

Workout #1303 - Monday, 12 July 2010
Generic
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PAC
=====						
SSC AM PRACTICE PLAN - WEEK 1 TERM 3						
REC-EN1-EN2						

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

AEROBIC DEVELOPMENT						
400	5:49 AM	1 x 400 on 12:00 FR STS + TURNS + BR3	EN1	S	FR	1:3
ATHLETES ARE TO COMPLETE 400 MAINTAINING STS+TURNS+BR3						
SPEED IS NOT IMPORTANT MAINTAINING STS+TURNS+BR3 IS!						
** IF SWIMMERS DO NOT COMPLETE STS+TURNS+BR3 RESTART **						

SKILL - TURNS						
	6:02 AM	1 on 10:00 FR TURNWORK	EN1	D	FR	

SKILL PATTERNING						
200	6:12 AM	4 x 50 on 1:30 FR STS + TURNS + BR 3	EN1	S	FR	1:3
400	6:19 AM	1 x 400 on 12:00 FR STS + TURNS + BR 3	EN1	S	FR	1:3

DIS/STA/NAT ONLY AS TIME PERMITS						
200	6:32 AM	1 x 200 on 5:00 FR K w FINS	EN1	K	FIN	1:1
300	6:38 AM	6 x 50 on 1:20 FR K	EN2	K	FR	1:2
400	6:47 AM	1 x 400 on 10:00 FR K	EN3	K	FR	1:1
GOAL NAT SUB 7:00, STA SUB 8:00, DIS SUB 9:00						
600	6:58 AM	6 x 100 on 1:50 FR STS + TURNS + BR3	EN2	S	FR	0:5
400	7:10 AM	4 x 100 on 2:15 IM SP FLY + FAST TURNS	EN2	S	IM	1:0

RECOVERY						
400	7:20 AM	1 x 400 on 10:00 IM K	EN1	K	IM	1:1
	7:30 AM	3,800 Meters - Stress Value = 80				

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

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

1 X 400 FR STS + TURNS + BR3
 MUST MAINTAIN BR 3 + STS SPEED IS NOT IMPORTANT
 IF SWIMMERS DO NOT COMPLETE AS DESCRIBED RESTART 400

FR TURNWORK - 10MIN

4 X 50 FR STS + TURNS + BR3 1:30/1:20/1:10/1:00/:50
 1 X 400 FR STS + TURNS + BR3

DIS/STA/NAT ONLY AS TIME PERMITS
 1 X 200 FR K w FINS (BIG KICKS TO INCREASE FLEXION IN ANKLES)
 6 X 50 FR K 1:20/1:10/1:00
 1 X 400 FR K MAX EFFORT GOAL DIS SUB 9:00,STA SUB 8:00,NAT SUB 7:00
 RECORD TIMES UNDER SSC TIME TRIAL APRIL
 400 FR K = 399 FR IN TM DATABASE
 6 X 100 FR STS + TURNS + BR3 1:50/1:40/1:30
 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
AEROBIC BASE	1,700 44.73%	49.0 49.49%
ANAEROBIC THRESHOLD	1,700 44.73%	40.0 40.40%
V02 MAX	400 10.52%	10.0 10.10%

Stroke Categories	Meters	Minutes
FREESTYLE	2,800 73.68%	75.0 75.75%
IM	800 21.05%	19.0 19.19%
FINS	200 5.26%	5.0 5.05%

Type of Work	Meters	Minutes
SWIM	2,300 60.52%	60.0 60.60%
KICK	1,500 39.47%	39.0 39.39%

Workout #1309 - Monday, 19 July 2010
Generic
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PAC
=====						
SSC AM PRACTICE PLAN - WEEK 2 TERM 3 REC-EN1-EN2						

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

AEROBIC DEVELOPMENT						
400	5:49 AM	1 x 400 on 12:00 BK STS + TURNS	EN1	S	BK	1:3
ATHLETES ARE TO COMPLETE 400 MAINTAINING STS+TURNS SPEED IS NOT IMPORTANT MAINTAINING STS+TURNS IS! ** IF SWIMMERS DO NOT COMPLETE STS+TURNS RESTART **						

SKILL - TURNS						
	6:02 AM	1 on 10:00 BK TURNWORK	EN1	D	BK	

SKILL PATTERNING						
200	6:12 AM	4 x 50 on 1:30 BK STS + TURNS	EN1	S	BK	1:3
400	6:19 AM	1 x 400 on 12:00 BK STS + TURNS	EN1	S	BK	1:3

DIS/STA/NAT ONLY AS TIME PERMITS						
200	6:32 AM	1 x 200 on 5:00 BK K w FINS	EN1	K	FIN	1:1
300	6:38 AM	6 x 50 on 1:20 BK K	EN2	K	BK	1:2
400	6:47 AM	1 x 400 on 10:00 BK K	EN3	K	BK	1:1
GOAL NAT SUB 7:00, STA SUB 8:00, DIS SUB 9:00						
600	6:58 AM	6 x 100 on 2:00 BK STS + TURNS	EN2	S	BK	1:0
400	7:11 AM	4 x 100 on 2:15 IM SP FLY + FAST TURNS	EN2	S	IM	1:0

RECOVERY						
400	7:21 AM	1 x 400 on 10:00 IM K	EN1	K	IM	1:1
	7:31 AM	3,800 Meters - Stress Value = 80				

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

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

1 X 400 BK STS + TURNS
 MUST MAINTAIN STS SPEED IS NOT IMPORTANT
 IF SWIMMERS DO NOT COMPLETE AS DESCRIBED RESTART 400

BK TURNWORK - 10MIN

4 X 50 BK STS + TURNS 1:30/1:20/1:10/1:00/:50
 1 X 400 BK STS + TURNS

DIS/STA/NAT ONLY AS TIME PERMITS
 1 X 200 BK K w FINS (BIG KICKS TO INCREASE FLEXION IN ANKLES)
 6 X 50 BK K 1:20/1:10/1:00
 1 X 400 BK K MAX EFFORT GOAL DIS SUB 9:00,STA SUB 8:00,NAT SUB 7:00
 RECORD TIMES UNDER SSC TIME TRIAL APRIL
 400 BK K = 399 BK IN TM DATABASE
 6 X 100 BK STS + TURNS 2:00/1:50/1:40/
 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
AEROBIC BASE	1,700 44.73%	49.0 49.00%
ANAEROBIC THRESHOLD	1,700 44.73%	41.0 41.00%
V02 MAX	400 10.52%	10.0 10.00%

Stroke Categories	Meters	Minutes
BACKSTROKE	2,800 73.68%	76.0 76.00%
IM	800 21.05%	19.0 19.00%
FINS	200 5.26%	5.0 5.00%

Type of Work	Meters	Minutes
SWIM	2,300 60.52%	61.0 61.00%
KICK	1,500 39.47%	39.0 39.00%

Workout #1316 - Monday, 26 July 2010
Generic
1 minute rest between sets

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

WARM-UP (REC - WARMUP/RECOVERY, EN1 - AEROBIC BASE)					
200	5:30 AM	2 x 100 on 3:00 FR STS + TURNS	EN1	S	FR
200	5:37 AM	2 x 100 on 3:00 BK STS + TURNS	EN1	S	BK
300	5:44 AM	6 x 50 on 1:15 BK K w FINS	EN1	K	FIN

AEROBIC DEVELOPMENT					
900	5:53 AM	2x { 6 x 25 on 1:00 BK K	EN2	K	BK
		{ 4 x 25 on 1:00 BK STS + SC	EN1	S	BK
		{ 4 x 50 on 1:30 BK STS + TURNS	EN2	S	BK
200	6:26 AM	4 x 50 on 2:00 BR STS + SC	EN1	S	BR

DIS/STA/NAT ONLY AS TIME PERMITS					
1,800	6:35 AM	3x { 2 x 200 on 4:00 BK 100 SC 100 FAST	EN2	S	BK
		{ 1 x 100 on 3:00 BR STS	EN1	S	BR
		{ 1 x 100 on 3:00 IM STS	EN1	S	IM

RECOVERY					
800	7:18 AM	4x { 2 x 50 on 1:15 BK STS + SC	EN1	S	BK
		{ 1 x 50 on 1:15 FR STS + SC	EN1	S	FR
		{ 1 x 50 on 1:15 BR STS + SC	EN1	S	BR
	7:38 AM	4,400 Meters - Stress Value = 67			

HOW TO WRITE THE WORKOUT ON THE WHITEBOARD

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

2 X 100 FR STS + TURNS 3:00/2:45/2:30/2:15/2:00
 2 X 100 BK STS + TURNS 3:00/2:45/2:30/2:15/2:00
 6 X 50 BK K w FINS 1:15/1:10/1:05/1:00/:55

 2 X { 6 X 25 BK K 1:00/:50/:45/:40/:30
 { 4 X 25 BK STS + SC 1:00/:50/:45/:40/:30
 { 4 X 50 BK STS + TURNS 1:30/1:20/1:10/1:00/:50
 4 X 50 BR STS + SC 2:00/1:45/1:30/1:15/1:00

DIS/STA/NAT ONLY (AS TIME PERMITS)

3 X { 2 X 200 BK SC/FAST BY 100'S 4:00/3:30/3:00
 { 1 X 100 BR STS 3:00/2:30/2:00
 { 1 X 100 IM STS 3:00/2:30/2:00

 4 X { 2 X 50 BK STS + SC 1:15/1:05/:55
 { 1 X 50 FR STS + SC 1:15/1:05/:55
 { 1 X 50 BR STS + SC 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
 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	2,500 56.81%	73.5 60.49%
ANAEROBIC THRESHOLD	1,900 43.18%	48.0 39.50%

Stroke Categories	Meters	Minutes
BACKSTROKE	2,700 61.36%	72.0 59.25%
BREASTSTROKE	700 15.90%	22.0 18.10%
FREESTYLE	400 9.09%	11.0 9.05%
IM	300 6.81%	9.0 7.40%
FINS	300 6.81%	7.5 6.17%

Type of Work	Meters	Minutes
SWIM	3,800 86.36%	102.0 83.95%
KICK	600 13.63%	19.5 16.04%