X	Flexibility X				Recovery	х			
Agility X Reversibility X	Agility	х			Reversibility	х			

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February – Week 1 Session 3

			Overview		
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	 Equipment required: Pull Buoy Paddles Fins Front Sporkel 	Broad purpose of the training session Increase aerobic and anaerobic en Improve technique/efficiency Improve surf race results	
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front Snorkel Kick Board 	Holding technique together over all distances, strokes and or drills covered in session. Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

List of key activities								
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling dov	vn)			
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2,	G3 in this order			
1000 SKIPS		10 X 50 @ 100% on the 1.20		12 X 25 Backstroke on	the 30 Seconds			
(200 of each letter of the a	•	10 X 50 Freestyle: 45, 50, 55		200 Easy Freestyle				
being Swim, Kick, Individual Pull and Swim).	al Medley,	20 X 50 Pull 45, 50, 55		Session Total 4km				
r dii diid Swiinj.		10 X 50 Kick with fins: 50, 55, 1.00						
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?				
Speed	х	Immediate Energy System		Specificity	х			
		(Alactic Anaerobic System)						
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х			
Power	х	Long-Term Energy (Aerobic System)	х	Individualisation	х			
Endurance X				Variation	х			
Flexibility	х			Recovery	х			
Agility				Reversibility	х			

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February – Week 2 Session 1

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	Equipment required:Pull BuoyPaddlesFins	Broad purpose of th Increase aerobic Improve technic Improve surf rac	and anaerobic endo	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front Snorkel Kick Board 	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

		List of key activities			
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down	n)
Group times – G1, G2, G3 i	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2, G3	3 in this order
10 X 100 Freestyle: 1.40, 1	1.45, 1.50	4 X 300 Freestyle: 4.30, 4.40, 4.50		8 X 25 Backstroke on 30	Seconds
6 X 50 Kick: 1.15, 1.20, 1.2	5	4 X 300 Freestyle fins: 4.25, 4.35, 4.45		100 Easy Freestyle	
				Session Total 4km	
Which components of fitness are the focus?				Which principles of training have you considered?	
Speed	х	Immediate Energy System (Alactic Anaerobic System)			х
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	Х
Power		Long-Term Energy (Aerobic System)	х	Individualisation	Х
Endurance	х			Variation	Х
Flexibility	х			Recovery	х
Agility				Reversibility	Х

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February – Week 2 Session 2

			Overview	
Venue Duration	Beach 1 hour	Athlete communities being coached: Late childhood Early teenage Late teenage Social adult Competitive adult	Equipment required: Goggles Water Safety (1:5 Ratio) on boards to use also as markers (Buoys) in the water Witches hats on beach	Broad purpose of the training session Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results Key skill area 1 Running into water with smooth transition to wading, to dolphin diving then swimming. Key skill area 2 Diving under waves. Catching waves on body.

List of key activities									
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)					
5 minute jog on beach.5 minute stretch of legs and shoulders		Note: Always utilising all Skills from Run s Wade, Dolphin Dive (including under way Straight line swimming and Body Surfing		1 X Easy 200 Surf Swim 5 minutes of body surfing					
Surf Skills: Each athlete must get out through the surf and catch a wave in 7 times. After each wave, run up around a witch's hat on the beach then head straight back out. Coach to use this as an opportunity to speak to the athletes as they run passed. Give correction and feedback on technique and skill.		10 X Swim/Run Transitions. Athletes start in the water 75m off shore (distance to build each week) and line up between water safety. Coach calls go, athletes sprint in run around witches hat 40m from shoreline and sprint straight back out. Rest is off shore. 45 Seconds rest between. 5 X World Champion Body Surf/Sprint Finishes. Athletes line up at back of break. All catch same wave and race up beach.							
Which components of fitne focus?	ess are the	Which energy systems are the focus?		Which principles of training have you considered?					
Speed	Х	Immediate Energy System (Alactic Anaerobic System)	х	Specificity	х				
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х				
Power	х	Long-Term Energy (Aerobic System)	х	Individualisation	х				
Endurance X				Variation	х				
Flexibility	exibility X			Recovery	Х				
Agility	х			Reversibility	х				

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February – Week 2 Session 3

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage • Late teenage	 Equipment required: Pull Buoy Paddles Fins Front Snorkel 	Improve technicImprove surf rac	and anaerobic endu que/efficiency ce results	
Duration	1 hour 15 mins	 Social adult Competitive adult 	Kick Board	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

List of key activities									
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling dov	wn)				
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2,	G3 in this order				
500 SKIPS		10 X 100 Freestyle @90%: 1.50		12 X 25 Medley order of	on 30 seconds				
(200 of each letter of the acronym being Swim, Kick, Individual Medley, Pull and Swim).		, , , , , , , , , , , , , , , , , , , ,		6 X 50 of 25 Backstroke 1.00, 1.05	e and 25 Freestyle 55,				
10 X 50 Pull: 50, 55, 1.00				Session Total 4km					
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?					
Speed	х	Immediate Energy System (Alactic Anaerobic System)		Specificity	х				
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	Х	Progressive overload	Х				
Power		Long-Term Energy (Aerobic System)	х	Individualisation	Х				
Endurance X				Variation	Х				
Flexibility	х			Recovery	Х				
Agility				Reversibility	Х				

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February – Week 3 Session 1

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	Pull Buoy Paddles Fins	Improve technicImprove surf rac	and anaerobic endo que/efficiency ce results	
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front Snorkel Kick Board 	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

		List of key activities			
START OUT (warming up) Group times – G1, G2, G3 10 X 50 Freestyle: 50, 55, 1 12 X 25 Medley order on 3	1.00	Group times – G1, G2, G3 in this order Gro 6 X 400 Freestyle: 5.50, 6.10, 6.30 8 X		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 8 X 50 Freestyle: 50, 55, 1.00 Session Total 4.2km	
Which components of fitne focus?	ess are the	Which energy systems are the focus?		Which principles of training considered?	g have you
Speed	х	Immediate Energy System (Alactic Anaerobic System)		Specificity	х
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	Х
Power		Long-Term Energy (Aerobic System)	х	Individualisation	Х
Endurance	х			Variation	х
Flexibility	х			Recovery	х
Agility				Reversibility	х

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February – Week 3 Session 2

			Overview	
Venue Duration	Beach 1 hour	Athlete communities being coached: Late childhood Early teenage Late teenage Social adult Competitive adult	Equipment required: Goggles Water Safety (1:5 Ratio) on boards to use also as markers (Buoys) in the water	Broad purpose of the training session Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results Key skill area 1 Running into water with smooth transition to wading, to dolphin diving then swimming. Key skill area 2 Diving under waves. Catching waves on body.

List of key activities							
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling down)			
5 minute jog on beach. 5 minute stretch of legs ar		Note: Always utilising all Skills from run wade, dolphin dive (including under wav straight line swimming and body surfing	/es),	1 X Easy 200 Surf Swim 5 minutes of body surfing			
Triple M Shape Swim cour buoys (water safety) only		6 X 250 Surf Race @ 85%. 45 seconds res	st between				
shore. After completing the Shape run back to start an course again. This should minutes.	ne first M nd complete	8 X 100 one way efforts (1 out 1 back 3 times) @ 90%. 45 seconds rest between. Rest is off shore between water safety then again on the beach between witches hats.					
Coach should be identifying areas that need technique correction when athletes complete this warm up. All Skills are being utilised. Running, wading, dolphin diving, swimming and body surfing.		,	x max effort starts, 2 x max effort finishes 30 etres off shore. 45 seconds rest between each.				
Which components of fitne focus?	ess are the	Which energy systems are the focus?		Which principles of training have you considered?			
Speed	х	Immediate Energy System	х	Specificity	х		
		(Alactic Anaerobic System)					
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	х		
Strength	x	Short-Term / High Intensity Energy	x	Progressive overload Individualisation	x x		
		Short-Term / High Intensity Energy System (Lactic Anaerobic System)					
Power	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)		Individualisation	х		
Power Endurance	x x	Short-Term / High Intensity Energy System (Lactic Anaerobic System)		Individualisation Variation	x x		

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February – Week 3 Session 3

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	Equipment required:Pull BuoyPaddlesFins	Broad purpose of th Increase aerobic Improve technic Improve surf rac	and anaerobic endo	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front Snorkel Kick Board 	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

List of key activities							
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling dov	wn)		
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2,	G3 in this order		
5 X 100 Freestyle: 1.40, 1.	45, 1.50	8 X 150 Freestyle: 2.10, 2.25, 2.40		10 X 50 Pull Buoy: 45, 5	50, 55		
8 X 25 Kick on 35 seconds		10 X 100 Freestyle with fins. 1.20, 1.30, 2	1.40	8 X 25 of 10 kick catch	up drill on 40 seconds		
8 X 25 Freestyle @ 90% on	30 seconds			8 X 50 Backstroke: 50,	55, 1.00		
				Session Total 4.2km			
Which components of fitne focus?	ess are the	Which energy systems are the focus?		Which principles of training have you considered?			
Speed	х	Immediate Energy System (Alactic Anaerobic System)		Specificity	х		
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х		
Power		Long-Term Energy (Aerobic System)	х	Individualisation	Х		
Endurance	х			Variation	Х		
Flexibility	х			Recovery	Х		
Agility				Reversibility	Х		

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February – Week 4 Session 1

			Recovery week			
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	Equipment required: Pull Buoy Paddles Fins	Broad purpose of the Increase aerobic Improve techniq Improve surf rac	and anaerobic endoue/efficiency	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	Front SnorkelKick Board	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

List of key activities								
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling dov	vn)			
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2,	G3 in this order			
1000 SKIPS		16 X 50 @ 100% Effort		10 X 50 Pull: 45, 50, 55				
(200 of each letter of the	•	(Times to be recorded): 1.20		12 X 25 Medley order o	on 35 seconds			
being Swim, Kick, Individu Pull and Swim).	al Medley,	4 X 100 Kick with fins: 1.40, 1.45, 1.50		200 Easy Freestyle				
T an and Swiff).				Session Total 3.2km				
Which components of fitne focus?	ess are the			Which principles of training have you considered?				
Speed	х	Immediate Energy System		Specificity	х			
		(Alactic Anaerobic System)						
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	Х			
Power		Long-Term Energy (Aerobic System)	х	Individualisation	Х			
Endurance	х			Variation	Х			
Flexibility	х			Recovery	Х			
Agility				Reversibility	х			

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February – Week 4 Session 2

			Recovery week			
Venue Duration	Beach 1 hour	Athlete communities being coached: • Late childhood • Early teenage • Late teenage • Social adult • Competitive adult	Equipment required: Goggles Water Safety (1:5 Ratio) on boards to use also as markers (Buoys) in the water Witches hats on beach	Broad purpose of the Increase aerobic Improve technic Improve surf rac Key skill area 1 Running into water with smooth transition to wading, to dolphin diving then swimming.	and anaerobic end	Key skill area 3 Catching waves on body.

		List of key activities			
Surf Skills: Each athlete must get out through the surf and catch a wave in 4 times. After each wave, run up around a witch's hat on the beach then head straight back out. Coach to use this as an opportunity to speak to the athletes as they run passed. Give		GET INTO IT (main session activities) Note: Always utilising all Skills from run start, wade, dolphin dive (including under waves), straight line swimming and body surfing. 5 X Swim/run transitions. Athletes start in the water 75m off shore (distance to build each week) and line up between water safety. Coach calls go, athletes sprint in run around witches hat 40m from shoreline and sprint straight back out. Rest is off shore. 45 Seconds rest between. 3 X World Champion Body Surf/Sprint Finishes. Athletes line up at back of break. All catch same wave and race up beach.		FINISH UP (cooling down) 1 X Easy 200 Surf Swim 5 minutes of body surfing	
Which components of fit focus?	ness are the	Which energy systems are the focus?		Which principles of training have you considered?	
Speed	х	Immediate Energy System (Alactic Anaerobic System)	х	Specificity	Х
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х
Power	х	Long-Term Energy (Aerobic System)	х	Individualisation	Х
Endurance	х			Variation	Х
Flexibility	х			Recovery	Х
Agility	х			Reversibility	Х

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February – Week 4 Session 3

			Recovery week			
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage • Late teenage	Equipment required: Pull Buoy Paddles Fins Front Snorkel	Improve technicImprove surf rac	and anaerobic endo que/efficiency ce results	1
Duration	1 hour 15 mins	 Social adult Competitive adult 	Kick Board	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

		List of key activities			
START OUT (warming up) Group times – G1, G2, G3	in this order	GET INTO IT (main session activities) Group times – G1, G2, G3 in this order		FINISH UP (cooling down Group times – G1, G2, G	G3 in this order
4 X 100 Medley: 1.45, 1.50 8 X 25 Backstroke on 30 se	•	12 X 50 Pull: 45, 50, 55 8 X 25 400 of		8 X 50 Kick: 1.15, 1.20, 1.25 8 X 25 of 10 kick catch up drill on 35 seconds 400 of 50 Freestyle, 50 Backstroke (4 times). Session Total 3.2km	
Which components of fitne focus?	ess are the	Which energy systems are the focus?		Which principles of training have you considered?	
Speed	х	Immediate Energy System (Alactic Anaerobic System)		Specificity	х
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х
Power		Long-Term Energy (Aerobic System)	х	Individualisation	х
Endurance	х			Variation	х
Flexibility	Х			Recovery	х
Agility				Reversibility	Х

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March – Week 1 Session 1

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	 Equipment required: Pull Buoy Paddles Fins Front Sporkel 	 Broad purpose of the trai Increase aerobic and Improve technique/e Improve surf race res 	d anaerobic endu efficiency esults	
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front Snorkel Kick Board 	Holding technique together over all distances, strokes and or drills covered in session. Wo must be distances, strokes and or drills period to the covered in session.	y skill area 2 orking all uscle groups rough rforming all 4 okes. is will also help th flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

		List of key activities				
START OUT (warming up) Group times – G1, G2, G3 500 SKIPS	in this order	GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 7 X 200 Freestyle: 2.50, 3.05, 3.25	Group times – G1, G2, G3 4 X 100 Medley: 1.45, 1.5	FINISH UP (cooling down) Group times – G1, G2, G3 in this order 4 X 100 Medley: 1.45, 1.50, 1.55		
(100 of each letter of the acronym being Swim, Kick, Individual Medley, Pull and Swim).		4 X 200 Freestyle with fins: 2.45, 3.00, 3.20		10 X 50 Backstroke with fins: 50, 55, 1.00 100 Easy Freestyle Session Total 4km		
8 X 50 Pull: 45, 50, 55 8 X 25 Fly on 30 Seconds				Session rotal 4km		
Which components of fitne focus?	ess are the	Which energy systems are the focus?		Which principles of training have you considered?		
Speed	х	Immediate Energy System (Alactic Anaerobic System)		Specificity	х	
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х	
Power		Long-Term Energy (Aerobic System)	х	Individualisation	x	
Endurance X				Variation	Х	
Flexibility X			Recovery	Х		
Agility				Reversibility	Х	

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March – Week 1 Session 2

			Recovery week			
	I			ı		
Venue	Beach	Athlete communities being coached: • Late childhood • Early teenage	Equipment required:GogglesWater Safety (1:5 Ratio) on	Broad purpose of thIncrease aerobioImprove technicImprove surf rac	and anaerobic end que/efficiency	urance
Duration	1 hour	Late teenageSocial adultCompetitive adult	boards to use also as markers (Buoys) in the water	Key skill area 1 Running into water with smooth transition to wading, to dolphin diving then swimming.	Key skill area 2 Diving under waves.	Key skill area 3 Catching waves on body.

	noulders	GET INTO IT (main session activities)		FINISH UP (cooling down)	
course again. This should take minutes. Coach should be identifying ar need technique correction wh athletes complete this warm u Skills are being utilised. Running	ute jog on beach. ute stretch of legs and shoulders M Shape Swim course. Marker (water safety) only 60m off After completing the first M erun back to start and complete eagain. This should take 10 ess. I should be identifying areas that technique correction when es complete this warm up. All are being utilised. Running, 19g, dolphin diving, swimming and surfing. Note: Always utilising all Skills from run start, wade, dolphin dive (including under waves), straight line swimming and body surfing 1 X Easy 200 Surf Swim 5 minutes of body surfing 8 X 250m Surf Race @ 85%. 45 seconds rest between. Rest is off shore between water safety then again on the beach between witches hats. 6 X max effort starts, 2 x max effort finishes 30 metres off shore. 45 seconds rest between each.		wade, dolphin dive (including under waves), straight line swimming and body surfing 6 X 250m Surf Race @ 85%. 45 seconds rest between. 8 X 100m one way efforts (1 out 1 back 3 times) @ 90%. 45 seconds rest between. Rest is off shore between water safety then again on the beach between witches hats. 6 X max effort starts, 2 x max effort finishes 30 metres off shore. 45 seconds rest between each.		
Which components of fitness a focus?	ire the	Which energy systems are the focus?		Which principles of training have you considered?	
Speed	Х	Immediate Energy System (Alactic Anaerobic System)	х	Specificity	Х
Strength	Х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х
Power	Х	Long-Term Energy (Aerobic System)	Х	Individualisation	х
Endurance X				Variation	х
Flexibility X				Recovery	Х
Agility	х			Reversibility	Х

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March - Week 1 Session 3

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: Late childhood Early teenage	Equipment required: Pull Buoy Paddles Fins	Broad purpose of th Increase aerobic Improve technic Improve surf rac	and anaerobic endo	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	Front SnorkelKick Board	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

	List of key activities							
START OUT (warming up)		GET INTO IT (main session activities)	FINISH UP (cooling dow	n)				
Group times – G1, G2, G3 in this order		Group times – G1, G2, G3 in this order		Group times – G1, G2, G	3 in this order			
1000 SKIPS		12 X 50 Freestyle @ 100% Effort: 1.20		12 X 25 Backstroke on 3	0 seconds			
(200 of each letter of the a	acronym	8 X 50 Freestyle: 45, 50, 55		200 Easy Freestyle				
being Swim, Kick, Individu Pull and Swim).	al Medley,	20 X 50 Pull: 45, 50, 55		Session Total 4km				
Puli and Swim).		10 X 50 Kick with fins: 50, 55, 1.00						
Which components of fitne focus?	ess are the	Which energy systems are the focus?		Which principles of training have you considered?				
Speed	х	Immediate Energy System		Specificity	х			
		(Alactic Anaerobic System)						
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х			
Power	х	Long-Term Energy (Aerobic System)	х	Individualisation	Х			
Endurance	х			Variation	х			
Flexibility X				Recovery	х			
Agility				Reversibility	Х			

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March - Week 2 Session 1

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	 Equipment required: Pull Buoy Paddles Fins 	Broad purpose of th Increase aerobic Improve technic Improve surf rac	and anaerobic endo	
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front Snorkel Kick Board 	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

		List of key activities			
START OUT (warmin	g up)	GET INTO IT (main session activities)		FINISH UP (cooling down	n)
Group times – G1, G2	2, G3 in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2, G	3 in this order
5 X 200 Freestyle: 3.1	10, 3.15, 3.20	5 X 300 Freestyle: 4.30, 4.40, 4.50		8 X 25 Backstroke on 30	Seconds
6 X 50 Kick: 1.15, 1.2	0, 1.25	3 X 300 Freestyle with fins: 4.25, 4.35, 4.	45	100 Easy Freestyle	
				Session Total 4km	
Which components o focus?	f fitness are the	Which energy systems are the focus?		Which principles of trainic considered?	ing have you
Speed	Х	Immediate Energy System (Alactic Anaerobic System)		Specificity	х
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х
Power		Long-Term Energy (Aerobic System)	х	Individualisation	Х
Endurance	х			Variation	х
Flexibility	х			Recovery	х
Agility				Reversibility	Х

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March – Week 2 Session 2

	Load for this session at its maximum recommended. Same as week 2 in February.								
Venue	Beach	Athlete communities being coached: Late childhood Early teenage	Equipment required:GogglesWater Safety (1:5 Ratio) on	Broad purpose of thIncrease aerobioImprove technicImprove surf rac	and anaerobic end que/efficiency	urance			
Duration	1 hour	Late teenageSocial adultCompetitive adult	boards to use also as markers (Buoys) in the water	Key skill area 1 Running into water with smooth transition to wading, to dolphin diving then swimming.	Key skill area 2 Diving under waves.	Key skill area 3 Catching waves on body.			

	List of key activities							
START OUT (warming up)		GET INTO IT (main session activities)	FINISH UP (cooling down	1)				
5 minute jog on beach. 5 minute stretch of legs and shoulders		Note: Always utilising all Skills from run si wade, dolphin dive (including under wave straight line swimming and body surfing.		1 X Easy 200 Surf Swim 5 minutes of body surfing	g			
Surf Skills: Each athlete must get out through the surf and catch a wave in 7 times. After each wave, run up around a witch's hat on the beach then head straight back out. Coach to use this as an opportunity to speak to the athletes as they run passed. Give correction and feedback on technique and skill.		10 X Swim/run transitions. Athletes start in the water 75m off shore (distance to build each week) and line up between water safety. Coach calls go, athletes sprint in run around witches hat 40m from shoreline and sprint straight back out. Rest is off shore. 45 Seconds rest between. 5 X World Champion Body Surf/Sprint Finishes. Athletes line up at back of break. All catch same wave and race up beach.						
Which components of fitne focus?	ess are the	Which energy systems are the focus?		Which principles of training have you considered?				
Speed	х	Immediate Energy System (Alactic Anaerobic System)	х	Specificity	х			
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	Х	Progressive overload	х			
Power	х	Long-Term Energy (Aerobic System)	Х	Individualisation	х			
Endurance X				Variation	х			
Flexibility X				Recovery	Х			
Agility	х			Reversibility	х			

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March – Week 2 Session 3

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: Late childhood Early teenage	Equipment required:Pull BuoyPaddlesFins	Broad purpose of thIncrease aerobioImprove technicImprove surf rac	c and anaerobic endo que/efficiency	urance
Duration	1 hour 15 mins	Late teenageSocial adultCompetitive adult	Front SnorkelKick Board	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

	List of key activities							
START OUT (warming up) Group times – G1, G2, G3 in this order 400 Freestyle 12 X 50 Pull: 45, 50, 55		Group times – G1, G2, G3 in this order 10 X 100 Freestyle @ 90%: 1.50 10 X 100 Freestyle with fins: 1.20, 1.30, 1.40 8 X 50 Kick: 1.15, 1.20, 1.25		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 12 X 25 medley order on 30 seconds 6 X 50 25 Backstroke, 25 Freestyle: 55, 1.00, 1.05 Session Total 4km				
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?				
Speed	х	Immediate Energy System (Alactic Anaerobic System)		Specificity	х			
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	Х			
Power		Long-Term Energy (Aerobic System)	х	Individualisation	х			
Endurance	х			Variation	х			
Flexibility	х			Recovery	х			
Agility				Reversibility	х			

Swimming | Yearly Training Plan

March – Week 3 Session 1

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	Equipment required: Pull Buoy Paddles Fins	Broad purpose of th Increase aerobic Improve technic Improve surf rac	and anaerobic endoque/efficiency	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	Front SnorkelKick Board	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

		List of key activities			
START OUT (warming u	1 b)	GET INTO IT (main session activities)		FINISH UP (cooling dow	n)
Group times – G1, G2, G	G3 in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2, G	3 in this order
500 SKIPS		6 X 400 Freestyle: 5.50, 6.10, 6.30		8 X 50 Freestyle: 50, 55,	1.00
(100 of each letter of th	•	12 X 50 Kick: 1.15, 1.20, 1.25		300 Easy as 50 Freestyle	, 50 Backstroke
being Swim, Kick, Indivi Pull and Swim).	dual Medley,			Session Total 4.2km	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	х	Immediate Energy System		Specificity	х
		(Alactic Anaerobic System)			
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	Х
Power		Long-Term Energy (Aerobic System)	х	Individualisation	Х
Endurance	х			Variation	Х
Flexibility	Х			Recovery	х
Agility				Reversibility	Х

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March - Week 3 Session 2

	Load for this session at its maximum recommended. Same as week 2 in February.								
Venue	Beach	Athlete communities being coached: Late childhood Early teenage	Goggles Water Safety (1:5 Ratio) on	Broad purpose of the Increase aerobic Improve technice Improve surf race	and anaerobic end que/efficiency	lurance			
Duration	1 hour	Late teenageSocial adultCompetitive adult	boards to use also as markers (Buoys) in the water	Key skill area 1 Running into water with smooth transition to wading, to dolphin diving then swimming.	Key skill area 2 Diving under waves.	Key skill area 3 Catching waves on body.			

		List of key activities				
START OUT (warming	g up)	GET INTO IT (main session activities)		FINISH UP (cooling down)		
5 minute jog on beac 5 minute stretch of le Triple M Shape Swim buoys (water safety) shore. After completi Shape run back to sta course again. This sho	gs and shoulders course. Marker only 60m off ng the first M irt and complete	Note: Always utilising all Skills from run start, wade, dolphin dive (including under waves), straight line swimming and body surfing. 5 X 250 Surf Race @ 85%. 45 seconds rest between. 10 X 100 one way efforts (1 out 1 back 3 times) @ 20%. 45 seconds rest between. Rest is off shore				
minutes. Coach should be identifying areas that need technique correction when athletes complete this warm up. All Skills are being utilised. Running, wading, dolphin diving, swimming and body surfing.		between witches hats. 6 X max effort starts, 2 x max effort finis	etween water safety then again on the beach etween witches hats. X max effort starts, 2 x max effort finishes 30 etres off shore. 45 seconds rest between each.			
Which components of focus?	f fitness are the	Which energy systems are the focus?		Which principles of training have you considered?		
Speed	х	Immediate Energy System (Alactic Anaerobic System)	х	Specificity	Х	
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х	
Power	х	Long-Term Energy (Aerobic System)	х	Individualisation	х	
Endurance X				Variation	х	
Flexibility X				Recovery	Х	
Agility	х	1		Reversibility	Х	

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March – Week 3 Session 3

			Overview			
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	Equipment required:Pull BuoyPaddlesFins	Broad purpose of th Increase aerobic Improve technic Improve surf rac	and anaerobic endo	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	Front SnorkelKick Board	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

	List of key activities						
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling dov	wn)		
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2,	G3 in this order		
5 X 100 Freestyle: 1.40, 1.	45, 1.50	4 X 200 @ 90% Effort on 4.00		10 X 50 Pull: 45, 50, 55			
8 X 25 Kick 35 Seconds		3 X 200 Freestyle: 2.50, 3.05, 3.20		8 X 25 of 10 kick catch	up drill		
8 X 25 Freestyle @ 90% or	30 seconds	3 X 200 Fins: 2.45, 3.00, 3.15		8 X 50 Backstroke: 50,	55, 1.00		
				Session Total 4km			
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?			
Speed	х	Immediate Energy System (Alactic Anaerobic System)		Specificity	х		
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х		
Power		Long-Term Energy (Aerobic System)	х	Individualisation	х		
Endurance X				Variation	х		
Flexibility	х		Recovery	х			
Agility				Reversibility	х		

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March – Week 4 Session 1

			Overview		
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	 Equipment required: Pull Buoy Paddles Fins 	Broad purpose of the training session Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results	
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front Snorkel Kick Board 	Key skill area 1Key skill area 2Key skill area 2Holding technique together over all distances, strokes and or drills 	t all out

List of key activities						
START OUT (warming up)		GET INTO IT (main session activities)	FINISH UP (cooling dow	vn)		
Group times – G1, G2, G3 i	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2, G	G3 in this order	
1000 SKIPS		5 X 300 Freestyle: 4.30, 4.40, 4.50		12 X 25 Backstroke on 3	30 seconds	
(200 of each letter of the a	•	3 X 300 Freestyle with fins: 4.25, 4.35, 4.4	15	200 Easy Freestyle		
being Swim, Kick, Individua Pull and Swim).	al Medley,			Session Total 4.3km		
8 X 50 Pull: 45, 50, 55						
Which components of fitne focus?	ess are the	Which energy systems are the focus?		Which principles of training have you considered?		
Speed	х	Immediate Energy System		Specificity	Х	
		(Alactic Anaerobic System)				
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х	
Power		Long-Term Energy (Aerobic System)	х	Individualisation	х	
Endurance	Х			Variation	х	
Flexibility	Х	1		Recovery	х	
Agility				Reversibility	х	

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March - Week 4 Session 2

	Backing off the load									
Venue Duration	Beach 1 hour	Athlete communities being coached: Late childhood Early teenage Late teenage Social adult Competitive adult	Equipment required: Goggles Water Safety (1:5 Ratio) on boards to use also as markers (Buoys) in the water Witches hats on beach	Broad purpose of the Increase aerobic Improve technic Improve surf rac Key skill area 1 Running into water with smooth transition to wading, to dolphin diving then swimming.	and anaerobic end	Key skill area 3 Catching waves on body.				

		List of key activities			
START OUT (warming u	p)	GET INTO IT (main session activities)		FINISH UP (cooling down)	
5 minute jog on beach. 5 minute stretch of legs	and shoulders	Note: Always utilising all Skills from run s wade, dolphin dive (including under wav straight line swimming and body surfing.	es),	1 X Easy 200 Surf Swim 5 minutes of body surfing	
Surf Skills: Each athlete must get out through the surf and catch a wave in 5 times. After each wave, run up around a witch's hat on the beach then head straight back out. Coach to use this as an opportunity to speak to the athletes as they run passed. Give correction and feedback on technique and skill.		6 X Swim/Run Transitions. Athletes start in the water 75m off shore (distance to build each week) and line up between water safety. Coach calls go, athletes sprint in run around witches hat 40m from shoreline and sprint straight back out. Rest is off shore. 45 Seconds rest between. 4 X World Champion Body Surf/Sprint Finishes. Athletes line up at back of break. All catch same wave and race up beach.			
Which components of fi focus?	tness are the	Which energy systems are the focus?		Which principles of training considered?	have you
Speed	х	Immediate Energy System (Alactic Anaerobic System)	х	Specificity	Х
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	Х	Progressive overload	х
Power	х	Long-Term Energy (Aerobic System)	х	Individualisation	х
Endurance X				Variation	х
Flexibility	Х			Recovery	х
Agility X				Reversibility	X

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March - Week 4 Session 3

			Recovery week			
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	Pull Buoy Paddles Fins	Improve techniqImprove surf rac	and anaerobic enduue/efficiency e results	
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front Snorkel Kick Board 	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

List of key activities							
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling dov	wn)		
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2,	G3 in this order		
3 X 300 – 1 X Swim, 1 X Pu	ıll, 1 X Fins	400 Time Trial		4 X 100 Medley: 1.45, 1	1.50, 1.55		
		12 X 50 Pull: 45, 50, 55		8 X 25 Backstroke on 3	0 seconds		
		8 X 50 Kick: 1.15, 1.20, 1.25		200 Easy Freestyle			
				Session Total 3.1km			
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?			
Speed	х	Immediate Energy System (Alactic Anaerobic System)		Specificity	х		
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х		
Power		Long-Term Energy (Aerobic System)	х	Individualisation	х		
Endurance	х			Variation	Х		
Flexibility	х			Recovery	Х		
Agility				Reversibility	х		

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March – Week 5 Session 1

			Recovery week			
Venue	Local Swimming Pool	Athlete communities being coached: Late childhood Early teenage	Equipment required: Pull Buoy Paddles Fins	Broad purpose of th Increase aerobic Improve technic Improve surf rac	and anaerobic endo	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	Front SnorkelKick Board	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

	List of key activities								
START OUT (warming up)		GET INTO IT (main session activities)		FINISH UP (cooling dow	vn)				
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2, G	33 in this order				
' '	h 20 seconds	8 X 100 Freestyle recovery pace: 1.30, 1.	40, 1.50	12 x 25 Medley on 30 se	econds				
rest between each		10 X 50 Kick with fins: 50, 55, 1.00		200 Easy Freestyle					
		8 X 50 Pull recovery pace: 50, 55, 1.00		Session Total 3.2km					
Which components of fitne focus?	ess are the	Which energy systems are the focus?		Which principles of train considered?	ning have you				
Speed	х	Immediate Energy System		Specificity	Х				
		(Alactic Anaerobic System)							
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х				
Power		Long-Term Energy (Aerobic System)	х	Individualisation	х				
Endurance	х			Variation	х				
Flexibility X				Recovery	х				
Agility				Reversibility	х				

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March – Week 5 Session 2

			Recovery week			
M.	D 1	ant i				
Venue	Beach	Athlete communities being coached: • Late childhood • Early teenage	Equipment required:GogglesWater Safety (1:5 Ratio) on	Broad purpose of thIncrease aerobicImprove technicImprove surf rac	and anaerobic end que/efficiency	urance
Duration	1 hour	Late teenageSocial adultCompetitive adult	boards to use also as markers (Buoys) in the water	Key skill area 1 Running into water with smooth transition to wading, to dolphin diving then swimming.	Key skill area 2 Diving under waves.	Key skill area 3 Catching waves on body.

		List of key activities			
START OUT (warming up) 5 minute jog on beach. 5 minute stretch of legs and shoulders Double M Shape Swim course. Marker buoys (water safety) only 60m off shore. After completing the first M Shape run back to start and complete course again. This should take 10 minutes. Coach should be identifying areas that need technique correction when athletes complete this warm up. All Skills are being utilised. Running, wading, dolphin diving, swimming and body surfing.		Ret Into It (main session activities) Note: Always utilising all Skills from run start, wade, dolphin dive (including under waves), straight line swimming and body surfing 3 X 250m Surf Race @ 85%. 45 seconds rest between 4 X 100m one way efforts (1 out 1 back 3 times) @ 90%. 45 seconds rest between. Rest is off shore between water safety then again on the beach between witches hats. 3 X max effort starts, 2 x max effort finishes 30 metres off shore. 45 seconds rest between each.		FINISH UP (cooling down) 1 X Easy 200 Surf Swim 5 minutes of body surfing	
Which components of fitne focus?	ess are the	Which energy systems are the focus?		Which principles of training have you considered?	
Speed	х	Immediate Energy System (Alactic Anaerobic System)	х	Specificity	Х
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х
Power X		Long-Term Energy (Aerobic System)	х	Individualisation	х
Endurance X				Variation	х
Flexibility X				Recovery	х
Agility X				Reversibility	Х

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March - Week 5 Session 3

			Recovery week			
Venue	Local Swimming Pool	Athlete communities being coached: Late childhood Early teenage	Equipment required:Pull BuoyPaddlesFins	Broad purpose of the Increase aerobic Improve techniq Improve surf rac	and anaerobic endo	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	Front SnorkelKick Board	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

rder	GET INTO IT (main session activities)		FINISH UD (so sline decom	
rder			FINISH UP (cooling dowr	n)
	Group times – G1, G2, G3 in this order		Group times – G1, G2, G3	3 in this order
	12 X 50 Freestyle: 0.45, 0.50, 0.55		16 X 25 Individual Medle	У
	8 X 100 Pull Buoy: 1.25, 1.35, 1.45		(30 Seconds Rest)	
			400 Freestyle Easy	
			Session Total 3.2km	
0,				
he	Which energy systems are the focus?		Which principles of training have you considered?	
	Immediate Energy System		Specificity	х
	(Alactic Anaerobic System)			
	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	Х
	Long-Term Energy (Aerobic System)	х	Individualisation	Х
			Variation	Х
	1		Recovery	Х
			Reversibility	Х
t X	the X	the Which energy systems are the focus? X Immediate Energy System (Alactic Anaerobic System) X Short-Term / High Intensity Energy System (Lactic Anaerobic System) Long-Term Energy (Aerobic System)	the Which energy systems are the focus? X Immediate Energy System (Alactic Anaerobic System) X Short-Term / High Intensity Energy System (Lactic Anaerobic System) Long-Term Energy (Aerobic System)	8 X 100 Pull Buoy: 1.25, 1.35, 1.45 (30 Seconds Rest) 400 Freestyle Easy Session Total 3.2km 50, Which principles of trainic considered? X Immediate Energy System (Alactic Anaerobic System) X Short-Term / High Intensity Energy System (Lactic Anaerobic System) Long-Term Energy (Aerobic System) X Variation X Recovery

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April – Week 1 Session 1

•	Fina	l week with some worklo	ad before taper week. I	ntensity and load start	to back off.	
Venue	Local Swimming Pool	Athlete communities being coached: Late childhood Early teenage	Equipment required:	Broad purpose of theIncrease aerobioImprove technicImprove surf rac	and anaerobic endo	urance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	Front SnorkelKick Board	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

		List of key activities			
START OUT (warming up) Group times – G1, G2, G3		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order		FINISH UP (cooling downstrong times – G1, G2,	•
1000 SKIPS (200 of each letter of the acronym being Swim, Kick, Individual Medley,		10 X 50 Pull: 45, 50, 55		16 X 25 Medley Order on 40 Seconds 6 X 50 as 25 Backstroke, 25 Freestyle: 55, 1.00, 1.05	
Pull and Swim). Which components of fitness are the focus?		Which energy systems are the focus?		Session Total 3.7km Which principles of traiconsidered?	ning have you
Speed	х	Immediate Energy System (Alactic Anaerobic System)		Specificity	х
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х
Power		Long-Term Energy (Aerobic System)	Х	Individualisation	Х
Endurance	х			Variation	Х
Flexibility X				Recovery	х
Agility				Reversibility	Х

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April – Week 1 Session 2

			Overview	
Venue Duration	Beach 1 hour	Athlete communities being coached: Late childhood Early teenage Late teenage Social adult Competitive adult	Equipment required: Goggles Water Safety (1:5 Ratio) on boards to use also as markers (Buoys) in the water Witches hats on beach	Broad purpose of the training session Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results Key skill area 1 Running into water with smooth transition to wading, to dolphin diving then swimming. Key skill area 2 Diving under waves. Catching waves on body.

		List of key activities			
START OUT (warming u	ıp)	GET INTO IT (main session activities)	FINISH UP (cooling down)		
5 minute jog on beach. 5 minute stretch of legs and shoulders Surf Skills: Each athlete must get out through the surf and catch a wave in 4 times. After each wave, run up around a witch's hat on the beach then head straight back out. Coach to use this as an opportunity to speak to the athletes as they run passed. Give correction and feedback on technique and skill.		Note: Always utilising all Skills from run start, wade, dolphin dive (including under waves), straight line swimming and body surfing. 6 X Swim/run transitions. Athletes start in the water 75m off shore (distance to build each week) and line up between water safety. Coach calls go, athletes sprint in run around witches hat 20m from shoreline and sprint straight back out. Rest is off shore. 1 Minute 15 Seconds rest between. 3 X World Champion Body Surf/Sprint Finishes. Athletes line up at back of break. All catch same wave and race up beach.		1 X Easy 200 Surf Swim 5 minutes of body surfing	
Which components of f focus?	itness are the	Which energy systems are the focus?		Which principles of training have you considered?	
Speed	Х	Immediate Energy System (Alactic Anaerobic System)	х	Specificity	Х
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х
Power	х	Long-Term Energy (Aerobic System)	Long-Term Energy (Aerobic System) X		х
Endurance X				Variation	Х
Flexibility	х			Recovery	х
Agility X				Reversibility	Х

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April – Week 1 Session 3

1	Fina	l week with some worklo	ad before taper week. I	ntensity and load start to ba	ack off.	
Venue	Local Swimming Pool	Athlete communities being coached: Late childhood Early teenage	Equipment required: Pull Buoy Paddles Fins	Increase aerobic and a Improve technique/ef Improve surf race resu	anaerobic endu	irance
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	 Front Snorkel Kick Board 	Holding technique together over all distances, strokes and or drills covered in session. Wor mus thro perfection perfections.	forming all 4	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.

List of key activities								
START OUT (warmi	ng up)	GET INTO IT (main session activities)		FINISH UP (cooling down)				
Group times – G1, G	62, G3 in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2, G3 i	n this order			
5 X 200 Freestyle: 3.	.10, 3.15, 3.20	12 X 50 @ 85% Effort: 1.20 12 X 50 Pull 45, 50, 55		4 X 100 as 50 backstroke, 5 1.40, 1.50	60 Freestyle: 1.30,			
		12 / 30 / 411 43, 30, 33		8 X 25 Backstroke kick on 3	35 seconds			
				8 X 50 Backstroke: 55, 1.00), 1.05			
				200 Easy Freestyle				
				Session Total 3.4km				
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?				
Speed	х	Immediate Energy System		Specificity	х			
		(Alactic Anaerobic System)						
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х			
Power		Long-Term Energy (Aerobic System)	х	Individualisation	х			
Endurance	х			Variation	Х			
Flexibility	х			Recovery	х			
Agility				Reversibility	Х			

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April – Week 2 Session 1

			Taper week				
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage	Equipment required: Pull Buoy Paddles Fins	Broad purpose of the training session Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results			
Duration	1 hour 15 mins	 Late teenage Social adult Competitive adult 	Front SnorkelKick Board	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.	

List of key activities							
START OUT (warming up)		GET INTO IT (main session activities)	FINISH UP (cooling down)				
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order		Group times – G1, G2, G3 in this order			
10 X 50 Freestyle: 50, 55,	1.00	3 X 200 Freestyle: 2.50, 3.05, 3.20		6 X 50 Kick: 1.15, 1.20, 1.25			
12 X 25 Freestyle @ 90% 6	effort on 30	8 X 50 Pull: 45, 50, 55		12 X 25 Backstroke on 30 Seconds			
seconds 8 X 25 Medley Order				8 X 50 as 25 Backstroke, 25 Freestyle: 55, 1.00, 1.05			
				Session Total 3km			
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?			
Speed	х	Immediate Energy System (Alactic Anaerobic System)		Specificity	х		
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	Х		
Power	ower Long-Term Energy (Aerobic System)		Х	Individualisation	Х		
Endurance X				Variation	Х		
Flexibility	х		Recovery	Х			
Agility				Reversibility	Х		

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April – Week 2 Session 2

	Taper week								
Venue	Beach	Athlete communities being coached: • Late childhood • Early teenage	 Equipment required: Goggles Water Safety (1:5 Ratio) on boards to use 	Broad purpose of the training session Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results					
Duration	1 hour	 Late teenage Social adult Competitive adult 	also as markers (Buoys) in the water Witches hats on beach	Key skill area 1 Running into water with smooth transition to wading, to dolphin diving then swimming.	Key skill area 2 Diving under waves.	Key skill area 3 Catching waves on body.			

List of key activities							
START OUT (warming up)		GET INTO IT (main session activities)	FINISH UP (cooling down)				
5 minute jog on beach.		Note: Always utilising all Skills from run start, wade, dolphin dive (including under waves),		1 X Easy 200 Surf Swim			
5 minute stretch of legs and shoulders		straight line swimming and body surfing		5 minutes of body surfing			
Surf Skills: Each athlete must get out through the surf and catch a wave in 3 times. After each wave, run up around							
a witches hat on the beach then head straight back out. Coach to use this as an opportunity to speak to the athletes as they run passed. Give correction and feedback on technique and skill.		2 X World Champion Body Surf/Sprint Finishes. Athletes line up at back of break. All catch same wave and race up beach.					
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?			
Speed	Х	Immediate Energy System (Alactic Anaerobic System)			х		
Strength	Х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х		
Power X		Long-Term Energy (Aerobic System)	х	Individualisation	х		
Endurance X				Variation	х		
Flexibility X Agility X				Recovery	х		
				Reversibility	Х		

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April – Week 2 Session 3

			Taper week				
Venue	Local Swimming Pool	Athlete communities being coached: • Late childhood • Early teenage • Late teenage	Equipment required: Pull Buoy Paddles Fins Front Snorkel	Broad purpose of the training session Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results			
Duration	1 hour 15 mins	 Social adult Competitive adult 	Kick Board	Key skill area 1 Holding technique together over all distances, strokes and or drills covered in session.	Key skill area 2 Working all muscle groups through performing all 4 strokes. This will also help with flexibility.	Key skill area 3 3 stroke breathing (bi-lateral) throughout all Freestyle swimming. Good for balancing out shoulders and building aerobic capacity.	

List of key activities							
START OUT (warming up)		GET INTO IT (main session activities)	FINISH UP (cooling down)				
Group times – G1, G2, G3	in this order	Group times – G1, G2, G3 in this order	Group times – G1, G2, G3 in this order				
400 Freestyle		3 X 200 Freestyle: 2.50, 3.05, 3.20		6 X 50 Kick: 1.15, 1.20, 1.25			
8 X 25 Backstroke kick on	35 seconds	8 X 50 Freestyle: 45, 50, 55		10 X 50 Backstroke: 55, 1.00, 1.05			
8 X 25 Freestyle @ 90% ef	ffort on 30			200 Easy Freestyle			
seconds				Session Total 2.8km			
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?			
Speed	х	Immediate Energy System (Alactic Anaerobic System)		Specificity	х		
Strength	х	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	х	Progressive overload	х		
Power		Long-Term Energy (Aerobic System)	х	Individualisation	Х		
Endurance X				Variation	Х		
Flexibility	х			Recovery	Х		
Agility				Reversibility	Х		

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