

Macrocycle 2- main focus SNAGS April 2013- length of cycle 14 weeks

Date	7 Jan	14 Jan	21 Jan	28 Jan	4 Feb	11 Feb	18 Feb	25 Feb	4 Mar	11 Mar	18 Mar	25 Mar	1 April	8 April	15 April	
Comp			26 Sch	2 MD						16 PM				10Nats		
Mesocycle	One				Two				Three				Four			
Objective	<p>General Phase</p> <p>High volume low intensity (low to moderate intensity) Endurance fitness Develop aerobic efficiency Stroke mechanics, starts turns etc Lactate production and power training regular feature BSS at end of basic endurance sets several times a week – also as starts, turns, finishes Emphasise work on stroke weaknesses</p>				<p>Endurance Phase</p> <p>High volume low intensity (low to moderate intensity) Endurance fitness Develop aerobic efficiency Stroke mechanics, starts turns etc Lactate production and power training regular feature BSS at end of basic endurance sets several times a week Emphasise work on stroke weaknesses</p>				<p>Specific Phase</p> <p>Emphasis on anaerobic Increase amount of threshold and overload 30% AT; 15% MVO² more time spent on main stroke; stroke length</p>				<p>Competition Phase</p> <p>Develop speed and power Reduce amount of anaerobic work Maintain kick sets</p>			

The main features of the general phase are: a modest training volume to start the season; the volume increases in a gradual manner with small 5-10 km increases per week; training intensity is low, and emphasis is placed on dry-land conditioning including flexibility, circuits, weight training and other games and aerobic activities.

The main features of the endurance phase are: continuing increases in training volume; gradual introduction of higher intensity aerobic work to the level of the anaerobic threshold; and emphasis on skill and technique development before moving to the higher training speeds and intensities. In simple terms, training volume elicits improvements in general endurance fitness while training intensity develops the specific fitness required for racing and competitive success.

The main features of the specific phase are: increasing development of the anaerobic threshold, maximal oxygen uptake and race pace training capacities; ongoing manipulation of training volume and intensity to achieve continuing improvement; individualised training volume, intensity and recovery; ongoing development of skill particularly at race speeds.

The main features of the taper/competition phase are: a taper with reducing training volume and recovery to maintain basic fitness and develop race fitness; training volume is gradually reduced reaching about 20% of the peak weekly mileage at the time of competition; race pace and pacing strategies are finalised through use of descending sets, broken swims and time trials.

ZONE 1

Basic Aerobic A1

Aerobic Maintenance A2;

Aerobic Development A3

HR 50-70 BBM- repeat distances of 200-1500m; RI 5-20 secs

HR 50-40 BBM- repeat distances of 200-1500m; RI 10-20 secs

HR 40-30 BBM- repeat distances of 50-400m; RI 10-20 secs

ZONE 2

Anaerobic threshold AT

used throughout the season and all 4 strokes

HR 30-20 BBM- repeat distances 50-400m; RI 10-20 secs

ZONE 3

Oxygen Uptake MVO^2

cannot be repeated too many times in a week; should perform this on main stroke

HR 20-MAX- repeat distances 50-200m;

ZONE 4

Lactate Tolerance AN1

Lactate Production AN2

introduced later in season; no.1 stroke; no more than twice a week
should perform this on main stroke; can be done 2-4 times per week

ZONE 5

Race Pace and Speed SP

Training repeats of 10-25m are best

can be done every day; should perform this on main stroke

Date	7 Jan	14 Jan	21 Jan	28 Jan
<p>Objectives- to prepare effectively for Scottish Schools and Midland District Champs- Focus on great technique- stroke efficiency (stroke count, distance per stroke)- develop power particularly for starts; turns; finishes. Short lactate production sets. High volume low intensity (low to moderate intensity) Endurance fitness Develop aerobic efficiency Stroke mechanics, starts turns etc Lactate production and power training regular feature BSS at end of basic endurance sets several times a week – also as starts, turns, finishes Emphasise work on stroke weaknesses</p>				
<p>Training focus</p> <p>Repetition; Intensity; Distance; Time.</p> <p>Interval; Fartlek; Over-distance; Pyramid; Progressive; Double ups; Broken swims;</p>	<p>Mon- FS A3 progressive; quality kick set; MNC</p> <p>Tue am- FS drills and skills set; IM 100s aerobic repeats; IM turns</p> <p>Tue pm- Aerobic long swims 800's @ A2 snorkels; SP on no.1;</p> <p>Wed- AN 2; pull set; HR Ramping</p> <p>Thurs am- BK drills and skills set; IM 100s aerobic repeats;</p> <p>Thurs pm- speed kick; drills and skills no.1; MVO²</p> <p>Fri- fly tech and IM</p> <p>Sun- Aerobic mix @ AT; SP on no.1; speed kick</p>	<p>Mon- FS 200 repeats A3; quality kick set; MNC</p> <p>Tue am- FS drills and skills set; IM 100s aerobic repeats build</p> <p>Tue pm- Aerobic long swims @ A2 snorkels progressive; SP on no.1;</p> <p>Wed- AN 2; pull set; HR Ramping</p> <p>Thurs am- BR drills and skills set; IM 100s aerobic repeats; IM turns</p> <p>Thurs pm- speed kick; drills and skills no.1; MVO²</p> <p>Fri- fly tech and IM</p> <p>Sun- Aerobic mix @ AT; SP on no.1; STARTS</p>	<p>Mon- FS 200 repeats AT –ve split; quality kick set; MNC</p> <p>Tue am- FS drills and skills set; IM 200s aerobic descending and build; IM turns</p> <p>Tue pm- Aerobic long swims @ AT pads/snorkels progress; SP on no.1;</p> <p>Wed- AN 2; pull set; HR Ramping</p> <p>Thurs am- BK drills and skills set; IM 100s aerobic repeats</p> <p>Thurs pm- speed kick; drills and skills no.1; MVO²</p> <p>Fri- fly tech and IM</p> <p>Sun- Aerobic mix @AT; SP on no.1; speed kick</p>	<p>Mon- FS 400 repeats AT –ve split; quality kick set; MNC</p> <p>Tue am- FS drills and skills set; IM 200s aerobic descending and build</p> <p>Tue pm- 200 Snap Test</p> <p>Wed- AN 2; pull set; HR Ramping</p> <p>Thurs am- BR drills and skills set; IM 100s aerobic repeats; IM turns</p> <p>Thurs pm- speed kick; drills and skills no.1; MVO²</p> <p>Fri- fly tech and IM</p> <p>Sun- Aerobic mix @AT; SP on no.1; STARTS</p>

Date	4 Feb	11 Feb	18 Feb	25 Feb
<p>Objectives- to prepare effectively for Portobello Meet High volume low intensity (low to moderate intensity); Endurance fitness ; Develop aerobic efficiency ; Stroke mechanics, starts turns etc Lactate production and power training regular feature ; BSS at end of basic endurance sets several times a week; Emphasise work on stroke weaknesses</p>				
<p>Training focus Repetition; Intensity; Distance; Time.</p> <p>Interval; Fartlek; Over-distance; Pyramid; Progressive; Double ups; Broken swims;</p>	<p>Mon- AT; quality kick set; turns.</p> <p>Tue am- FS drills and skills set; A3 repeats (progressive); turns and finishes.</p> <p>Tue pm- 1st hour A3 including prep (e.g. HR Ramping/ progressive) for AN2;</p> <p>Wed- Aerobic long swims- fartlek</p> <p>Thurs am- IM technique work; A2; SP across all strokes</p> <p>Thurs pm- MVO²; speed kick; drills and skills no.1</p> <p>Fri- fly tech and IM</p> <p>Sun- Aerobic mix @ AT; SP on no.1; speed kick</p>	<p>Test Week</p> <p>Mon- MVO²; quality kick set; turns</p> <p>Tue am- Aerobic technique; IM 200s aerobic build; IM turns</p> <p>Tue pm- 7x200 Step Test</p> <p>Wed- Aerobic long swims- pyramid</p> <p>Thurs am- BK drills and skills set; A2; SP across all strokes</p> <p>Thurs pm- AT set; speed work No.1</p> <p>Fri- fly tech and IM</p> <p>Sun- Anaerobic (relays); Aerobic mix @AT; SP on no.1; speed kick</p>	<p>Mon- AT; quality kick set; turns</p> <p>Tue am- Aerobic technique; A3 repeats (-ve split); turns and finishes</p> <p>Tue pm- 1st hour A3 including prep (e.g. HR Ramping/ progressive) for AN1</p> <p>Wed- Aerobic long swims- over distance e.g. T-30</p> <p>Thurs am- BR drills and skills set; IM aerobic repeats</p> <p>Thurs pm- MAX HR set</p> <p>Fri- fly tech and IM</p> <p>Sun- Aerobic mix @AT; SP on no.1; speed kick</p>	<p>Mon- MVO²; quality kick set; turns</p> <p>Tue am- FS drills and skills set; IM 200s build; IM turns</p> <p>Tue pm- Aerobic and speed</p> <p>Wed- Aerobic long swims- progressive</p> <p>Thurs am- AN2; HR ramping; IM drills and skills set</p> <p>Thurs pm- AT; speed kick; drills and skills no.1;</p> <p>Fri- fly tech and IM</p> <p>Sun- Anaerobic (relays) @AT; SP on no.1; speed kick</p>

Date	4 Mar	11 Mar	18 Mar	25 Marh
<p>Objectives- to prepare effectively for Portobello Meet and SNAGS Emphasis on anaerobic Increase amount of threshold and overload 30% AT; 15% MVO2 More time spent on main stroke; stroke length</p>				
<p>Training focus Repetition; Intensity; Distance; Time. Interval; Fartlek; Over-distance; Pyramid; Progressive; Double ups; Broken swims;</p>	<p>Mon- AT; quality kick set; turns. Tue am- FS drills and skills set; A3 repeats (progressive); turns and finishes. Tue pm- 1st hour A3 including prep (e.g. HR Ramping/ progressive) for AN2; Wed- Aerobic long swims- fartlek Thurs am- IM technique work; A2; SP across all strokes Thurs pm- MVO²; speed kick; drills and skills no.1 Fri- fly tech and IM Sun- Aerobic mix @ AT; SP on no.1; speed kick</p>	<p>Mon- MVO2; quality kick set; turns Tue am- Aerobic technique; IM 200s aerobic build; IM turns Tue pm- 1st hour A3 including prep (e.g. HR Ramping/ progressive) for AN1 Wed- Aerobic long swims- pyramid Thurs am- BK drills and skills set; A2; SP across all strokes Thurs pm- 7x200 Step test Fri- fly tech and IM Sun- Anaerobic (relays); Aerobic mix @AT; SP on no.1; speed kick</p>	<p>Mon- AT; quality kick set; turns Tue am- Aerobic technique; A3 repeats (-ve split); turns and finishes Tue pm- 1st hour A3 including prep (e.g. HR Ramping/ progressive) for AN1 Wed- Aerobic long swims- over distance e.g. T-30 Thurs am- BR drills and skills set; IM aerobic repeats Thurs pm- MAX HR set Fri- fly tech and IM Sun- Aerobic mix @AT; SP on no.1; speed kick</p>	<p>Test Week Mon- MVO2; quality kick set; turns Tue am- FS drills and skills set; IM 200s build; IM turns Tue pm- Aerobic and speed Wed- Aerobic long swims- progressive Thurs am- AN2; HR ramping; IM drills and skills set Thurs pm- AT; speed kick; drills and skills no.1; Fri- fly tech and IM Sun- Anaerobic (relays) @AT; SP on no.1; speed kick</p>

Date	1 April	8 April	15 th April	22 nd April
Objectives- to prepare effectively for SNAGS Develop speed and power; Reduce amount of anaerobic work; Maintain kick sets				
Training focus Repetition; Intensity; Distance; Time. Interval; Fartlek; Over-distance; Pyramid; Progressive; Double ups; Broken swims;	Mon- AT; quality kick set; turns. Tue am- FS drills and skills set; A3 repeats (progressive); turns and finishes. Tue pm- 1 st hour A3 including prep (e.g. HR Ramping/ progressive) for AN2; Wed- Aerobic long swims- fartlek Thurs am- IM technique work; A2; SP across all strokes Thurs pm- MVO ² ; speed kick; drills and skills no.1 Fri- fly tech and IM Sun- Aerobic mix @ AT; SP on no.1; speed kick	Mon- MVO2; quality kick set; turns Tue am- Aerobic technique; IM 200s aerobic build; IM turns Tue pm- 1 st hour A3 including prep (e.g. HR Ramping/ progressive) for AN1 Wed- Aerobic long swims- pyramid Thurs am- BK drills and skills set; A2; SP across all strokes Thurs pm- 7x200 Step test Fri- fly tech and IM Sun- Anaerobic (relays); Aerobic mix @AT; SP on no.1; speed kick	Mon- AT; quality kick set; turns Tue am- Aerobic technique; A3 repeats (-ve split); turns and finishes Tue pm- 1 st hour A3 including prep (e.g. HR Ramping/ progressive) for AN1 Wed- Aerobic long swims- over distance e.g. T-30 Thurs am- BR drills and skills set; IM aerobic repeats Thurs pm- MAX HR set Fri- fly tech and IM Sun- Aerobic mix @AT; SP on no.1; speed kick	Mon- MVO2; quality kick set; turns Tue am- FS drills and skills set; IM 200s build; IM turns Tue pm- Aerobic and speed Wed- Aerobic long swims- progressive Thurs am- AN2; HR ramping; IM drills and skills set Thurs pm- AT; speed kick; drills and skills no.1; Fri- fly tech and IM Sun- Anaerobic (relays) @AT; SP on no.1; speed kick