

Workout #1324 - Monday, 02 August 2010
Generic
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PAC
=====						
		SSC AM PRACTICE PLAN - WEEK 4 TERM 3 REC-EN1-EN2				

		WARM-UP (REC - WARMUP/RECOVERY, EN1 - AEROBIC BASE)				
100	5:30 AM	4 x 25 on 1:00 FLY STS + SC	EN1	S	FLY	2:0
200	5:35 AM	4 x 50 on 1:30 FLY K	EN2	K	FLY	1:3
200	5:42 AM	4 x 50 on 1:30 FLY STS + TURNS	EN2	S	FLY	1:3

		AEROBIC DEVELOPMENT				
300	5:49 AM	6 x 50 on 1:30 FLY STS + TURNS w FINS ATHLETES ARE TO COMPLETE EACH 50 MAINTAINING STS+TURNS SPEED IS NOT IMPORTANT MAINTAINING STS+TURNS IS! ** IF SWIMMERS DO NOT COMPLETE STS+TURNS RESTART **	EN1	S	FIN	1:3

		SKILL - TURNS				
	5:59 AM	1 on 8:00 FLY TURNWORK	EN1	D	FLY	

		SKILL PATTERNING				
400	6:07 AM	8 x 50 on 2:00 FLY STS + TURNS	EN1	S	FLY	2:0

		DIS/STA/NAT ONLY AS TIME PERMITS				
200	6:24 AM	1 x 200 on 6:00 FLY K	EN1	K	FLY	1:3
300	6:31 AM	6 x 50 on 1:20 FLY K	EN2	K	FLY	1:2
400	6:40 AM	1 x 400 on 10:00 FLY K	EN3	K	FLY	1:1
		GOAL NAT SUB 7:00, STA SUB 8:00, DIS SUB 9:00				
500	6:51 AM	5 x 100 on 2:15 FLY STS + TURNS	EN2	S	FLY	1:0
400	7:04 AM	4 x 100 on 2:15 IM SP FLY + FAST TURNS	EN2	S	IM	1:0

		RECOVERY				
400	7:14 AM	1 x 400 on 10:00 IM K	EN1	K	IM	1:1
	7:24 AM	3,400 Meters - Stress Value = 75				

HOW TO WRITE THE WORKOUT ON THE WHITEBOARD
 PACE TIMES LISTED IN ORDER (DEV/INT/DIS/STA/NAT)

4 X 25 FLY STS + SC 1:00/:55/:45/:40/:30
 4 X 50 FLY K 1:30/1:20/1:10/1:00/:55
 4 X 50 FLY STS + TURNS 1:30/1:20/1:10/1:00/:50

6 X 50 FLY STS + TURNS w FINS 1:30/1:20/1:10/1:00/:50
 MUST MAINTAIN STS SPEED IS NOT IMPORTANT
 IF SWIMMERS DO NOT COMPLETE AS DESCRIBED RESTART

FLY TURNWORK - 8MIN

8 X 50 FLY STS + TURNS 2:00/1:45/1:30/1:15/1:00

DIS/STA/NAT ONLY AS TIME PERMITS

1 X 200 FLY K
 6 X 50 FLY K 1:20/1:10/1:00
 1 X 400 FLY K MAX EFFORT GOAL DIS SUB 9:00, STA SUB 8:00, NAT SUB 7:00
 RECORD TIMES UNDER SSC TIME TRIAL MAY
 400 FLY K = 399 FLY IN TM DATABASE
 6 X 100 FLY STS + TURNS 2:15/2:00/1:45
 4 X 100 IM SP FLY + FAST TURNS 2:15/2:00/1:45

1 X 400 IM K REC

TERM 3 GOALS

- RECRUITMENT AND COACHING QUALIFICATIONS
- SSC ATHLETES SWIM NOT CURRENTLY SWIMMING IN AM TO ATTEND AM

- SSC ATHLETES ENCOURAGED TO ATTEND AM SESSIONS AS DESCRIBED IN SSC GROUP STRUCTURE (MULTIPLE SESSIONS)
- GROUPINGS FOR SSC ATHLETES PER SSC GROUP STRUCTURE
- ADDITIONAL MORNING SESSIONS PROVIDED AS NECESSARY
- PROMOTION FOR ENROLLMENTS TO SSC
- ALL SSC ATHLETE INFORMATION UP TO DATE IN TM DATABASE (EMAIL, PARENTS CONTACT DETAILS ETC.)
- WK 9-10 - EVALUATION OF SSC ATHLETES ON GROUP STANDARDS

DEVELOPMENT - COMPLETE 200 FR AND 100 IM
 INTRACLUB - COMPLETE 200 FR SUB 4:15.00 AND 100 IM SUB 2:15.00
 DISTRICT - COMPLETE 400 FR SUB 7:20.00 AND 200 IM SUB 4:00.00
 STATE - COMPLETE 400 FR SUB 6:40.00 AND 400 IM SUB 7:20.00
 NATIONAL - COMPLETE 800 FR SUB 12:00.00 AND 400 IM SUB 6:40.00
 NATIONAL ELITE - COMPLETE 1500 FR SUB 21:15.00 AND 400 IM SUB 6:00.00

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	1,600 47.05%	40.2 42.25%
AEROBIC BASE	1,400 41.17%	45.0 47.24%
V02 MAX	400 11.76%	10.0 10.49%

Stroke Categories	Meters	Minutes
BUTTERFLY	2,300 67.64%	67.2 70.60%
IM	800 23.52%	19.0 19.94%
FINS	300 8.82%	9.0 9.44%

Type of Work	Meters	Minutes
SWIM	1,900 55.88%	55.2 58.00%
KICK	1,500 44.11%	40.0 41.99%

Workout #1337 - Monday, 09 August 2010
Generic
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PAC
=====						
SSC AM PRACTICE PLAN - WEEK 5 TERM 3 REC-EN1-EN2						

WARM-UP (REC - WARMUP/RECOVERY, EN1 - AEROBIC BASE)						
100	5:30 AM	4 x 25 on 1:00 MI STS + SC	EN1	S	MI	2:0
200	5:35 AM	4 x 50 on 1:30 IMO K	EN2	K	IMO	1:3
200	5:42 AM	4 x 50 on 1:30 IMO STS + TURNS	EN2	S	IMO	1:3

AEROBIC DEVELOPMENT						
400	5:49 AM	8 x 50 on 2:00 IMO STS + TURNS	EN1	S	IMO	2:0
ATHLETES ARE TO COMPLETE EACH 50 MAINTAINING STS+TURNS SPEED IS NOT IMPORTANT MAINTAINING STS+TURNS IS! ** IF SWIMMERS DO NOT COMPLETE STS+TURNS RESTART **						

SKILL - TURNS						
	6:06 AM	1 on 8:00 BK->BR TURNWORK	EN1	D	IM	

SKILL PATTERNING						
300	6:14 AM	6 x 50 on 2:00 BK/BR BY 25'S STS + TURNS	EN1	S	IM	2:0

DIS/STA/NAT ONLY AS TIME PERMITS						
200	6:27 AM	1 x 200 on 6:00 CH K	EN1	K	CH	1:3
300	6:34 AM	6 x 50 on 1:20 CH K	EN2	K	CH	1:2
400	6:43 AM	1 x 400 on 10:00 CH K	EN3	K	CH	1:1
GOAL NAT SUB 7:00, STA SUB 8:00, DIS SUB 9:00						
500	6:54 AM	5 x 100 on 2:15 IM STS + TURNS	EN2	S	IM	1:0
400	7:07 AM	4 x 100 on 1:50 FR @ 800/1500 PACE	EN2	S	FR	0:5

RECOVERY						
400	7:16 AM	1 x 400 on 10:00 CH K	EN1	K	CH	1:1
7:26 AM 3,400 Meters - Stress Value = 75						

HOW TO WRITE THE WORKOUT ON THE WHITEBOARD
 PACE TIMES LISTED IN ORDER (DEV/INT/DIS/STA/NAT)

4 X 25 MIO STS + SC 1:00/:55/:45/:40/:30
 4 X 50 IMO K 1:30/1:20/1:10/1:00/:55
 4 X 50 IMO STS + TURNS 1:30/1:20/1:10/1:00/:50

8 X 50 IM STS + TURNS 2:00/1:45/1:30/1:15/1:00
 COMPLETE 2 X 50 OF FLY THEN 2 X 50 OF BK.....ETC.
 MUST MAINTAIN STS SPEED IS NOT IMPORTANT
 IF SWIMMERS DO NOT COMPLETE AS DESCRIBED RESTART

BK->BR TURNWORK - 8MIN

6 X 50 BK->BR STS + TURNS 2:00/1:45/1:30/1:15/1:00

DIS/STA/NAT ONLY AS TIME PERMITS

1 X 200 CH K
 6 X 50 CH K 1:20/1:10/1:00
 1 X 400 CH K MAX EFFORT GOAL DIS SUB 9:00,STA SUB 8:00,NAT SUB 7:00
 RECORD TIMES UNDER SSC TIME TRIAL MAY
 400 STROKE K = 399 STROKE IN TM DATABASE
 ** ENSURE CORRECT STROKE IS CHOSEN **
 5 X 100 IM STS + TURNS 2:15/2:00/1:45
 4 X 100 FR @ 800/1500 PACE 1:50/1:40/1:30

1 X 400 CH K REC

TERM 3 GOALS

- RECRUITMENT AND COACHING QUALIFICATIONS
- SSC ATHLETES SWIM NOT CURRENTLY SWIMMING IN AM TO ATTEND AM
- SSC ATHLETES ENCOURAGED TO ATTEND AM SESSIONS AS DESCRIBED IN SSC GROUP STRUCTURE (MULTIPLE SESSIONS)
- GROUPINGS FOR SSC ATHLETES PER SSC GROUP STRUCTURE
- ADDITIONAL MORNING SESSIONS PROVIDED AS NECESSARY
- PROMOTION FOR ENROLLMENTS TO SSC
- ALL SSC ATHLETE INFORMATION UP TO DATE IN TM DATABASE (EMAIL, PARENTS CONTACT DETAILS ETC.)
- WK 9-10 - EVALUATION OF SSC ATHLETES ON GROUP STANDARDS

DEVELOPMENT - COMPLETE 200 FR AND 100 IM
 INTRACLUB - COMPLETE 200 FR SUB 4:15.00 AND 100 IM SUB 2:15.00
 DISTRICT - COMPLETE 400 FR SUB 7:20.00 AND 200 IM SUB 4:00.00
 STATE - COMPLETE 400 FR SUB 6:40.00 AND 400 IM SUB 7:20.00
 NATIONAL - COMPLETE 800 FR SUB 12:00.00 AND 400 IM SUB 6:40.00
 NATIONAL ELITE - COMPLETE 1500 FR SUB 21:15.00 AND 400 IM SUB 6:00.00

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	1,600 47.05%	38.5 39.94%
AEROBIC BASE	1,400 41.17%	48.0 49.69%
V02 MAX	400 11.76%	10.0 10.35%

Stroke Categories	Meters	Minutes
CHOICE	1,300 38.23%	34.0 35.20%
IM ORDER	800 23.52%	28.0 28.99%
IM	800 23.52%	23.2 24.07%
FREESTYLE	400 11.76%	7.3 7.59%
REV IM	100 2.94%	4.0 4.14%

Type of Work	Meters	Minutes
SWIM	1,900 55.88%	56.5 58.58%
KICK	1,500 44.11%	40.0 41.41%

Workout #1351 - Monday, 16 August 2010
Generic
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK
=====					
		SSC AM PRACTICE PLAN - WEEK 6 TERM 3 REC-EN1-EN2			

		WARM-UP (REC - WARMUP/RECOVERY, EN1 - AEROBIC BASE)			
400	5:30 AM	4 x 100 on 3:00 FR STS	EN1	S	FR
300	5:43 AM	3 x 100 on 3:00 BR STS	EN1	S	BR
200	5:53 AM	2 x 100 on 3:00 BK STS	EN1	S	BK
100	6:00 AM	4 x 25 on 1:00 FLY STS	EN1	S	FLY

		AEROBIC DEVELOPMENT			
800	6:05 AM	4x{ 2 x 50 on 1:45 IMO BY SET 1 x 100 on 3:00 IMO K	EN2	S	IMO
			EN2	K	IMO

		100 IM STS TESTING PROTOCOL			
100	6:32 AM	1 x 100 on 10:00 IM STS + SC	EN1	S	IM

		DIS/STA/NAT ONLY AS TIME PERMITS			
1,800	6:43 AM	3x{ 6 x 50 on 1:05 IMO K w FINS (NO BR) 2 x 150 on 3:30 IMO (NO BR)	EN3	K	FIN
			EN2	S	IMO
300	7:25 AM	6 x 50 on 1:20 BR K	EN3	K	BR
300	7:34 AM	2 x 150 on 3:45 BR	EN2	S	BR

		RECOVERY			
500	7:43 AM	10 x 50 on 1:15 FR P (w PADS OPT)	EN1	P	PAD
	7:56 AM	4,800 Meters - Stress Value = 141			

HOW TO WRITE THE WORKOUT ON THE WHITEBOARD

PACE TIMES LISTED IN ORDER (DEV/INT/DIS/STA/NAT)

4 X 100 FR STS 3:00/2:45/2:30/2:15/2:00
 3 X 100 BR STS 3:00/2:45/2:30/2:15/2:00
 2 X 100 BK STS 3:00/2:45/2:30/2:15/2:00
 4 X 25 FLY STS 1:00/:50/:45/:40/:30

4 X { 2 X 50 IMO 1:45/1:35/1:25/1:15/1:05
 1 X 100 IMO K 3:00/2:45/2:30/2:15/2:00

1 X 100 IM STS TESTING PROTOCOL

DIS/STA/NAT ONLY

3 X { 6 X 50 IMO K w FINS (NO BR) 1:05/:55/:45
 2 X 150 IMO (NO BR) 3:30/3:15/3:00
 6 X 50 BR K 1:20/1:10/1:00
 2 X 150 BR 3:45/3:30/3:15

10 X 50 FR P (PADS OPT) 1:15/1:05/:55

TERM 3 GOALS

- RECRUITMENT AND COACHING QUALIFICATIONS
- SSC ATHLETES SWIM NOT CURRENTLY SWIMMING IN AM TO ATTEND AM
- SSC ATHLETES ENCOURAGED TO ATTEND AM SESSIONS AS DESCRIBED IN SSC GROUP STRUCTURE (MULTIPLE SESSIONS)
- GROUPINGS FOR SSC ATHLETES PER SSC GROUP STRUCTURE
- ADDITIONAL MORNING SESSIONS PROVIDED AS NECESSARY
- PROMOTION FOR ENROLLMENTS TO SSC
- ALL SSC ATHLETE INFORMATION UP TO DATE IN TM DATABASE (EMAIL, PARENTS CONTACT DETAILS ETC.)
- WK 9-10 - EVALUATION OF SSC ATHLETES ON GROUP STANDARDS

DEVELOPMENT - COMPLETE 200 FR AND 100 IM

INTRA CLUB - COMPLETE 200 FR SUB 4:15.00 AND 100 IM SUB 2:15.00
 DISTRICT - COMPLETE 400 FR SUB 7:20.00 AND 200 IM SUB 4:00.00
 STATE - COMPLETE 400 FR SUB 6:40.00 AND 400 IM SUB 7:20.00
 NATIONAL - COMPLETE 800 FR SUB 12:00.00 AND 400 IM SUB 6:40.00
 NATIONAL ELITE - COMPLETE 1500 FR SUB 21:15.00 AND 400 IM SUB 6:00.00

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,000 41.66%	54.5 40.22%
AEROBIC BASE	1,600 33.33%	53.5 39.48%
V02 MAX	1,200 25.00%	27.5 20.29%

Stroke Categories	Meters	Minutes
IM ORDER	1,700 35.41%	47.0 34.68%
BREASTSTROKE	900 18.75%	24.5 18.08%
FINS	900 18.75%	19.5 14.39%
PADDLES	500 10.41%	12.5 9.22%
FREESTYLE	400 8.33%	12.0 8.85%
BACKSTROKE	200 4.16%	6.0 4.42%
IM	100 2.08%	10.0 7.38%
BUTTERFLY	100 2.08%	4.0 2.95%

Type of Work	Meters	Minutes
SWIM	2,700 56.25%	83.5 61.62%
KICK	1,600 33.33%	39.5 29.15%
PULL	500 10.41%	12.5 9.22%

Workout #1361 - Monday, 23 August 2010
Generic
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK
=====					
		SSC AM PRACTICE PLAN - WEEK 7 TERM 3 REC-EN1-EN2			

		WARM-UP (REC - WARMUP/RECOVERY, EN1 - AEROBIC BASE)			
300	5:30 AM 1x	{ 3 x 25 on 1:00 FR STS + SC	EN1	S	FR
		{ 3 x 25 on 1:00 BR STS + SC	EN1	S	BR
		{ 3 x 25 on 1:00 BK STS + SC	EN1	S	BK
		{ 3 x 25 on 1:00 FLY STS + SC	EN1	S	FLY
200	5:43 AM	1 x 200 on 6:00 IM K FOCUS UNDER H2O OFF WALLS	EN1	K	IM

		AEROBIC DEVELOPMENT			
400	5:50 AM	4 x 100 on 2:30 K w FINS FLY/FR BY 50'S	EN2	K	FIN
300	6:01 AM	6 x 50 on 2:00 FR @ GOAL PACE	EN2	S	FR
400	6:14 AM	4 x 100 on 3:30 FR @ GOAL PACE	EN2	S	FR
200	6:29 AM	8 x 25 on 1:00 IM STS + SC SP	SP1	S	IM

		DIS/STA/NAT ONLY AS TIME PERMITS			
2,400	6:38 AM 4x	{ 2 x 100 on 2:30 IM	EN2	S	IM
		{ 2 x 200 on 4:30 FR BR3 SL PAST FLAGS EVERY WALL	EN2	S	FR

		RECOVERY			
200	7:35 AM	1 x 200 on 6:00 CH K	REC	K	CH
100	7:42 AM	1 x 100 on 2:30 4TH BEST STROKE STS + SC	REC	S	STK
	7:45 AM	4,500 Meters - Stress Value = 102			

HOW TO WRITE THE WORKOUT ON THE WHITEBOARD

PACE TIMES LISTED IN ORDER (DEV/INT/DIS/STA/NAT)

- 1 X { 3 X 25 FR STS + SC 1:00/:55/:50/:45/:40
- { 3 X 25 BR STS + SC 1:00/:55/:50/:45/:40
- { 3 X 25 BK STS + SC 1:00/:55/:50/:45/:40
- { 3 X 25 FLY STS + SC 1:00/:55/:50/:45/:40
- 1 X 200 IM K FOCUS ON UNDER H2O OFF WALLS 6:00/5:30/5:00/4:30/4:00

- 4 X 100 K w FINS FLY/FR BY 50'S 2:30/2:20/2:10/2:00/1:50
- 6 X 50 FR @ GOAL PACE 2:00/1:45/1:30/1:15/1:00
- 4 X 100 FR @ GOAL PACE 3:30/3:00/2:30/2:00/1:30
- 8 X 25 IM STS + SC SP 1:00/:55/:50/:45/:40

DIS/STA/NAT ONLY

- 4 X { 2 X 100 IM 2:30/2:15/2:00
- { 2 X 200 FR BR3 SL PAST FLAGS EVERY WALL 4:30/3:45/3:00

- 1 X 200 CH K 6:00/5:00/4:00
- 1 X 100 4TH BEST STROKE STS + SC 2:30/2:15/2:00

TERM 3 GOALS

- RECRUITMENT AND COACHING QUALIFICATIONS
- SSC ATHLETES SWIM NOT CURRENTLY SWIMMING IN AM TO ATTEND AM
- SSC ATHLETES ENCOURAGED TO ATTEND AM SESSIONS AS DESCRIBED IN SSC GROUP STRUCTURE (MULTIPLE SESSIONS)
- GROUPINGS FOR SSC ATHLETES PER SSC GROUP STRUCTURE
- ADDITIONAL MORNING SESSIONS PROVIDED AS NECESSARY
- PROMOTION FOR ENROLLMENTS TO SSC
- ALL SSC ATHLETE INFORMATION UP TO DATE IN TM DATABASE (EMAIL, PARENTS CONTACT DETAILS ETC.)
- WK 9-10 - EVALUATION OF SSC ATHLETES ON GROUP STANDARDS

DEVELOPMENT - COMPLETE 200 FR AND 100 IM
 INTRACLUB - COMPLETE 200 FR SUB 4:15.00 AND 100 IM SUB 2:15.00

DISTRICT - COMPLETE 400 FR SUB 7:20.00 AND 200 IM SUB 4:00.00
 STATE - COMPLETE 400 FR SUB 6:40.00 AND 400 IM SUB 7:20.00
 NATIONAL - COMPLETE 800 FR SUB 12:00.00 AND 400 IM SUB 6:40.00
 NATIONAL ELITE - COMPLETE 1500 FR SUB 21:15.00 AND 400 IM SUB 6:00.00

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,500 77.77%	92.0 72.72%
AEROBIC BASE	500 11.11%	18.0 14.22%
WARM-UP-RECOVERY	300 6.66%	8.5 6.71%
LACTATE TOLERANCE	200 4.44%	8.0 6.32%

Stroke Categories	Meters	Minutes
FREESTYLE	2,375 52.77%	65.0 51.38%
IM	1,200 26.66%	34.0 26.87%
FINS	400 8.88%	10.0 7.90%
CHOICE	200 4.44%	6.0 4.74%
STROKE	100 2.22%	2.5 1.97%
BACKSTROKE	75 1.66%	3.0 2.37%
BREASTSTROKE	75 1.66%	3.0 2.37%
BUTTERFLY	75 1.66%	3.0 2.37%

Type of Work	Meters	Minutes
SWIM	3,700 82.22%	104.5 82.60%
KICK	800 17.77%	22.0 17.39%

Workout #1370 - Monday, 30 August 2010
Generic
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK
=====					
SSC AM PRACTICE PLAN - WEEK 8 TERM 3					
REC-EN1-EN2					

WARM-UP (REC - WARMUP/RECOVERY, EN1 - AEROBIC BASE)					
400	5:30 AM	4 x 100 on 3:00 FR DESCEND 1-4	EN1	S	FR
300	5:43 AM	1x { 2 x 50 on 2:00 FLY/BK BY 25'S FAST TURN	EN1	S	IM
		{ 2 x 50 on 2:00 BK/BR BY 25'S FAST TURN	EN1	S	IM
		{ 2 x 50 on 2:00 BR/FR BY 25'S FAST TURN	EN1	S	IM

AEROBIC DEVELOPMENT					
400	5:56 AM	4 x 100 on 4:00 IM STS DESCEND 1-4	EN2	S	IM
300	6:13 AM	6 x 50 on 1:40 FR @ GOAL PACE	EN2	S	FR
400	6:24 AM	4 x 100 on 2:20 FR K w FINS	EN2	K	FIN
100	6:35 AM	1 x 100 on 4:00 3RD BEST STROKE STS + SC	EN1	S	STK

DIS/STA/NAT ONLY AS TIME PERMITS					
1,600	6:40 AM	4x { 1 x 100 on 2:30 K	EN1	K	IM
		{ 1 x 25 on :50 SC	EN1	D	IM
		{ 3 x 25 on :50 SPRINT	SP2	S	IM
		{ 1 x 200 on 5:30 IM	EN2	S	IM

RECOVERY					
600	7:27 AM	12 x 50 on 1:10 FR	EN1	S	FR
	7:41 AM	4,100 Meters - Stress Value = 96			

HOW TO WRITE THE WORKOUT ON THE WHITEBOARD

PACE TIMES LISTED IN ORDER (DEV/INT/DIS/STA/NAT)

4 X 100 FR DESCEND 1-4 3:00/2:40/2:20/2:00/1:40
 1 X { 2 X 50 FLY/BK BY 25'S FAST TURN 2:00/1:45/1:30/1:15/1:00
 { 2 X 50 BK/BR BY 25'S FAST TURN 2:00/1:45/1:30/1:15/1:00
 { 2 X 50 BR/FR BY 25'S FAST TURN 2:00/1:45/1:30/1:15/1:00

4 X 100 IM STS DESCEND 1-4 4:00/3:30/3:00/2:30/2:00

6 X 50 FR @ GOAL PACE 1:40/1:30/1:20/1:10/1:00
 INT (200 FR SUB 4:15.00) - GOAL PACE IS 1:03.00
 DIS (400 FR SUB 7:20.00) - GOAL PACE IS :55
 STA (400 FR SUB 6:40.00) - GOAL PACE IS :50
 NAT (800 FR SUB 12:00.00) - GOAL PACE IS :45
 NE (1500 FR SUB 21:15.00) - GOAL PACE IS :42.5

4 X 100 FR K w FINS 2:20/2:10/2:00/1:50/1:40
 1 X 100 3RD BEST STROKE STS + SC 4:00/3:30/3:00/2:30/2:00

DIS/STA/NAT ONLY

4 X { 1 X 100 K 2:30/2:15/2:00
 { 1 X 25 STS + SC :50/:45/:40
 { 3 X 25 STS + SP :50/:45/:40
 { 1 X 200 IM 5:30/4:30/3:30

COMPLETE ONE SET FOR EACH STROKE IN IM ORDER

12 X 50 FR 1:10/1:00/:50

TERM 3 GOALS

- RECRUITMENT AND COACHING QUALIFICATIONS
- SSC ATHLETES SWIM NOT CURRENTLY SWIMMING IN AM TO ATTEND AM
- SSC ATHLETES ENCOURAGED TO ATTEND AM SESSIONS AS DESCRIBED IN SSC GROUP STRUCTURE (MULTIPLE SESSIONS)
- GROUPINGS FOR SSC ATHLETES PER SSC GROUP STRUCTURE

- ADDITIONAL MORNING SESSIONS PROVIDED AS NECESSARY
- PROMOTION FOR ENROLLMENTS TO SSC
- ALL SSC ATHLETE INFORMATION UP TO DATE IN TM DATABASE (EMAIL, PARENTS CONTACT DETAILS ETC.)
- WK 9-10 - EVALUATION OF SSC ATHLETES ON GROUP STANDARDS

DEVELOPMENT - COMPLETE 200 FR AND 100 IM
 INTRACLUB - COMPLETE 200 FR SUB 4:15.00 AND 100 IM SUB 2:15.00
 DISTRICT - COMPLETE 400 FR SUB 7:20.00 AND 200 IM SUB 4:00.00
 STATE - COMPLETE 400 FR SUB 6:40.00 AND 400 IM SUB 7:20.00
 NATIONAL - COMPLETE 800 FR SUB 12:00.00 AND 400 IM SUB 6:40.00
 NATIONAL ELITE - COMPLETE 1500 FR SUB 21:15.00 AND 400 IM SUB 6:00.00

Energy Levels	Meters	Minutes
AEROBIC BASE	1,900 46.34%	55.3 45.10%
ANAEROBIC THRESHOLD	1,900 46.34%	57.3 46.73%
PEAK LACTATE	300 7.31%	10.0 8.15%

Stroke Categories	Meters	Minutes
IM	2,300 56.09%	73.3 59.78%
FREESTYLE	1,300 31.70%	36.0 29.34%
FINS	400 9.75%	9.3 7.60%
STROKE	100 2.43%	4.0 3.26%

Type of Work	Meters	Minutes
SWIM	3,200 78.04%	100.0 81.52%
KICK	800 19.51%	19.3 15.76%
DRILL	100 2.43%	3.3 2.71%