



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 SLISA.

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

- 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	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull buoy Paddles Fins Front snorkel Kick board 	Broad purpose of the training session: <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 200 Freestyle 8 X 25 Backstroke (10 seconds rest) 8 X 25 Freestyle Kick with Board (20 Seconds Rest) 4 X 100 Individual Medley (20 Seconds Rest)		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 5 X 100 Freestyle: 1.30, 1.40, 1.50 5 X 100 Freestyle with fins. Times as above minus 5 seconds		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 8 X 50 Pull Buoy: 50, 55, 1.00 8 X 50 of 25 Backstroke and 25 Freestyle: 55, 1.00, 1.05 200 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

September – Week 1 Session 2

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull buoy Paddles Fins Front snorkel Kick board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 300 Freestyle 8 X 25 Medley Order (10 seconds rest) 8 X 25 Freestyle Kick with Board (20 Seconds Rest) 6 X 50 Pull Buoy 50, 55, 1.00		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 10 X 50 Freestyle: 50, 55, 1.00 5 X 100 Freestyle with fins: 1.30, 1.40, 1.50		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 8 X 25 Back Kick (20 Seconds Rest) 3 X 200: 1 X Swim, 1 X Pull, 1 X Fins Continuous with Gear Changeovers 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

September – Week 2 Session 1

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull buoy Paddles Fins Front snorkel Kick board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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) 8 X 25 10 Kick Catch up Drill (20 seconds rest) 6 X 50 Freestyle Pull: 50, 55, 1.00		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 6 X 100 Freestyle: 1.30, 1.40, 1.50 4 X 100 Freestyle with fin: 1.30, 1.40, 1.50		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 4 X 100 50 Freestyle/50 Kick on Board (10 Seconds Rest) 4 X 100 of Medley (20 Seconds Rest) 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

September – Week 2 Session 2

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull buoy Paddles Fins Front snorkel Kick board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 8 X 25 Medley Order (10 seconds rest) 8 X 25 Backstroke Kick (20 Seconds Rest) 200 Backstroke		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 12 X 50 Freestyle: 50, 55, 1.00 4 X 100 Freestyle with fins: 1.30, 1.40, 1.50		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 8 X 50 Pull Buoy: 50, 55, 1.00 8 X 25 10 Kick Catch Up Drill (20 Seconds Rest) 400: 150 Freestyle, 50 Backstroke X2 Session Total 3km	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

September – Week 3 Session 1

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull buoy Paddles Fins Front snorkel Kick board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 Freestyle Pull: 50, 55, 1.00		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 3 X 200 Freestyle: 3.00, 3.15, 3.30 3 X 200 Freestyle with fins. Times as above		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 12 X 25 Medley Order (10 Seconds Rest) 4 X 50 of Backstroke 1.00, 1.05, 1.10 8 X 25 10 Kick Catch Up Drill (20 Seconds Rest) 6 X 50 Freestyle: 50, 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

September – Week 3 Session 2

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull buoy Paddles Fins Front snorkel Kick board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 200 Freestyle 200 Pull 200 Fins 4 X 100 Individual Medley (20 Seconds Rest)		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 6 X 150 Freestyle: 2.15, 2.30, 2.45 6 X 50 Freestyle with Pull buoy: 50, 55, 1.00		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 6 X 50 Kick with Fins: 50, 55, 1.00 6 X 50 Fins – 25 Backstroke Kick and 25 Freestyle: 50, 55, 1.00 400: 150 Freestyle, 50 Backstroke X2 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

September – Week 4 Session 1

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull buoy Paddles Fins Front snorkel Kick board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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)		GET INTO IT (main session activities) 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

September – Week 4 Session 2

Recovery week						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull buoy Paddles Fins Front snorkel Kick board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 300 Freestyle 8 X 25 Backstroke Kick (20 seconds rest) 8 X 25 Medley Order (10 Seconds Rest) 6 X 50 Freestyle Fins: 50, 55, 1.00		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 10 X 50 Freestyle: 50, 55, 1.00 5 X 100 Freestyle Pull: 1.30, 1.40, 1.50		FINISH UP (cooling down) 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) 8 X 25 10 Kick Catch Up Drill (20 Seconds Rest) 6 X 50 -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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

September – Week 5 Session 1

Recovery week						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull buoy Paddles Fins Front snorkel Kick board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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) 8 X 25 10 Kick Catch up Drill (20 seconds rest) 4 X 50 Freestyle Pull: 50, 55, 1.00		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 5 X 100 Freestyle: 1.30, 1.40, 1.50 4 X 100 Freestyle with fin: 1.30, 1.40, 1.50		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 3 X 100 50 Freestyle/50 Kick on Board (10 Seconds Rest) 3 X 100 of Medley (20 Seconds Rest) 200 Easy Freestyle Session Total 2.6km	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

September – Week 5 Session 2

Recovery week						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull buoy Paddles Fins Front snorkel Kick board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 300 Freestyle 8 X 25 Medley Order (10 seconds rest) 8 X 20 Backstroke Kick (20 Seconds Rest)		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 12 X 50 Freestyle: 50, 55, 1.00 4 X 100 Freestyle with fins: 1.30, 1.40, 1.50		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 8 X 50 Pull Buoy: 50, 55, 1.00 8 X 25 10 Kick Catch Up Drill (20 Seconds Rest) 400: 150 Freestyle, 50 Backstroke X 2 Session Total 2.7km	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

October – Week 1 Session 1

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull buoy Paddles Fins Front snorkel Kick board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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		GET INTO IT (main session activities) 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

October – Week 1 Session 2

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull buoy Paddles Fins Front snorkel Kick board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 3 X 200 Freestyle, Pull and Fins 8 X 50 25m 10 Kick Catch Up Drill and 25 Freestyle: 0.55, 1.00, 1.05		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 8 X 100 Freestyle: 1.30, 1.40, 1.50 12 X 50 Freestyle with fins: 0.45, 0.50, 0.55		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 6 X 50 Pull Buoy: 0.50, 0.55, 1.00 6 X 50 Fins – 25 Backstroke Kick and 25 Freestyle: 0.50, 0.55, 1.00 400 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

October – Week 2 Session 1

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull buoy Paddles Fins Front snorkel Kick board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 1000 SKIPS (200 of each letter of the acronym being Swim, Kick, Individual Medley, Pull and Swim)		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 6 X 150 Freestyle: 2.10, 2.25, 2.40 10 X 50 Freestyle Pull: 0.45, 0.50, 0.55		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 6 X 50 Kick with Fins: 0.50, 0.55, 1.00 6 X 50 fins 25 Kick Catch Up Drill and 25 Freestyle: 0.50, 0.55, 1.00 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

October – Week 2 Session 2

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull buoy Paddles Fins Front snorkel Kick board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 10 x 50 Freestyle: 0.50,0.55,1.00 10 X 50 Kick with fins: 0.50, 0.55, 1.00		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 8 X 100 Freestyle: 1.30, 1.40, 1.50 6 X 100 Freestyle with fins: 1.25, 1.35, 1.45		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 8 X 50 Pull Buoy: 50, 55, 1.00 8 X 50 of 25 Backstroke and 25 Freestyle: 0. 50, 0.55, 1.00 200 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

October – Week 3 Session 1

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull buoy Paddles Fins Front snorkel Kick board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 1000 SKIPS (200 of each letter of the acronym being Swim, Kick, Individual Medley, Pull and Swim)		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 5 X 300 Freestyle: 4.35, 4.45, 4.55		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 6 X 50 Freestyle Fins: 0.50, 0.55, 1.00 6 X 50 Freestyle Pull: 0.50, 0.55, 1.00 8 x 25 Backstroke- 30secs 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

October – Week 3 Session 2

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull buoy Paddles Fins Front snorkel Kick board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 20 X 50 Freestyle : 0.45, 0.50, 0.55 10 X 50 Freestyle Fins: 0.45, 0.50, 0.55		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 12 X 25 Individual Medley (30 Seconds Rest) 4 X 50 Backstroke: 0.55, 1.00. 1.05 8 X 25 10 Kick Catch Up Drill (30 Seconds Rest) 6 x 50 Freestyle: 0.50, 0.55, 1.00 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

October Week 4 Session 1

Recovery week						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull buoy Paddles Fins Front snorkel Kick board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 8 X 50 Pull Buoy: 0.50, 0.55, 1.00 8 X 25 Individual Medley (30 Seconds Rest)		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 10 X 50 Freestyle @ 100% effort on the 1.20 (times to be recorded) 6 X 100 Freestyle with Fins: 1.25, 1.35, 1.45		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 8 X 50 of 25 Backstroke and 25 Freestyle: 0. 55, 1.00, 1.05 8 X 50 Pull Buoy: 0.50, 0.55, 1.00 200 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

October – Week 4 Session 2

Recovery week						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull buoy Paddles Fins Front snorkel Kick board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 300 Freestyle 8 X 25 Backstroke Kick (35 seconds rest) 8 X 25 Individual Medley (30 Seconds Rest) 6 X 50 Freestyle with fins: 0.50, 0.55, 1.00		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 6 X 100 Freestyle: 1.25, 1.35, 1.45 8 X 50 Pull Buoy: 0. 45, 0.50, 0.55		FINISH UP (cooling down) 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) 8 X 50 of 25 Backstroke and 25 Freestyle: 0. 55, 1.00, 1.05 8 X 25 10 Kick Catch Up Drill (30 Seconds Rest) 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

November – Week 1 Session 1

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull buoy Paddles Fins Front snorkel Kick board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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) 4 x 75 of Butterfly, Backstroke and Breaststroke: 1.30, 1.25, 1.30 8 x 25 Backstroke (30 Seconds Rest)		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 4 X 200 Freestyle: 2.55, 3.10, 3.25 4 X 200 Freestyle with fins: 2.55, 3.10, 3.25		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 3 X 100 Individual Medley: 1.45, 1.50, 1.55 8 X 50 Backstroke: 0.55, 1.00, 1.05 6 X 50 Freestyle: 0.50, 0.55, 1.00 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

November – Week 1 Session 2

Overview						
Venue	Beach	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour			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.		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. 3 X 250 Surf Race @ 80%. 2 mins rest between 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. 2 X Max effort starts, 2 x max effort finishes 30m off shore. 1 Minute rest between each.		FINISH UP (cooling down) 1 X Easy 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	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power	X	Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

November – Week 1 Session 3

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 200 Freestyle Pull with Fins 8 X 50 - 25 Kick Catch Up Drill and 25 Freestyle: 0.50, 0.55, 1.00		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 10 X 100 Freestyle: 1.25, 1.35, 1.45 12 X 50 Freestyle with fins: 0.45, 0.50, 0.55		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 6 X 50 Pull Buoy: 0.50, 0.55, 1.00 6 X 50 fins of 25 Backstroke Kick and 25 Freestyle: 0.50, 0.55, 1.00 400 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

November – Week 2 Session 1

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 1000 SKIPS (200 of each letter of the acronym being Swim, Kick, Individual Medley, Pull and Swim)		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 8 X 150 Freestyle: 2.10, 2.25, 2.40 10 X 50 Freestyle Pull: 0.45, 0.50, 0.55		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 6 X 50 Kick with fins: 0.50, 0.55, 1.00 6 X 50 Fins of 25 kick catch up drill and 25 freestyle: 0.50, 0.55, 1.00 4 x 100 Freestyle: 1.40, 1.50, 2.00 Session Total 3.7km	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

November – Week 2 Session 2

Overview						
Venue	Beach	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour			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 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 fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
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	X
Power	X	Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

November – Week 2 Session 3

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 10 X 50 Freestyle: 0.50, 0.55, 1.00 10 X 50 Freestyle kick with fins: 0.50, 0.55, 1.00		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 10 X 100 Freestyle: 1.25, 1.35, 1.45 8 X 100 Freestyle with fins: 1.25, 1.35, 1.45		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 8 X 50 Pull Buoy: 0.50, 0.55, 1.00 8 X 50 of 25 Backstroke and 25 Freestyle: 0.50, 0.55, 1.00 200 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

November – Week 3 Session 1

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 1000 SKIPS (200 of each letter of the acronym being Swim, Kick, Individual Medley, Pull and Swim)		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 6 X 300 Freestyle: 4.30, 4.40, 4.50		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 6 X 50 Freestyle with fins: 0.50, 0.55, 1.00 6 X 50 Freestyle Pull: 0.50, 0.55, 1.00 8 x 25 Backstroke (30 Seconds Rest) 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

November – Week 3 Session 2

Overview						
Venue	Beach	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Goggles Water Safety (1:5 Ratio) on boards to use also as markers (Buoys) in the water 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour			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.		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 fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
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	X
Power	X	Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

November – Week 3 Session 3

Overview						
Venue	Local Swimming Pool	Athlete communities being coached:	Equipment required:	Broad purpose of the training session		
Duration	1 hour 15 mins			<ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
		<ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	<ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Key skill area 1	Key skill area 2	Key skill area 3
				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.	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	
500 SKIPS		20 X 50 Freestyle: 0.45, 0.50, 0.55		12 X 25 Individual Medley	
(100 of each letter of the acronym being Swim, Kick, Individual Medley, Pull and Swim)		8 X 100 Freestyle with fins: 1.25, 1.35, 1.45		(30 Seconds Rest)	
5 X 100 Pull Buoy: 1.30, 1.40, 1.50				4 X 50 Backstroke: 0.55, 1.00, 1.05	
				8 x 25 10 kick catch up drill	
				(30 Seconds Rest)	
				6 x 50 Freestyle: 0.50, 0.55, 1.00	
				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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

November – Week 4 Session 1

Recovery week						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 8 X 50 Pull Buoy: 0.50, 0.55, 1.00 8 X 25 Butterfly (30 Seconds Rest)		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 400 Time Trial (Compare to previous time). 8 X 100 Freestyle with fins: 1.25, 1.35, 1.45		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 8 X 50 of 25 Backstroke and 25 Freestyle: 0. 55, 1.00, 1.05 8 X 50 Pull Buoy 200 Freestyle 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

November – Week 4 Session 2

Recovery week						
Venue	Beach	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour			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 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.		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 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.		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	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power	X	Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

November – Week 4 Session 3

Recovery week						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 300 Freestyle 8 X 25 Backstroke Kick (40 seconds rest) 8 X 25 Individual Medley (30 Seconds Rest) 6 X 50 Freestyle with fins: 0.50, 0.55, 1.00		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 10 X 50 Freestyle: 0.45, 0.50, 0.55 6 X 100 Pull Buoy: 1.25, 1.35, 1.45		FINISH UP (cooling down) 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) 8 X 25 10 Kick catch up Drill (30 Seconds Rest) 8 X 50 of 25 Backstroke and 25 Freestyle: 0.55, 1.00, 1.05 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

December – Week 1 Session 1

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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). 200 Backstroke 4 x 75 of Butterfly, Backstroke and Breaststroke (25m each stroke): 1.20, 1.25, 1.30		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 5 X 200 Freestyle: 2.55, 3.10, 3.25 4 X 200 Freestyle with Fins: 2.50, 3.05, 3.20		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 5 X 100 Individual Medley: 1.45, 1.50, 1.55 8 X50 Backstroke: 0.55, 1.00, 1.05 6 x 50 Freestyle: 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

December – Week 1 Session 2

Overview						
Venue	Beach	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Goggles Water Safety (1:5 Ratio) on boards to use also as markers (Buoys) in the water 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour			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 60 metres 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% 1 minute 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 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 fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
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	X
Power	X	Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

December – Week 1 Session 3

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 200 Freestyle pull fins 8 X 50 Freestyle Kick :1.20, 1.25, 1.30		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 12 X 100's Freestyle: 1.25, 1.35, 1.45 12 X 50's Freestyle with fins: 0.45, 0.50, 0.55		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 8 X 50's Pull Buoy: 0.50, 0.55, 1.00 8 X 50s of 25 Backstroke Kick and 25 Freestyle: 0. 55, 1.00, 1.05 400 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

December – Week 2 Session 1

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 1000 SKIPS (200 of each letter of the acronym being Swim, Kick, Individual Medley, Pull and Swim). 8 X 50 Freestyle Kick: 1.20, 1.25, 1.30		GET INTO IT (main session activities) Group Times – G1, G2, G3 in this order 8 X 150 Freestyle: 2.10, 2.25, 2.40 10 X 50 Freestyle Pull: 0.45, 0.50, 0.55		FINISH UP (cooling down) Group Times – G1, G2, G3 in this order 6 X 50 Backstroke: 0.50, 1.00, 1.05 6 X 50 with Fins, 25 kick catch up drill and 25 Freestyle: 0.50, 0.55, 1.00 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

December – Week 2 Session 2

Overview						
Venue	Beach	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour			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 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.		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 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 fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
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	X
Power	X	Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

December – Week 2 Session 3

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 10 X 50 Freestyles; 0.55, 0.55, 1.00 5 X 100 Freestyle kick with fins: 1.45, 1.50, 1.55		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 10 X 100 Freestyle: 1.25, 1.35, 1.45 10 X 100 Freestyle with fins: 1.20, 1.30, 1.40		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 8 X 50 Pull Buoy: 0.50, 0.55, 1.00 8 X 50 Backstroke: 0.55, 1.00, 1.05 200 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

December – Week 3 Session 1

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 1000 SKIPS (200 of each letter of the acronym being Swim, Kick, Individual Medley, Pull and Swim).		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 5 X 400 Freestyle: 6.00, 6.20, 6.40 8 X 50 Freestyle Kick : 1.20, 1.25, 1.30		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 6 X 50 Pull Buoy: 0.50, 0.55, 1.00 12 X 25 Backstroke (30 Seconds 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

December – Week 3 Session 2

Overview						
Venue	Beach	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Goggles Water Safety (1:5 Ratio) on boards to use also as markers (Buoys) in the water 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour			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.		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	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power	X	Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

December – Week 3 Session 3

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 20 X 50 Freestyle: 0.45, 0.50, 0.55 10 X 100 Freestyle with fins: 1.25, 1.35, 1.45		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 12 X 25 Individual Medley (30 Seconds Rest) 8 X 50 of Backstroke: 0.50, 0.55, 1.00 6 x 50 Freestyle: 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

December – Week 4 Session 1

Recovery week						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 8 X 50 Pull Buoy: 0.50, 0.55, 1.00 8 X 25 Individual Medley (30 Seconds Rest)		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 10 X 50 Freestyle @ 100% effort on 1.20 (times to be compared to previous) 8 X 100 Freestyle with fins: 1.20, 1.30, 1.40		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 10 X 50 Pull Buoy: 0.50, 0.55, 1.00 400 of 50 Freestyle and 50 Backstroke 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power	X	Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

December – Week 4 Session 2

Recovery week						
Venue	Beach	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour			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 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.		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 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. 90 Seconds 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.		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	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power	X	Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

December – Week 4 Session 3

Recovery week						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 300 Freestyle 8 X 50 Freestyle Kick: 1.20, 1.25, 1.30 6 X 50 Freestyle with fins: 0.45, 0.50, 0.55		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 6 X 100 Freestyle: 1.25, 1.35, 1.45 10 X 50 Pull Buoy: 0.45, 0.50, 0.55		FINISH UP (cooling down) 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). 8 X 50 of 25 Breaststroke and 25 Freestyle: 0.55, 1.00, 1.05 8 x 25 Backstroke (30 Seconds Rest) 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

January – Week 1 Session 1

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 200 Freestyle 500 SKIPS (100 of each letter of the acronym being Swim, Kick, Individual Medley, Pull and Swim). 4 x 75 of Butterfly, Backstroke and Breaststroke: 1.20, 1.25, 1.30		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 5 X 200 Freestyle: 2.50, 3.05, 3.25 5 X 200 Freestyle with fins: 2.45, 3.00, 3.20		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 5 X 100 Individual Medley: 1.45, 1.50, 1.55 8 X 50 Backstroke: 0.55, 1.00, 1.05 100 Freestyle Easy Session Total 4km	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

January – Week 1 Session 2

Overview						
Venue	Beach	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Goggles Water Safety (1:5 Ratio) on boards to use also as markers (Buoys) in the water 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour			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. 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	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power	X	Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

January – Week 1 Session 3

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 10 x 50 Freestyle: 0.50, 0.55, 1.00 10 X 50 Freestyle kick with fins:0.50, 0.55, 1.00		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 20 X 50 Freestyle @ 90% effort off 1.15 20 X 50 Pull Buoy: 0.45, 0.50, 0.55		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 8 X 50 Freestyle Fins:0.45, 0.50, 0.55 8 X 50 of 25 Backstroke and 25 Freestyle: 0. 50, 0.55, 1.00 200 Freestyle Easy Session Total 4km	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

January – Week 2 Session 1

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 1000 SKIPS (200 of each letter of the acronym being Swim, Kick, Individual Medley, Pull and Swim). 6 X 50 Freestyle Kick: 1.15, 1.20, 1.25		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 4 X 300 Freestyle: 4.30, 4.40, 4.50 3 X 300 Freestyle with fins: 4.30, 4.40, 4.50		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 12 X 25 Individual Medley (30 Seconds Rest) 6 X 50 of 25 Backstroke and 25 Freestyle: 0. 50, 0.55, 1.00 6 x 50 Freestyle Easy: 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

January – Week 2 Session 2

Overview						
Venue	Beach	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour			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 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.		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 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.		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	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power	X	Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

January – Week 2 Session3

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 10 X 100 Freestyle @ 90% off 1.50 10 X 100 Freestyle with fins, 50 kick no board and 50 Freestyle: 1.30, 1.40, 1.50		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 5 X 100 Individual Medley : 1.45, 1.50, 1.55 8 X 25 10 kick catch up drill (30 seconds rest) 6 X50 Freestyle Easy: 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

January – Week 3 Session 1

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 10 X 50 Freestyle: 0.50, 0.55, 1.00 12 X 25 Individual Medley (30 Seconds Rest) 8 X 25 Butterfly (30 Seconds Rest)		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 6 X 400 Freestyle: 6.00, 6.20, 6.40 10 X 50 Freestyle kick: 1.15, 1.20, 1.25		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 200 Easy Freestyle, 50 Freestyle and 50 back X 2 Session Total 4.1km	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

January – Week 3 Session 2

Overview						
Venue	Beach	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Goggles Water Safety (1:5 Ratio) on boards to use also as markers (Buoys) in the water 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour			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 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.		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	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power	X	Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

January – Week 3 Session 3

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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). 8 X 25 fly on 30 Seconds 8 X 25 @ 90% Effort on 30 Seconds		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 8 X 150 Freestyle: 2.10, 2.25, 2.40 8 X 100 Freestyle fins: 1.20, 1.30, 1.40		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 10 X 50 Pull: 45, 50, 55 8 X 25 Freestyle 10 kick catch up drill on 30 seconds 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

January – Week 4 Session 1

Recovery week						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 8 X 50 Pull Buoy: 0.45, 0.50, 0.55 8 X 25 10 kick catch up drill (30 Seconds Rest)		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 400 Freestyle time trial (compare to previous time) 10 X 100 Freestyle with fins: 1.20, 1.25, 1.30 8 X 100 Pull Buoy: 1.25, 1.30, 1.35		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 8 X 50 Freestyle kick: 1.15, 1.20, 1.25 8 X 50 of 25 Backstroke and 25 Freestyle: 0.55, 1.00, 1.05 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

January – Week 4 Session 2

Recovery week						
Venue	Beach	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Goggles Water Safety (1:5 Ratio) on boards to use also as markers (Buoys) in the water 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour			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 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.		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 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.		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	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power	X	Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

January – Week 4 Session 3

Recovery week						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 300 Freestyle 8 X 25 Backstroke Kick (40 seconds rest) 8 X 25 Individual Medley (30 seconds rest) 6 X 50 Freestyle kick with fins: 0.50, 0.55, 1.00		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 12 X 50 Freestyle: 0.45, 0.50, 0.55 8 X 100 Pull Buoy: 1.25, 1.35, 1.45		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 16 X 25 Individual Medley (30 Seconds Rest) 200 Freestyle Easy Session Total 3km	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

February – Week 1 Session 1

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 8 X 50 Freestyle kick: 1.20, 1.25, 1.30 8 X 25 Backstroke kick (40 seconds rest)		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 6 X 200 Freestyle: 2.50, 3.05, 3.25 5 X 200 Freestyle with fins: 2.45, 3.00, 3.20		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 5 X 100 Individual Medley: 1.45, 1.50, 1.55 8 X 50 Backstroke: 0.55, 1.00, 1.05 100 Freestyle Easy Session Total 4km	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

February – Week 1 Session 2

Overview						
Venue	Beach	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Goggles Water Safety (1:5 Ratio) on boards to use also as markers (Buoys) in the water 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour			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 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 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	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power	X	Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

February – Week 1 Session 3

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 1000 SKIPS (200 of each letter of the acronym being Swim, Kick, Individual Medley, Pull and Swim).		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 10 X 50 @ 100% on the 1.20 10 X 50 Freestyle: 45, 50, 55 20 X 50 Pull 45, 50, 55 10 X 50 Kick with fins: 50, 55, 1.00		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 12 X 25 Backstroke on the 30 Seconds 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power	X	Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

February – Week 2 Session 1

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 10 X 100 Freestyle: 1.40, 1.45, 1.50 6 X 50 Kick: 1.15, 1.20, 1.25		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 4 X 300 Freestyle: 4.30, 4.40, 4.50 4 X 300 Freestyle fins: 4.25, 4.35, 4.45		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 8 X 25 Backstroke on 30 Seconds 100 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

February – Week 2 Session 2

Overview						
Venue	Beach	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour			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 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.		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 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.		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	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power	X	Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

February – Week 2 Session 3

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 (200 of each letter of the acronym being Swim, Kick, Individual Medley, Pull and Swim). 10 X 50 Pull: 50, 55, 1.00		GET INTO IT (main session activities) 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 of 25 Backstroke and 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

February – Week 3 Session 1

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 10 X 50 Freestyle: 50, 55, 1.00 12 X 25 Medley order on 30 seconds		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 6 X 400 Freestyle: 5.50, 6.10, 6.30 12 X 50 Kick: 1.15, 1.20, 1.25		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 fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

February – Week 3 Session 2

Overview						
Venue	Beach	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Goggles Water Safety (1:5 Ratio) on boards to use also as markers (Buoys) in the water 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour			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 6 X 250 Surf Race @ 85%. 45 seconds 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 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 fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
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	X
Power	X	Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

February – Week 3 Session 3

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 5 X 100 Freestyle: 1.40, 1.45, 1.50 8 X 25 Kick on 35 seconds 8 X 25 Freestyle @ 90% on 30 seconds		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 8 X 150 Freestyle: 2.10, 2.25, 2.40 10 X 100 Freestyle with fins. 1.20, 1.30, 1.40		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 10 X 50 Pull Buoy: 45, 50, 55 8 X 25 of 10 kick catch up drill on 40 seconds 8 X 50 Backstroke: 50, 55, 1.00 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

February – Week 4 Session 1

Recovery week						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 1000 SKIPS (200 of each letter of the acronym being Swim, Kick, Individual Medley, Pull and Swim).		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 16 X 50 @ 100% Effort (Times to be recorded): 1.20 4 X 100 Kick with fins: 1.40, 1.45, 1.50		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 10 X 50 Pull: 45, 50, 55 12 X 25 Medley order on 35 seconds 200 Easy Freestyle 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

February – Week 4 Session 2

Recovery week						
Venue	Beach	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour			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 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.		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 fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
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	X
Power	X	Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

February – Week 4 Session 3

Recovery week						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 4 X 100 Medley: 1.45, 1.50, 1.55 8 X 25 Backstroke on 30 seconds		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 6 X 100 Freestyle: 1.30, 1.40, 1.50 12 X 50 Pull: 45, 50, 55		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 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 fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

March – Week 1 Session 1

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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). 8 X 50 Pull: 45, 50, 55 8 X 25 Fly on 30 Seconds		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 7 X 200 Freestyle: 2.50, 3.05, 3.25 4 X 200 Freestyle with fins: 2.45, 3.00, 3.20		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 4 X 100 Medley: 1.45, 1.50, 1.55 10 X 50 Backstroke with fins: 50, 55, 1.00 100 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

March – Week 1 Session 2

Recovery week						
Venue	Beach	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Goggles Water Safety (1:5 Ratio) on boards to use also as markers (Buoys) in the water 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour			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 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.		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	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power	X	Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

March - Week 1 Session 3

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 1000 SKIPS (200 of each letter of the acronym being Swim, Kick, Individual Medley, Pull and Swim).		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 12 X 50 Freestyle @ 100% Effort: 1.20 8 X 50 Freestyle: 45, 50, 55 20 X 50 Pull: 45, 50, 55 10 X 50 Kick with fins: 50, 55, 1.00		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 12 X 25 Backstroke on 30 seconds 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power	X	Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

March – Week 2 Session 1

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 5 X 200 Freestyle: 3.10, 3.15, 3.20 6 X 50 Kick: 1.15, 1.20, 1.25		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 5 X 300 Freestyle: 4.30, 4.40, 4.50 3 X 300 Freestyle with fins: 4.25, 4.35, 4.45		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 8 X 25 Backstroke on 30 Seconds 100 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

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: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Goggles Water Safety (1:5 Ratio) on boards to use also as markers (Buoys) in the water 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour			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 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.		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. 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.		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	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power	X	Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

March – Week 2 Session 3

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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		GET INTO IT (main session activities) 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

March – Week 3 Session 1

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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).		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 6 X 400 Freestyle: 5.50, 6.10, 6.30 12 X 50 Kick: 1.15, 1.20, 1.25		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 8 X 50 Freestyle: 50, 55, 1.00 300 Easy as 50 Freestyle, 50 Backstroke 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

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: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Goggles Water Safety (1:5 Ratio) on boards to use also as markers (Buoys) in the water 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour			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. 6 X 250 Surf Race @ 85%. 45 seconds 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 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 fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
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	X
Power	X	Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

March – Week 3 Session 3

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 5 X 100 Freestyle: 1.40, 1.45, 1.50 8 X 25 Kick 35 Seconds 8 X 25 Freestyle @ 90% on 30 seconds		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 4 X 200 @ 90% Effort on 4.00 3 X 200 Freestyle: 2.50, 3.05, 3.20 3 X 200 Fins: 2.45, 3.00, 3.15		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 10 X 50 Pull: 45, 50, 55 8 X 25 of 10 kick catch up drill 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

March – Week 4 Session 1

Overview						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 1000 SKIPS (200 of each letter of the acronym being Swim, Kick, Individual Medley, Pull and Swim). 8 X 50 Pull: 45, 50, 55		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 5 X 300 Freestyle: 4.30, 4.40, 4.50 3 X 300 Freestyle with fins: 4.25, 4.35, 4.45		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 12 X 25 Backstroke on 30 seconds 200 Easy Freestyle Session Total 4.3km	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

March - Week 4 Session 2

Backing off the load						
Venue	Beach	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour			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 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.		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 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.		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	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power	X	Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

March - Week 4 Session 3

Recovery week						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 3 X 300 – 1 X Swim, 1 X Pull, 1 X Fins		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 400 Time Trial 12 X 50 Pull: 45, 50, 55 8 X 50 Kick: 1.15, 1.20, 1.25		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 4 X 100 Medley: 1.45, 1.50, 1.55 8 X 25 Backstroke on 30 seconds 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

March – Week 5 Session 1

Recovery week						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 5 X 200 Easy Freestyle with 20 seconds rest between each		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 8 X 100 Freestyle recovery pace: 1.30, 1.40, 1.50 10 X 50 Kick with fins: 50, 55, 1.00 8 X 50 Pull recovery pace: 50, 55, 1.00		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 12 x 25 Medley on 30 seconds 200 Easy Freestyle 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

March – Week 5 Session 2

Recovery week						
Venue	Beach	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Goggles Water Safety (1:5 Ratio) on boards to use also as markers (Buoys) in the water 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour			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.		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 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 fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
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	X
Power	X	Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

March – Week 5 Session 3

Recovery week						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 300 Freestyle 8 X 25 Backstroke kick (40 seconds rest) 8 X 25 Individual Medley (30 Seconds Rest) 6 X 50 Freestyle Kick with fins: 0.50, 0.55, 1.00		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 12 X 50 Freestyle: 0.45, 0.50, 0.55 8 X 100 Pull Buoy: 1.25, 1.35, 1.45		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 16 X 25 Individual Medley (30 Seconds Rest) 400 Freestyle Easy 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

April – Week 1 Session 1

Final week with some workload before taper week. Intensity and load start to back off.

Venue	Local Swimming Pool	Athlete communities being coached:	Equipment required:	Broad purpose of the training session		
		<ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	<ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	<ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			Key skill area 1	Key skill area 2	Key skill area 3
				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.	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	
1000 SKIPS		10 X 100 Freestyle: 1.25, 1.35, 1.45		16 X 25 Medley Order on 40 Seconds	
(200 of each letter of the acronym being Swim, Kick, Individual Medley, Pull and Swim).		10 X 50 Pull: 45, 50, 55		6 X 50 as 25 Backstroke, 25 Freestyle: 55, 1.00, 1.05	
		10 X 50 Kick 1.15, 1.20, 1.25		Session Total 3.7km	
Which components of fitness are the focus?		Which energy systems are the focus?		Which principles of training have you considered?	
Speed	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

April – Week 1 Session 2

Overview						
Venue	Beach	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour			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 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.		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 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.		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	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power	X	Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

April – Week 1 Session 3

Final week with some workload before taper week. Intensity and load start to back off.

Venue	Local Swimming Pool	Athlete communities being coached:	Equipment required:	Broad purpose of the training session		
		<ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	<ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	<ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			Key skill area 1	Key skill area 2	Key skill area 3
				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.	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	
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, 50 Freestyle: 1.30, 1.40, 1.50 8 X 25 Backstroke kick on 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

April – Week 2 Session 1

Taper week						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 10 X 50 Freestyle: 50, 55, 1.00 12 X 25 Freestyle @ 90% effort on 30 seconds 8 X 25 Medley Order		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 3 X 200 Freestyle: 2.50, 3.05, 3.20 8 X 50 Pull: 45, 50, 55		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 6 X 50 Kick: 1.15, 1.20, 1.25 12 X 25 Backstroke on 30 Seconds 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X

April – Week 2 Session 2

Taper week						
Venue	Beach	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour			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 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.		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 3 X Surf Races @ 60 – 70% effort with 2 minutes 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.		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	X	Immediate Energy System (Alactic Anaerobic System)	X	Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power	X	Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility	X			Reversibility	X

April – Week 2 Session 3

Taper week						
Venue	Local Swimming Pool	Athlete communities being coached: <ul style="list-style-type: none"> Late childhood Early teenage Late teenage Social adult Competitive adult 	Equipment required: <ul style="list-style-type: none"> Pull Buoy Paddles Fins Front Snorkel Kick Board 	Broad purpose of the training session <ul style="list-style-type: none"> Increase aerobic and anaerobic endurance Improve technique/efficiency Improve surf race results 		
Duration	1 hour 15 mins			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 8 X 25 Backstroke kick on 35 seconds 8 X 25 Freestyle @ 90% effort on 30 seconds		GET INTO IT (main session activities) Group times – G1, G2, G3 in this order 3 X 200 Freestyle: 2.50, 3.05, 3.20 8 X 50 Freestyle: 45, 50, 55		FINISH UP (cooling down) Group times – G1, G2, G3 in this order 6 X 50 Kick: 1.15, 1.20, 1.25 10 X 50 Backstroke: 55, 1.00, 1.05 200 Easy Freestyle 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	X	Immediate Energy System (Alactic Anaerobic System)		Specificity	X
Strength	X	Short-Term / High Intensity Energy System (Lactic Anaerobic System)	X	Progressive overload	X
Power		Long-Term Energy (Aerobic System)	X	Individualisation	X
Endurance	X			Variation	X
Flexibility	X			Recovery	X
Agility				Reversibility	X