

List of training plan

Monday - 24.9.2012 AM

24.9.2012 AM Group - ACD - Total Time 1:57:45

Warm up

1x 200m Free/Back @3:00

3x 50m Free/Back/Fly las 10m sprint @1:15

1x 50m Max/Dive vo2max. Last 20 control @1:15

Main Set

1:

3x 200m Free 30BBM @3:00

2x 150m Free 30BBM @2:30

1x 100m Form 30BBM @2:00

2:

Troy , Candra and Sam M only

1x 200m Free 20BBM @3:30

2x 150m Free 20BBM. @3:00

3x 100m Free 400mPace @2:30

Rest of the squad the same distances and times race sim

3:

1x 200m Free 10BBM. @4:00

2x 150m Free. 10BBM @3:30

3x 100m Free 400mPace @3:00

Recovery

2x 100m Swim / Drill @2:00

4x(

1x 100m Hypoxic breathing every 8th @2:00

3x 50m Fly resistance pull AS. @1:30

20m explosive

Last 30m explosive

DPS

1x 50m Dive Power focus on DPS do your SC @1:30

)

Recovery

1x 200m Swim / Drill @3:15

Everyone finish at this point - Troy /Candra and Sam M continue

14x 100m Free/Form 75/25. @1:15

Monday - 24.9.2012 PM

24.9.2012 PM Group - ACD - Total Time 2:01:55

Warm up

1x 300m Free/Back 6fly kicks of each wall @4:30

1x 200m Pull @3:15

1x 100m Swim / Drill Any Aid @1:45

4x 50m Form PB + 3/2/1. DPS +SC @1:00

Troy /Candra and Nick 2x

Speed work

6x 50m Form @1:20

AS

Dive 20m max

Push 30m Max

Dive 40m Max

Push 50m Easy

Dive 200m Pace Sc

Push 50m Easy

1x 200m Swim / Drill @3:30

Main Set

16x 50m 400mPace/200mPace 3/1 @1:00

1x 100m Swim / Drill @1:45

12x 50m 400mPace/200mPace 2/2. @1:00

1x 100m Swim / Drill @1:45

8x 50m 400mPace/200mPace 1/1 @50

1x 100m Swim / Drill @1:45

4x 50m race pace 100m. Must do correct skill @2:00

1x 400m Swim / Drill @7:00

Everyone going to skill set. Turns + UW work

Troy / Sam M continue

2x(

3x 100m Kick @1:50

1x 200m Pull Brth 3/5/3/7. @2:45

2x 100m Kick @2:00

1x 200m Pull Brth 3/5/3/7 @2:40

1x 100m Kick Max @2:15

1x 200m Pull Negative split Brth 3/5/3/7 @2:20

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Recovery

1x 200m @3:00

Tuesday - 25.9.2012 AM

25.9.2012 AM Group - ACD - Total Time 1:51:00

Warm up

Tuesday - 25.9.2012 PM

25.9.2012 PM Group - ACD - Total Time 1:52:40

Warm up

2x 400m Free /back @6:00
12x 25m Race Simulation @30
12x 25m Race Simulation @30
Main Set
2x(
3x 50m Free Minimum DPS. pB+8sec @1:00
2x 50m Form sprint last 20m @1:00
1x 50m Form 95%. Second set 100% @1:00
1x 400m Swim / Drill @7:00
)
Skill set
12x 50m Race Simulation @1:10
Main set 2
3x 300m Free AS 125m 200m pace. @5:00
3x 50m Form 200mPace this is race pace 1st 50/100. Dive @2:00
1x 400m Swim / Drill @6:00
Everyone os finish at this point
Troy
1x 1500m Descent by 500's @20:00

1x 800m Free/back. Good technique @16:00
6x 25m UnderWater Fins @50
Troy do this Set 3x
Main set
2x(
1x 150m Free Fins @2:20
3x 50m Form @1:00
1x 150m Free @2:10
2x 50m Form @1:00
1x 150m Free @2:20
1x 50m Form @1:00
1x 100m Form @2:00
1x 150m Free @2:20
3x 50m Form @1:00
AS
Max/Easy/Max
1x 200m Free work on different paces @3:00
)
Recovery
Race specific
4x 50m About 80%. SC SR @2:00
4x 25m Dive race simulation @50
1x 400m Swim / Drill @6:00
Everyone finish at this point
Troy continue
3x 500m Descent @7:00
1x 500m Negative split @7:00

Wednesday - 26.9.2012 PM
26.9.2012 PM Group - ACD - Total Time 2:39:55
1x 1200m Free @18:00
Troy
3x 500m Free Build @8:00
4x 100m Free 400mPace @3:00
2x 1500m Pull/ Kick. 200's @20:00
Rest
3x(
4x 125m Pull last 25m Form @2:00
3x 50m Kick Max @1:45
2x 25m Swim Max @1:15
)
Recovery
16x 50m Swim / Drill @1:10
Start / UW work

Thursday - 27.9.2012 AM
27.9.2012 AM Group - ACD - Total Time 1:19:30
individual competition warm up @30:00
Troy
12x 50m Pull Sponge/Paddles @1:00
9x 100m Free Negative split 2nd 50 400 pace @1:45
3x 200m Free Negative split 2nd 100 800pace @3:15
12x 50m Free 400mPace @1:00
Join the rest
Rest do the set as
25's
50's
100's
25's
Skill set
Starts + under water work speed work under water.....

Thursday - 27.9.2012 PM
27.9.2012 PM Group - ACD - Total Time 2:29:40
Warm up
Troy strait to main set
1x 3000m Free Snorkel/Paddles/Sponge @40:00
1000m Free Negative split @13:00
8x 50m Free 400mPace @50
1x 1000m Free Negative split @15:00
Do lots of sculling
Rest
1x 2000m Free/Back @40:00
10x 100m Free/Form Technique @2:00
1x 1000m Pull DPS @15:00
Skill set
Work on starts and turns some finishes and UW work

Friday - 28.9.2012 AM
28.9.2012 AM Group - ACD - Total Time 0:00:00
Session Off

Friday - 28.9.2012 PM
28.9.2012 PM Group - ACD - Total Time 1:07:30
Warm up
1x 1500 Free/Back @20:00
1x Free Relay @4:00
Stretches
10x 50 Sc/sr/time. Desc 1-5 @1:15
4x(
1x 100 Free Bands @1:45
2x 50 Form Negative split @1:00
4x 25 Form/Free Max/Dive @1:00
)
Skill
Start / Turns

Saturday - 29.9.2012 PM
29.9.2012 PM Group - ACD - Total Time 2:00:00
Stretching @15:00
Individual competition warm up @45:00
Stretching - competition focus @15:00
time trial - Maximum of 100m @15:00
Skill @30:00

Sunday - 30.9.2012 AM
30.9.2012 AM Group - ACD - Total Time 0:00:00
NZ Short course championships
