

RBHS 2010 Training Cycle

13 weeks

Date	Phase	Objectives	Meets
2/22/10 - 3/14/10 3 weeks	Technique/ Endurance	Stroke adjustments Focus on distance/stroke Streamlines Walls Swimming efficiently 15% - EN1(basic endurance) 50% - EN2(somewhat hard) 30% - EN3(hard) 5% - Rec (warm-up,cool down)	March 9 - Escondido
3/15/10 - 4/25/10 6 weeks	Specific Endurance	Progressive overload * yards/intensity Specialty strokes Aerobic endurance * all-time high Intense endurance up 25% - EN1 & EN2 70% - EN3 5% Rec (warm-up, cool down)	March 16 - LCC March 20 - Mt. Carmel Invite March 30 - RBV April 13 - El Camino April 20 - Carlsbad April 24 - Iron Man Relays
4/26/10 - 5/16/10 3 weeks	Competition Preparation	Race specific training Anaerobic/sprints increase Endurance pass previous Yards reduced * more rest * faster swimming Intense endurance down 25% - EN1 & EN2 55% - EN3 & SP1 20% - SP2 & SP3	April 27 - Vista May 4 - Poway League Championships
5/17/10 - 5/22/10 1 week	Fine Tuning	Maintain All	CIF Championships

** During the season we will promote active rest, which will consist of all technique**