

Workout #1401 - Monday, 04 October 2010
Generic
1 minute rest between sets

| Meters | Time | Set Description | WORK | STK |
|--------|---------|--|------|-----|
| ===== | | | | |
| | | SSC AM PRACTICE PLAN - WEEK 1 TERM 4 REC-EN1-EN2 | | |
| ----- | | | | |
| | | WARM-UP (REC - WARMUP/RECOVERY, EN1 - AEROBIC BASE) | | |
| 200 | 5:30 AM | 8 x 25 on 1:00 FR STS + SC | S | FR |
| 200 | 5:39 AM | 4 x 50 on 1:40 FR K | K | FR |
| 50 | 5:47 AM | 2 x 25 on 1:00 FR STS + SC | S | FR |
| 150 | 5:50 AM | 3 x 50 on 1:40 FR STS + SC | S | FR |
| ----- | | | | |
| | | AEROBIC DEVELOPMENT | | |
| 1,200 | 5:56 AM | 4x{ 4 x 25 on 1:00 STROKE STS + SC 1 x 100 on 3:00 IM STS + SC FOR STROKE 1 x 100 on 3:00 STROKE K | S | IMO |
| | | | S | IM |
| | | | K | IMO |
| ----- | | | | |
| | | DIS/STA/NAT ONLY AS TIME PERMITS | | |
| 600 | 6:37 AM | 3x{ 3 x 50 on 1:20 FR 1:20/1:10/1:00 1 x 50 on 1:20 IMO 1:20/1:10/1:00 | S | FR |
| 400 | 6:54 AM | 1 x 400 on 10:00 IM STS + SC | S | IM |
| 600 | 7:05 AM | 3 x 200 on 5:00 FR 5:00/4:00/3:00 | S | FR |
| ----- | | | | |
| | | RECOVERY | | |
| 300 | 7:21 AM | 6 x 50 on 1:20 4TH BEST STROKE 1:20/1:10/1:00 | S | STK |
| | 7:29 AM | 3,700 Meters | | |

HOW TO WRITE THE WORKOUT ON THE WHITEBOARD

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

8 X 25 FR STS + SC 1:00/:55/:45/:40/:30
 SC DEV-20, INT-18, DIS-16, STA-14, NAT-12

4 X 50 FR K 1:40/1:30/1:20/1:10/1:00
 OFF EVERY WALL 6 FLY K UNDER WATER TO PASS FLAGS

2 X 25 FR STS + SC 1:00/:55/:45/:40/:30
 SC DEV-20, INT-18, DIS-16, STA-14, NAT-12

3 X 50 FR STS + SC 1:40/1:30/1:20/1:10/1:00
 SC DEV-20, INT-18, DIS-16, STA-14, NAT-12
 INCLUDING TURNS

4 X { 4 X 25 STROKE STS + SC 1:00/:55/:45/:40/:30
 { 1 X 100 IM STS + SC FOR STROKE 3:00/2:45/2:30/2:15/2:00
 { 1 X 100 STROKE K 3:00/2:45/2:30/2:15/2:00

IMO BY SET

DIS/STA/NAT ONLY (AS TIME PERMITS)

3 X { 3 X 50 FR 1:20/1:10/1:00
 { 1 X 50 IMO 1:20/1:10/1:00

1 X 400 IM STS + SC 10:00/9:00/8:00

3 X 200 FR 5:00/4:00/3:00

6 X 50 4TH BEST STROKE STS + SC 1:20/1:10/1:00

TERM 4 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 ENROLMENTS 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

** MEETS/EVENTS **

OCT 3-14 COMMONWEALTH GAMES

OCT 9 - BALLARAT TOP 5 MEET 4 (BM)

OCT 9 - METRO WEST 7-10 ENC HEATS (BM, ESS, HC AGE 10&U)

OCT 9 - MELBOURNE VICENTRE LC MEET (ALL SITES DIS, STA, NAT, NE)

OCT 10 - MLC AQUATIC LC MEET (ALL SITES DIS, STA, NAT, NE)

OCT 16-17 - VICTORIAN OPEN WATER CHAMPS (ALL SITES INT+)

OCT 17 - METRO SOUTH 7-10 ENC HEATS (CD, NW, ROW AGE 10&U)

OCT 23-24 - WYNDHAM CITY LC MEET (ALL SITES DIS, STA, NAT, NE)

OCT 24 - TIGERSHARKS ENC MEET (ALL SITES DEV, INT)

NOV 1-7 - SSC TOP PROGRAM DURING PRACTICE (ALL SITES AGE 10&U)

NOV 6-7 - SV LC DISTANCE MEET (ALL SITES DIS, STA, NAT, NE)

NOV 13 - MW DISTRICT LC CHAMPS (ESS, HC OPEN EVENTS + RELAYS)

NOV 13 OR 14 - SSC CLUB AGGREGATE AT YOUR SITE

NOV 14 - MW DISTRICT LC CHAMPS (ESS, HC OPEN EVENTS + RELAYS)

NOV 14 - SV METRO 7-10 FINALS (ALL SITES QUALIFIERS FROM HEATS)

NOV 20 - MW DISTRICT LC CHAMPS (ESS, HC 11&U + MC)

NOV 20 - NUNAWADING LC MEET (CD, NW, ROW - DIS, STA, NAT, NE)

(ALSO HC, ESS, BM AGE 12&O)

NOV 21 - CA TRITONS LC MEET (CD, NW, ROW - DIS, STA, NAT, NE)

(ALSO HC, ESS, BM AGE 11&U)

NOV 21 - MW DISTRICT LC CHAMPS (ESS, HC 12&O)

NOV 28-28 - SV QUALIFYING MEET (ALL SITES DIS, STA, NAT, NE)

*DEC 5 - BALLARAT GCO LC MEET (ALL SITES ALL LEVELS TEAM MEET)

DEC 8-11 - FINA WORLD SC CHAMPS

DEC 13-19 - SSC TOP PROGRAM DURING PRACTICE(ALL SITES AGE 10&U)

DEC 17-22 - SC LC STATE AGE CHAMPS (ALL SITES QUALIFIERS)

DEC 26 - POINT LEO OPEN WATER (ALL SITES INT, DIS, STA, NAT, NE)

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 & 400 IM SUB 6:00.00

Workout #1419 - Monday, 11 October 2010
Generic
1 minute rest between sets

| Meters | Time | Set Description | WORK | STK |
|---|---------|--|------|-----|
| ===== | | | | |
| SSC AM PRACTICE PLAN - WEEK 2 TERM 4 | | | | |
| REC-EN1-EN2 | | | | |
| ----- | | | | |
| WARM-UP (REC - WARMUP/RECOVERY, EN1 - AEROBIC BASE) | | | | |
| 200 | 5:30 AM | 8 x 25 on 1:00 BK STS + SC | S | BK |
| 200 | 5:39 AM | 4 x 50 on 1:40 BK K | K | BK |
| 50 | 5:47 AM | 2 x 25 on 1:00 BK STS + SC | S | BK |
| 150 | 5:50 AM | 3 x 50 on 1:40 BK STS + SC | S | BK |
| ----- | | | | |
| AEROBIC DEVELOPMENT | | | | |
| 1,200 | 5:56 AM | 4x{ 4 x 25 on 1:00 STROKE STS + SC | S | IMO |
| | | { 1 x 100 on 3:00 IM STS + SC FOR STROKE | S | IM |
| | | { 1 x 100 on 3:00 STROKE K | K | IMO |
| ----- | | | | |
| DIS/STA/NAT ONLY AS TIME PERMITS | | | | |
| 600 | 6:37 AM | 3x{ 3 x 50 on 1:20 BK 1:20/1:10/1:00 | S | BK |
| | | { 1 x 50 on 1:20 IMO 1:20/1:10/1:00 | S | IMO |
| 400 | 6:54 AM | 2x{ 1 x 100 on 3:00 BR STS | S | BR |
| | | { 1 x 100 on 3:00 BR K | K | BR |
| ----- | | | | |
| RECOVERY | | | | |
| 200 | 7:07 AM | 1 x 200 on 4:00 BK STS | S | BK |
| 100 | 7:12 AM | 1 x 100 on 3:00 BR STS | S | BR |
| 100 | 7:16 AM | 1 x 100 on 2:00 FR STS | S | FR |
| 100 | 7:19 AM | 1 x 100 on 3:00 CH S STS | S | CH |
| | 7:22 AM | 3,300 Meters | | |

HOW TO WRITE THE WORKOUT ON THE WHITEBOARD

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

8 X 25 BK STS + SC 1:00/:55/:45/:40/:30
 SC DEV-20, INT-18, DIS-16, STA-14, NAT-12

4 X 50 BK K 1:40/1:30/1:20/1:10/1:00
 OFF EVERY WALL 6 FLY K UNDER WATER TO PASS FLAGS

2 X 25 BK STS + SC 1:00/:55/:45/:40/:30
 SC DEV-20, INT-18, DIS-16, STA-14, NAT-12

3 X 50 BK STS + SC 1:40/1:30/1:20/1:10/1:00
 SC DEV-20, INT-18, DIS-16, STA-14, NAT-12
 INCLUDING TURNS

4 X { 4 X 25 STROKE STS + SC 1:00/:55/:45/:40/:30
 { 1 X 100 IM STS + SC FOR STROKE 3:00/2:45/2:30/2:15/2:00
 { 1 X 100 STROKE K 3:00/2:45/2:30/2:15/2:00

IMO BY SET

DIS/STA/NAT ONLY (AS TIME PERMITS)

3 X { 3 X 50 BK 1:20/1:10/1:00
 { 1 X 50 IMO 1:20/1:10/1:00

2 X { 1 X 100 BR STS 3:00/2:30/2:00
 { 1 X 100 BR K 3:00/2:30/2:00

1 X 200 BK STS 4:00/3:45/3:30
 1 X 100 BR STS 3:00/2:30/2:00
 1 X 100 FR STS 3:00/2:30/2:00
 1 X 100 CH STS 3:00/2:30/2:00

TERM 4 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 ENROLMENTS 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

** MEETS/EVENTS **

- OCT 3-14 COMMONWEALTH GAMES
- OCT 9 - BALLARAT TOP 5 MEET 4 (BM)
- OCT 9 - METRO WEST 7-10 ENC HEATS (BM, ESS, HC AGE 10&U)
- OCT 9 - MELBOURNE VICENTRE LC MEET (ALL SITES DIS, STA, NAT, NE)
- OCT 10 - MLC AQUATIC LC MEET (ALL SITES DIS, STA, NAT, NE)
- OCT 16-17 - VICTORIAN OPEN WATER CHAMPS (ALL SITES INT+)
- OCT 17 - METRO SOUTH 7-10 ENC HEATS (CD, NW, ROW AGE 10&U)
- OCT 23-24 - WYNDHAM CITY LC MEET (ALL SITES DIS, STA, NAT, NE)
- OCT 24 - TIGERSHARKS ENC MEET (ALL SITES DEV, INT)
- NOV 1-7 - SSC TOP PROGRAM DURING PRACTICE (ALL SITES AGE 10&U)
- NOV 6-7 - SV LC DISTANCE MEET (ALL SITES DIS, STA, NAT, NE)
- NOV 13 - MW DISTRICT LC CHAMPS (ESS, HC OPEN EVENTS + RELAYS)
- NOV 13 OR 14 - SSC CLUB AGGREGATE AT YOUR SITE
- NOV 14 - MW DISTRICT LC CHAMPS (ESS, HC OPEN EVENTS + RELAYS)
- NOV 14 - SV METRO 7-10 FINALS (ALL SITES QUALIFIERS FROM HEATS)
- NOV 20 - MW DISTRICT LC CHAMPS (ESS, HC 11&U + MC)
- NOV 20 - NUNAWADING LC MEET (CD, NW, ROW - DIS, STA, NAT, NE)
(ALSO HC, ESS, BM AGE 12&O)
- NOV 21 - CA TRITONS LC MEET (CD, NW, ROW - DIS, STA, NAT, NE)
(ALSO HC, ESS, BM AGE 11&U)
- NOV 21 - MW DISTRICT LC CHAMPS (ESS, HC 12&O)
- NOV 28-28 - SV QUALIFYING MEET (ALL SITES DIS, STA, NAT, NE)
- *DEC 5 - BALLARAT GCO LC MEET (ALL SITES ALL LEVELS TEAM MEET)
- DEC 8-11 - FINA WORLD SC CHAMPS
- DEC 13-19 - SSC TOP PROGRAM DURING PRACTICE (ALL SITES AGE 10&U)
- DEC 17-22 - SC LC STATE AGE CHAMPS (ALL SITES QUALIFIERS)
- DEC 26 - POINT LEO OPEN WATER (ALL SITES INT, DIS, STA, NAT, NE)

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 & 400 IM SUB 6:00.00

Workout #1420 - Monday, 18 October 2010
Generic
1 minute rest between sets

| Meters | Time | Set Description | WORK | STK |
|---|---------|---|------|-----|
| ===== | | | | |
| SSC AM PRACTICE PLAN - WEEK 3 TERM 4 | | | | |
| REC-EN1-EN2 | | | | |
| ----- | | | | |
| WARM-UP (REC - WARMUP/RECOVERY, EN1 - AEROBIC BASE) | | | | |
| 100 | 5:30 AM | 1 x 100 on 3:00 FR STS + TURNS MAINTAIN SC | S | FR |
| 100 | 5:34 AM | 1 x 100 on 3:00 FR K MAKE PACE TIME | K | FR |
| 100 | 5:38 AM | 1 x 100 on 3:00 BK STS + TURNS MAINTAIN SC | S | BK |
| 100 | 5:42 AM | 1 x 100 on 3:00 BK K MAKE PACE TIME | K | BK |
| ----- | | | | |
| SKILL WORK | | | | |
| | 5:46 AM | 1 on 10:00 FR/BK TURNWORK | D | FR |
| ----- | | | | |
| PACE WORK | | | | |
| 200 | 5:56 AM | 4 x 50 on 1:30 FR STS HOLD PACE FOR 200 FR | S | FR |
| 200 | 6:03 AM | 1 x 200 on 4:15 FR TT FINISH AT GOAL TIME | S | FR |
| ----- | | | | |
| AEROBIC DEVELOPMENT | | | | |
| 100 | 6:09 AM | 2x { 1 x 25 on :45 FR STS | S | FR |
| | | { 1 x 25 on :45 BK STS | S | BK |
| 50 | 6:13 AM | 1 x 50 on 1:30 FR STS + TURN | S | FR |
| 50 | 6:16 AM | 1 x 50 on 1:30 BK STS + TURN | S | BK |
| 100 | 6:19 AM | 1 x 100 on 4:00 FLY K | K | FLY |
| ----- | | | | |
| SKILLS WORK | | | | |
| 200 | 6:24 AM | 4 x 50 on 2:00 FR FROM A DIVE MAINTAIN STS | S | FR |
| ----- | | | | |
| DIS/STA/NAT ONLY AS TIME PERMITS | | | | |
| 600 | 6:33 AM | 3 x 200 on 4:00 BK STS + SC | S | BK |
| | | SC - DIS 16 ON 4:00, STA 14 ON 3:50, NAT 12 ON 3:40 | | |
| 600 | 6:46 AM | 3 x 200 on 4:00 FR STS + SC | S | FR |
| | | SC - DIS 16 ON 4:00, STA 14 ON 3:50, NAT 12 ON 3:40 | | |
| ----- | | | | |
| RECOVERY | | | | |
| 100 | 6:59 AM | 1 x 100 on 3:00 CH S STS | S | CH |
| | 7:02 AM | 2,600 Meters | | |

HOW TO WRITE THE WORKOUT ON THE WHITEBOARD

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

1 X 100 FR STS + TURNS MAINTAIN SC 3:00/2:45/2:30/2:15/2:00
 1 X 100 FR K MAKE PACE 3:00/2:45/2:30/2:15/2:00
 1 X 100 BK STS + TURNS MAINTAIN SC 3:00/2:45/2:30/2:15/2:00
 1 X 100 BK K MAKE PACE 3:00/2:45/2:30/2:15/2:00

10 MINS FR/BK TURNWORK

4 X 50 FR STS HOLD PACE FOR 200 GOAL
 1 X 100 FR TT HIT GOAL TIME

4 X 25 FR/BK STS BY 25'S :45/:40/:35/:30/:25
 1 X 50 FR STS + TURN 1:30/1:20/1:10/1:00/:50
 1 X 50 BK STS + TURN 1:30/1:20/1:10/1:00/:50
 1 X 100 FLY K 4:00/3:30/3:00/2:30/2:00

4 X 50 FR FROM A DIVE MAINTAIN STS 2:00

DIS/STA/NAT ONLY (AS TIME PERMITS)
 3 X 200 BK STS + SC 4:00/3:50/3:40
 SC GOALS - DIS 16, STA 14, NAT 12
 3 X 200 FR STS + SC 4:00/3:50/3:40

SC GOALS - DIS 16, STA 14, NAT 12

1 X 100 CH S STS 3:00/2:30/2:00

TERM 4 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 ENROLMENTS 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

** MEETS/EVENTS **

- OCT 3-14 COMMONWEALTH GAMES
- OCT 9 - BALLARAT TOP 5 MEET 4 (BM)
- OCT 9 - METRO WEST 7-10 ENC HEATS (BM, ESS, HC AGE 10&U)
- OCT 9 - MELBOURNE VICENTRE LC MEET (ALL SITES DIS, STA, NAT, NE)
- OCT 10 - MLC AQUATIC LC MEET (ALL SITES DIS, STA, NAT, NE)
- OCT 16-17 - VICTORIAN OPEN WATER CHAMPS (ALL SITES INT+)
- OCT 17 - METRO SOUTH 7-10 ENC HEATS (CD, NW, ROW AGE 10&U)
- OCT 23-24 - WYNDHAM CITY LC MEET (ALL SITES DIS, STA, NAT, NE)
- OCT 24 - TIGERSHARKS ENC MEET (ALL SITES DEV, INT)
- NOV 1-7 - SSC TOP PROGRAM DURING PRACTICE (ALL SITES AGE 10&U)
- NOV 6-7 - SV LC DISTANCE MEET (ALL SITES DIS, STA, NAT, NE)
- NOV 13 - MW DISTRICT LC CHAMPS (ESS, HC OPEN EVENTS + RELAYS)
- NOV 13 OR 14 - SSC CLUB AGGREGATE AT YOUR SITE
- NOV 14 - MW DISTRICT LC CHAMPS (ESS, HC OPEN EVENTS + RELAYS)
- NOV 14 - SV METRO 7-10 FINALS (ALL SITES QUALIFIERS FROM HEATS)
- NOV 20 - MW DISTRICT LC CHAMPS (ESS, HC 11&U + MC)
- NOV 20 - NUNAWADING LC MEET (CD, NW, ROW - DIS, STA, NAT, NE)
(ALSO HC, ESS, BM AGE 12&O)
- NOV 21 - CA TRITONS LC MEET (CD, NW, ROW - DIS, STA, NAT, NE)
(ALSO HC, ESS, BM AGE 11&U)
- NOV 21 - MW DISTRICT LC CHAMPS (ESS, HC 12&O)
- NOV 28-28 - SV QUALIFYING MEET (ALL SITES DIS, STA, NAT, NE)
- *DEC 5 - BALLARAT GCO LC MEET (ALL SITES ALL LEVELS TEAM MEET)
- DEC 8-11 - FINA WORLD SC CHAMPS
- DEC 13-19 - SSC TOP PROGRAM DURING PRACTICE (ALL SITES AGE 10&U)
- DEC 17-22 - SC LC STATE AGE CHAMPS (ALL SITES QUALIFIERS)
- DEC 26 - POINT LEO OPEN WATER (ALL SITES INT, DIS, STA, NAT, NE)

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 & 400 IM SUB 6:00.00

Workout #1440 - Monday, 25 October 2010
Generic
1 minute rest between sets

| Meters | Time | Set Description | WORK | STK |
|--------|---------|--|------|-----|
| ===== | | | | |
| | | SSC AM PRACTICE PLAN - WEEK 4 TERM 4 REC-EN1-EN2 | | |
| ----- | | | | |
| | | WARM-UP (REC - WARMUP/RECOVERY, EN1 - AEROBIC BASE) | | |
| 100 | 5:30 AM | 4 x 25 on 1:00 FLY STS + SC | S | FLY |
| 200 | 5:35 AM | 4 x 50 on 1:30 FLY K | K | FLY |
| 200 | 5:42 AM | 4 x 50 on 1:30 FLY STS + TURNS | S | FLY |
| ----- | | | | |
| | | 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 ** | S | FIN |
| ----- | | | | |
| | | SKILL - TURNS | | |
| | 5:59 AM | 1 on 8:00 FLY TURNWORK | D | FLY |
| ----- | | | | |
| | | SKILL PATTERNING | | |
| 400 | 6:07 AM | 8 x 50 on 2:00 FLY STS + TURNS | S | FLY |
| ----- | | | | |
| | | DIS/STA/NAT ONLY AS TIME PERMITS | | |
| 200 | 6:24 AM | 1 x 200 on 6:00 FLY K | K | FLY |
| 300 | 6:31 AM | 6 x 50 on 1:20 FLY K | K | FLY |
| 400 | 6:40 AM | 1 x 400 on 10:00 FLY K | K | FLY |
| | | 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 | S | FLY |
| 400 | 7:04 AM | 4 x 100 on 2:15 IM SP FLY + FAST TURNS | S | IM |
| ----- | | | | |
| | | RECOVERY | | |
| 400 | 7:14 AM | 1 x 400 on 10:00 IM K | K | IM |
| | 7:24 AM | 3,400 Meters | | |

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 4 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 ENROLMENTS 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

**** MEETS/EVENTS ****

- OCT 3-14 COMMONWEALTH GAMES
- OCT 9 - BALLARAT TOP 5 MEET 4 (BM)
- OCT 9 - METRO WEST 7-10 ENC HEATS (BM, ESS, HC AGE 10&U)
- OCT 9 - MELBOURNE VICENTRE LC MEET (ALL SITES DIS, STA, NAT, NE)
- OCT 10 - MLC AQUATIC LC MEET (ALL SITES DIS, STA, NAT, NE)
- OCT 16-17 - VICTORIAN OPEN WATER CHAMPS (ALL SITES INT+)
- OCT 17 - METRO SOUTH 7-10 ENC HEATS (CD, NW, ROW AGE 10&U)
- OCT 23-24 - WYNDHAM CITY LC MEET (ALL SITES DIS, STA, NAT, NE)
- OCT 24 - TIGERSHARKS ENC MEET (ALL SITES DEV, INT)
- NOV 1-7 - SSC TOP PROGRAM DURING PRACTICE (ALL SITES AGE 10&U)
- NOV 6-7 - SV LC DISTANCE MEET (ALL SITES DIS, STA, NAT, NE)
- NOV 13 - MW DISTRICT LC CHAMPS (ESS, HC OPEN EVENTS + RELAYS)
- NOV 13 OR 14 - SSC CLUB AGGREGATE AT YOUR SITE
- NOV 14 - MW DISTRICT LC CHAMPS (ESS, HC OPEN EVENTS + RELAYS)
- NOV 14 - SV METRO 7-10 FINALS (ALL SITES QUALIFIERS FROM HEATS)
- NOV 20 - MW DISTRICT LC CHAMPS (ESS, HC 11&U + MC)
- NOV 20 - NUNAWADING LC MEET (CD, NW, ROW - DIS, STA, NAT, NE)
(ALSO HC, ESS, BM AGE 12&O)
- NOV 21 - CA TRITONS LC MEET (CD, NW, ROW - DIS, STA, NAT, NE)
(ALSO HC, ESS, BM AGE 11&U)
- NOV 21 - MW DISTRICT LC CHAMPS (ESS, HC 12&O)
- NOV 28-28 - SV QUALIFYING MEET (ALL SITES DIS, STA, NAT, NE)
- *DEC 5 - BALLARAT GCO LC MEET (ALL SITES ALL LEVELS TEAM MEET)
- DEC 8-11 - FINA WORLD SC CHAMPS
- DEC 13-19 - SSC TOP PROGRAM DURING PRACTICE (ALL SITES AGE 10&U)
- DEC 17-22 - SC LC STATE AGE CHAMPS (ALL SITES QUALIFIERS)
- DEC 26 - POINT LEO OPEN WATER (ALL SITES INT, DIS, STA, NAT, NE)

- 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 & 400 IM SUB 6:00.00