

## WEEKLY TRAINING LOG SHEET (Micro cycle)

(Land Training (Sunday) programme detailed seperately)

Week	40													
Macro cycle	3			Meso cycle	3			Objectives:	Aerobic Improvement/Anaerobic Maintenance					
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
am W/U			500S 400P 300K 200D 100S	1500			SPKDS A1/A2	1200			800 s 4X(100d +100s) IM	1600		
am Main sets	NS		8 X 300 over swims R30 last 100 sprint AT/SP	2400	NS		24 X 100 at ICS, ICS-3 ICS -6 blocks of 3 A2 - MVO2 RO ICS + 15	2400	NS		8 X 200 RO 7:00 TT PB + 20 LT 150m active rest 10 X 100 No 1 kick RO PB +30 A2	3600	NS	
am S/D			400 f/c & Ba (A2)	400			SPKS A2	600			600 A2	600		
am metres				4300		0	SPKS	4200		0		5800		0
pm W/U			f/c & mixed drills	1200	SPKDS	1600	SPKDS f/c & form A1	1000	400,300,200,100 - SPKS A1	1000			SPKDS + 200 IM A1	1200
pm Main sets	NS		8 X 400 alternate IM/f/c R 30 AT 24 X 25m dolphin UW + swim R20 SP Relays	4200	broken 1500 at ICS AT 600 Kick A2 8 X 50 RO 4:00 TT PB +2 LP active rest 150m A2 5 X 200 IM 5 min stretch	4000	Endurance: 1 X 1500 3 X 400 R 60 TT PB +30 1 X 400 IM 1 X 600 pull DPS AT/A2	3700	8 X (4 X 100 RO PB + 15 NT)	3200	NS		6 X 400 IM R30 AT 10 X 50 No 1 RO PB +10 MVO2	2900
pm S/D			16X25m RO 30	400	Mixed IM A2	400	16 X 25 RO 30	400	300	300			12 X 25 RO 30 A2	400
pm metres				5800		6000		5100		4500		0		4500
<b>DAILY TOTAL</b>	0			10100		6000		9300		4500		5800		4500
<b>TOTAL WEEKLY METRES:</b>												<b>40200</b>		

**abbreviations:**

RO =repeat on  
R15 = rest 15 sec

NS = No Swimming  
W/U = warm up  
d=drill

TT = target time  
S/D = swim down  
s = swim

DPS = Distance per stroke  
p=pull desc = descending time  
k= kick -ve split - negative split  
NT = Next top (clock hand)