

Annual Training plan September 2009/August 2010

- Cycle 1

- September 2nd (week 1) – December 21st (week 17)
 - Emphasis on training rather than competition
 - Regain aerobic fitness
 - Largely IM based programme
 - Emphasis on drills /skulling /technique
 - Controlled increase of volume and Intensity

- Cycle 2

- December 27th (week 18) – April 5th (week 32)
 - Controlled increase of volume and Intensity
 - Bigger main sets at 2 hr sessions (2,500m +)
 - More stroke/event specific training
 - Short taper for counties at end of cycle

- Cycle 3

- **April 12th (week 33) – July 26th (week 48)**
 - **Increase volume and Intensity**
 - **Increase event specific component**
 - **Taper for meets/regionals/Nationals as appropriate**

- August (weeks 49 – 52) reduced programme – R & R

A squad – Minimum Requirements

- **At least 7.5 hours per week with at least 1 2hr session (55% of total available swimming hours)**

eg 3 X 2hr + 1 X 1.5 hr - 4 sessions

 2 X 2hr + 3 X 1.5 hr 5 sessions

 1 X 2hr + 4 X 1.5 hr 5 sessions

 5 X 1.5hr – No !! (difficult anyway)

- **Awareness of PBs including kick.**
- **Land Training**
- **Aldershot 50m**
- **Follow competition plan**
- **A Regional time or close**

Update sept 09	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thu	Fri	Sat	Sun								
Sep				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	Sep				
				START																																		
Oct						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Oct	
								Club champs R1							Speedo R1																							
Nov		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30				Nov			
		Half Term						Club champs R3							Speedo R2																							
Dec				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Dec			
					AGM?			Tigershark L3							club champs 400m f/s																							
Jan 08							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Jan
							PUB HOL				restart normal Session				TVJL R1																							
Feb			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28						Feb		
								TVJL R2							Wycombe L2?																							
Mar			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			Mar		
								TVJL R3								B & SB 3 sess L1																						
Apr						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	Apr		
May	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				May			
	Alan Eyles		BANK HOL																																			
Jun				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			Jun		
Jul						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Jul	
Aug		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				Aug		
		National																																				

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Competition plan Sept 2009/August 2010 (provisional)

- Cycle 1

- September 2nd (week 1) – December 21st (week 17)
 - Club Championships
 - 3 main rounds Saturday/Sunday evening
 - 400/800/1500 Thursday/Sunday evening
 - National League – 3 rounds
 - 2/3 L1/L2 /L3 Meet s (gain county QTs)

- Cycle 2

- December 27th (week 18) – April 5th (week 32)
 - Windsor (Jan)
 - Wycombe (Feb)
 - Counties (March)
 - Reading (Apr) Easter meet (gain regional QTs)

- Cycle 3

- April 12th (week 33) – July 26th (week 48)
 - Youths/No Frills/Bracknell L1/BAGCATS May
 - BAGCATS/NDSC/ June
 - Fareham/Nationals July/August

SWIM 21

- **ASA Accreditation**

- Foundation
- Teaching
- Skill Development
- **Competitive Development**
- Performance

- **Working towards performance will require**

- **National level swimmers** ✓
- **Training structure** ✓
- **Pool time** ✓
- **Qualified coaches** ✓
- **Log books** X

We will be using Log books from September 2010

Training Camp

- With Reading Swimming Club (approx 20+ Reading swimmers)
- February ½ term 2011 (Just before 2011 county champs)
- Cyprus Coral Bay (5* Hotel + 50m outdoor pool)
- Training Schedule 2 X 2 hr sessions per day
- Gym/Land training facilities also available

The next step:

1. I need to know who wants to go by Sunday at the latest
2. Tony Woodward (Reading Coach) has to book soon to receive an early booking discount
3. A deposit will be required
4. Those who wish to go will need to be doing the minimum A squad training requirements (slide 2)
5. Deposit is non returnable
6. I will be sending out details including costs to parents and committee members tomorrow

IT WILL BE FUN BUT HARD WORK !!