

Workout #1380 - Monday, 06 September 2010
Generic
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK
=====	=====	=====	===	====	===
		SSC AM PRACTICE PLAN - WEEK 9 TERM 3 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	EN1	S	FR
		PACE TIMES NAT/STA/DIS/INT/DEV -:50/1:00/1:10/1:20/1:30			
300	5:37 AM	6 x 50 on 2:00 IM TRNS 1:00/1:15/1:30/1:45/2:00	EN1	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	5:50 AM	1 x 200 on 20:00 IM TIME TRIAL 100/200/400	SP2	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/TRANSITION			
300	6:11 AM	3x { 1 x 50 on 1:30 FR STS + SC	REC	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	EN2	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	6:21 AM	1 x 400 on 20:00 FR TIME TRIAL 200/400/800	SP2	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			
200	6:42 AM	1 x 200 on 5:00 FR/BK BY 50'S LONG TURNS	EN1	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	EN2	K	FLY
400	7:03 AM	4 x 100 on 3:00 IM STS + SC 3:00/2:45/2:30	EN1	S	IM
	7:15 AM	2,600 Meters - Stress Value = 93			

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
 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/TRANSITION

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
 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 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	1,100 42.30%	35.0 35.71%
ANAEROBIC THRESHOLD	750 28.84%	18.5 18.87%
PEAK LACTATE	600 23.07%	40.0 40.81%
WARM-UP-RECOVERY	150 5.76%	4.5 4.59%

Stroke Categories	Meters	Minutes
FREESTYLE	1,100 42.30%	40.0 40.81%
IM	900 34.61%	44.0 44.89%
BUTTERFLY	600 23.07%	14.0 14.28%

Type of Work	Meters	Minutes
SWIM	2,000 76.92%	84.0 85.71%
KICK	600 23.07%	14.0 14.28%

Workout #1395 - Monday, 13 September 2010
Generic
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK
		SSC AM PRACTICE PLAN - WEEK 11 TERM 2 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	EN1	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	REC	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	EN2	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	SP2	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	EN1	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	SP2	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	EN1	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	EN2	K	FLY
400	7:03 AM	4 x 100 on 3:00 IM STS + SC 3:00/2:45/2:30	EN1	S	IM
	7:15 AM	2,600 Meters - Stress Value = 93			

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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

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 { 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

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- SSC ATHLETES SWIM NOT CURRENTLY SWIMMING IN AM TO ATTEND AM
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 NATIONAL ELITE - COMPLETE 1500 FR SUB 21:15.00 AND 400 IM SUB 6:00.00

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