



SDAC: Long Course Season Training Plan *25wks*



Date	Phase	Objectives	Meets
3/1/10 - 3/14/10 2 wks	Technique/ Endurance	Stroke adjustments Focus on distance/stroke Streamlines Walls Swimming efficiently 15% - EN1 (basic endurance) 20% - EN2 (somewhat hard) 60% - EN3 (hard) 5% - Rec (warm-up, cool-down)	March 5 - 7, JO Max - HSA (Age Group) March 13 - 14, A/B All Ages - PS (Age Group)
3/15/10 - 7/4/10 16 wks	Specific Endurance	Progressive overload * yards/intensity Specialty strokes Aerobic endurance * all-time high Intense endurance up 20% - EN1 & EN2 70% - EN3 (hard) 5% - Rec (warm-up, cool-down) 5% - SP1 (very hard)	April 8 - 11, Far Westerns (Age Group/Senior) April 17 - 18, C All Ages - CAST (Age Group) April 30 - May 2, A/B All Ages - CNSA (Age Group) May 15 - 16, C All Ages - WSST (Age Group) May 19 - 22, CIF Championships (Senior) May 28 - 30, A/B All Ages - NCA (Age Group/Senior) June 12 - 13, B/C All Ages - CNSA (Age Group) June 10 - 13, MVN - Meet of Champions (Senior) June 25 - 27, A/B All Ages - SBA (Age Group)
7/5/10 - 8/1/10 4 wks	Competition Preparation	Race specific training Anaerobic/sprints increase Yards reduced * more rest * faster swimming Intense endurance down 25% - EN1 & EN2 60% - EN3 & SP1 15% - SP2 & SP3	July 8 - 11, LA Grand Prix - USC (Senior) July 17 - 18, C All Ages - MVY (Age Group) July 21 - 25, Sectionals (Senior) July 23 - 25, A/B All Ages - NCA (Age Group/Senior)
8/2/10 - 8/22/10 3 wks	Fine Tuning	Maintain All	August 3 - 7, Nationals (Senior) August 5 - 8, Western Zone Senior Champs (Senior) August 6 - 8, JO Max (Age Group/Senior) August 9 - 13, Junior Nationals (Senior) August 10 - 14, Western Zones (Age Group/Senior) August 19 - 22, LC Junior Olympics (Age Group/Senior)

** Season plan subject to change due to qualifying meets and championship meets**