

**Workout #1503 - Monday, 06 December 2010**  
**Generic**  
**1 minute rest between sets**

Meters	Time	Set Description	WORK	STK
		SSC AM PRACTICE PLAN - WEEK 10 TERM 4 REC-EN1-EN2-SP2		
		----- WARM-UP (REC - WARMUP/RECOVERY, EN1 - AEROBIC BASE)		
200	5:30 AM	4 x 50 on 1:30 FR STS + TURNS	S	FR
		PACE TIMES NAT/STA/DIS/INT/DEV -:50/1:00/1:10/1:20/1:30		
300	5:37 AM	3x { 1 x 50 on 1:30 FR STS + SC	S	FR
		{ PACE/SC - DEV 1:30/20, INT 1:20/18, DIS 1:10/16		
		{ PACE/SC - STA 1:00/14, NAT :55/12		
		{ 1 x 50 on 1:30 FR AT PACE TO THE FEET	S	FR
		PACE - DEV/INT/DIS/STA/NAT - 1:30/1:20/1:10/1:00/:55		
		GOAL PACE TARGET 200 FR (INT) 1:03 (OR LESS) CONSISTENT		
		GOAL PACE TARGET 400 FR (DIS) :55 (OR LESS) CONSISTENT		
		GOAL PACE TARGET 400 FR (STA) :50 (OR LESS) CONSISTENT		
		GOAL PACE TARGET 800 FR (NAT) :45 (OR LESS) CONSISTENT		
		GOAL PACE TARGET 1500 FR (NE) 42.5 (OR LESS) CONSISTENT		
		----- FR TIME TRIAL 200/400/800 AS REQUIRED BY CURRENT QUAL		
400	5:47 AM	1 x 400 on 20:00 FR TIME TRIAL 200/400/800	S	FR
		IF 200 FR TIME IS > 4:15.00 THEN 200 FR		
		IF 200 FR TIME < 2:15.00 & 400 FR > 7:20.00 THEN 400 FR		
		IF 200FR TIME<2:15.00& 7:20.00<400FR<6:40.00 THEN 400FR		
		IF 200 FR TIME < 4:15.00 & 400 FR < 6:40.00 THEN 800 FR		
		----- RECOVERY/TRANSITION		
300	6:08 AM	6 x 50 on 2:00 IM TRNS 1:00/1:15/1:30/1:45/2:00	S	IM
		1-2 FLY/BK BY 25'S		
		3-4 BK/BR BY 25'S		
		5-6 BR/FR BY 25'S		
		----- IM TIME TRIAL 100/200/400 AS REQUIRED BY CURRENT QUAL		
200	6:21 AM	1 x 200 on 20:00 IM TIME TRIAL 100/200/400	S	IM
		IF 100 IM TIME > 2:15.00 THEN 100 IM		
		GOAL 100 IM SUB 2:15.00		
		IF 100 IM TIME < 2:15.00 & 200 IM >4:00.00 THEN 200 IM		
		GOAL 200 IM TIME SUB 4:00.00		
		IF 100 IM < 2:15.00 & 200 IM < 4:00.00 THEN 400 IM		
		GOAL 400 IM TIME SUB 7:20.00 (STA) SUB 6:40.00 (NAT)		
		IF 400 IM TIME SUB 6:00.00 (NE)		
		----- RECOVERY		
200	6:42 AM	1 x 200 on 5:00 FR/BK BY 50'S LONG TURNS	S	FR
		----- DIS/STA/NAT AS TIME PERMITS		
600	6:48 AM	6 x 100 on 2:20 K FLY/FR BY 25'S 2:20/2:10/2:00	K	FLY
400	7:03 AM	4 x 100 on 3:00 IM STS + SC 3:00/2:45/2:30	S	IM
	7:15 AM	2,600 Meters		

HOW TO WRITE THE WORKOUT ON THE WHITEBOARD

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

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

3 X { 1 X 50 FR STS + SC 1:30/1:20/1:10/1:00/:55  
 { 1 X 50 FR AT PACE TO THE FEET 1:30/1:20/1:10/1:00/:55  
 200 FR GOAL PACE TARGET (INT) 1:03.00 (OR LESS) CONSISTENT  
 400 FR GOAL PACE TARGET (DIS) :55.00 (OR LESS) CONSISTENT  
 400 FR GOAL PACE TARGET (STA) :50.00 (OR LESS) CONSISTENT  
 800 FR GOAL PACE TARGET (NAT) :45.00 (OR LESS) CONSISTENT  
 1500 FR GOAL PACE TARGET (NE) :42.50 (OR LESS) CONSISTENT

FR TIME TRIAL 200/400/800 AS REQUIRED  
200 FR GOAL TIME SUB (INT) 4:15.00  
400 FR GOAL TIME SUB (DIS) 7:20.00 (STA) 6:40.00  
800 FR GOAL TIME SUB (NAT) 12:00.00  
1500 FR GOAL TIME SUB (NE) 21:15.00

## RECOVERY/TRANSITION

6 X 50 IM SWITCHES 2:00/1:45/1:30/1:15/1:00

IM TIME TRIAL 100/200/400 AS REQUIRED  
100 IM GOAL TIME SUB (INT) 2:15.00  
200 IM GOAL TIME SUB (DIS) 4:00.00  
400 IM GOAL TIME SUB (STA)7:20.00 (NAT) 6:40.00 (NE) 6:00.00

## RECOVERY

1 X 200 FR/BK BY 50'S LONG TURNS

DIS/STA/NAT AS TIME PERMITS  
6 X 100 K FLY/FR BY 25'S 2:20.00/2:10.00/2:00.00  
4 X 100 IM STS + SC 3:00/2:45/2:30

## 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 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 #1512 - Monday, 13 December 2010**  
**Generic**  
**1 minute rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====					
		SSC AM PRACTICE PLAN - WEEK 11 TERM 4 REC-EN1-EN2			
-----					
		ALL RESULTS TO BE RECORDED IN TM DATABASE IMMEDIATELY FOLLOWING SESSION			
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		WARM-UP (REC - WARMUP/RECOVERY, EN1 - AEROBIC BASE)			
200	5:30 AM	2 x 100 on 3:00 FR TURNS + SL + STS	S	FR	1:30
200	5:37 AM	4 x 50 on 1:30 FR K	K	FR	1:30
300	5:44 AM	3 x 100 on 2:45 FR @ PACE	S	FR	1:22
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		AEROBIC DEVELOPMENT - TOP EVENTS			
1,500	5:54 AM	1 x 1500 on 40:00 200/400/800/1500 FR TIME TRIAL	S	FR	1:20
		ATHLETES AGED 7&U COMPLETE 200 FR			
		ATHLETES AGED 8 COMPLETE 400 FR			
		ATHLETES AGED 9 COMPLETE 800 FR			
		ATHELTES AGED 10&O COMPLETE 1500 FR			
200	6:35 AM	1 x 200 on 8:00 CH K RECOVERY	K	CH	2:00
400	6:44 AM	1 x 400 on 10:00 100/200/400 IM TIME TRIAL	S	IM	1:15
		ATHLETES AGED 8&U COMPLETE 100 IM			
		ATHELTES AGED 9 COMPLETE 200 IM			
		ATHELTES AGED 10&O COMPLETE 400 IM			
-----					
		SKILL - TURNS			
	6:55 AM	1 on 15:00 CH TURNWORK	D	CH	
-----					
		DIS/STA/NAT ONLY AS TIME PERMITS			
400	7:10 AM	1 x 400 on 10:00 FR K	K	FR	1:15
		GOAL NAT SUB 7:00, STA SUB 8:00, DIS SUB 9:00			
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		RECOVERY			
100	7:21 AM	1 x 100 on 3:00 STROKE (2ND BEST) STS + SC	S	STK	1:30
	7:24 AM	3,300 Meters			

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

RESULTS FROM TIME TRIALS ARE TO BE RECORDED IN THE TM DATABASE IMMEDIATELY FOLLOWING THE PRACTICE SESSION  
 ALL RESULTS TO BE RECORDED UNDER SSC TIME TRIAL  
 (IF ATHLETES ARE ATTENDING MULTIPLE SESSIONS DURING THE WEEK IT IS SUGGESTED THAT THEY COMPLETE THE FR EVENT DURING ONE SESSION AND THE IM EVENT DURING THE OTHER)

2 X 100 FR TURNS + SL + STS 3:00/2:45/2:30/2:15/2:00  
 4 X 50 FR K MAKE THE PACE 1:30/1:20/1:10/1:00/:55  
 3 X 100 FR @ PACE PREP FOR TT 2:45/2:30/2:15/2:00/1:45

TINY OLYMPIC PROSPECT EVENTS  
 (10&U PERFORMANCES WILL BE PUBLISHED IN SWIMNEWS MAGAZINE)  
 AGE AS ON FEBRUARY 11, 2011  
 COACHES MUST INPUT RESULTS INTO TM DATABASE  
 UNDER SSC TIME TRIAL  
 7&U - 200 FR & 100 IM  
 8 YRS - 400 FR & 100 IM  
 9 YRS - 800 FR & 200 IM  
 10&O - 1500 FR & 400 IM

200/400/800/1500 FR TIME TRIAL DEPENDANT ON AGE  
 MULTIPLE SWIMMERS IN LANES :10 APART SUBTRACT DELAYED START AT COMPLETION OF TIME TRIAL

1 X 200 CH K RECOVERY (TO BE COMPLETED IMMEDIATELY UPON COMPLETION OF FR TIME TRIAL)

100/200/400 IM TIME TRIAL DEPENDANT ON AGE  
AS MUCH AS POSSIBLE HAVE 1 SWIMMER PER LANE TO SAVE TIME IN 400 IM CAN HAVE 2 SWIMMERS  
PER LANE STARTING :10 APART

CH TURN WORK ~15MIN FOCUS ON TURNS ATHLETES REQUIRE MOST ATTENTION FOR IMPROVEMENT

DIS/STA/NAT ONLY AS TIME PERMITS

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 JUNE

400 FR K = 399 FR IN TM DATABASE

1 X 100 STROKE (2ND BEST) STS + SC

TERM 4 GOALS

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\*\* 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