

National Squads: ND-NA-NP

Week / Aim	Phase C 1.3							Total	AEC	Aerobic Cap	1a, 1b	16-23
	M	T	W	Th	Fr	S	Sun					
4	REC AEC	Dist AEP / SQ REC im		Dist AEC dist / SQ REC	AEC/AEP MIX	Off	Off		AEP	Aerobic Power Threshold	2	23-26
20-Jan-20										3		26-27
26-Jan-20	Pre-Pool 3500	Pre-pool 4000		Pre-pool	Pre-pool				ANP	Lac Cle	4	27-30
								7500		Lac Tol	5a	30-35
	ANP 200RP Pre pool 800	AEC/AEP SQ/Dist Gym 3000	ANP 200RP pull cords / band 1200	AEC IM + kick END Gym 3000	Speed / Power Pre pool MB 600	Off	Off		ANC	Lac Pro	5c	35-33
								8600	CP	Speed	6	30-26

Pool / Length	25m St Paul's															
Day and Date	Tuesday 21st January 2020															
Time	5:00-7:00pm															
Dry Land	Gym															
Phase / Aim	C1.3 - Build to Open Water - 11WKS to OPENS & 13 WKS to NAGS															
Session Aims	AEC to AEP swim holding tempo Speed kick work <i>"Everyone hopes they can win, some believe they can win, few know they can WIN"</i>															
Warm-up	AIM: build feel for water					Swimmers Training Volume										
1200 800	Fins: 1200 as 200 free 100IM IM as swim, kick, drill, swim per 100					Ben	Days	M	T	W	T	F	S			
400							Training load	3	9	3	0	0	0	0	0	0
							M. Soreness	3	5	0	0	0	0	0	0	0
1200						Dominic	Days	M	T	W	T	F	S			
							Training load	4	3	6	0	0	0	0	0	0
							M. Soreness	2	3	0	0	0	0	0	0	0
Set 1	AIM: Swim free AEC building to AEP make go time					Sarah	Days	M	T	W	T	F	S			
1400 2800	8x100 @ 1:20 / 30 - 800 @ 10:00/11:20 (15/25) 4x100 @ 1:15 / 30 - 400 @ 5:00/5:40 2x100 @ 1:10 / 30 - 200 @ 2:30/2:50						Training load	0	8	4	0	0	0	0		
1400							M. Soreness	2	2	0	0	0	0	0	0	0
2800	AIM: Skill work building tempo into stroke last 50 holding MAX power					Claran	Days	M	T	W	T	F	S			
600 600	3(6x50 @ 60) 2x drill/swim 25's 2x SC PB+10 / PB+7 / PB+4 1x swim/scull 25's 1x 15m MAX NBR						Training load	0	7	0	0	0	0	0		
100 300							M. Soreness	4	0	0	0	0	0	0	0	0
100	AIM: kick - hold best times in 100					Laura	Days	M	T	W	T	F	S			
							Training load	0	0	0	0	0	0	0	0	0
							M. Soreness	0	0	0	0	0	0	0	0	0
900	2(8x25 MAX kick @ 45 1-6 with board 7-8 NB UW 100 kick MAX TIME)R2mins					Hannah	Days	M	T	W	T	F	S			
600							Training load	0	8	2	0	0	0	0	0	0
							M. Soreness	1	3	0	0	0	0	0	0	0
600	AIM: REC 200 as 25 scull 25 swim Fins: 8x25 as 10m fast 15m SLOW swim @ 30					Kelly	Days	M	T	W	T	F	S			
							Training load	0	7	3	0	0	0	0	0	0
							M. Soreness	4	4	0	0	0	0	0	0	0
Set 4	AIM: REC 200 as 25 scull 25 swim Fins: 8x25 as 10m fast 15m SLOW swim @ 30					Kaitlyn	Days	M	T	W	T	F	S			
400 200							Training load	5	6	0	0	0	0	0	0	0
100 100							M. Soreness	2	0	0	0	0	0	0	0	0
400	AIM: REC 200 as 25 scull 25 swim Fins: 8x25 as 10m fast 15m SLOW swim @ 30					Corey	Days	M	T	W	T	F	S			
							Training load	0	7	0	0	0	0	0	0	0
							M. Soreness	5	0	0	0	0	0	0	0	0
Set 5	AIM: REC 200 as 25 scull 25 swim Fins: 8x25 as 10m fast 15m SLOW swim @ 30					Luca	Days	M	T	W	T	F	S			
							Training load	0	0	0	0	0	0	0	0	0
							M. Soreness	0	0	0	0	0	0	0	0	0
0	AIM: REC 200 as 25 scull 25 swim Fins: 8x25 as 10m fast 15m SLOW swim @ 30						Days	M	T	W	T	F	S			
							Training load	0	0	0	0	0	0	0	0	0
							M. Soreness	0	0	0	0	0	0	0	0	0

Session	5900				Weekly Totals				23000			
Energy system		Stroke		Energy system		Stroke		Energy system		Stroke		
	Meters	%	Meters	%		Meters	%		Meters	%		
AEC	3600	61	Free	4400	75	AEC	17950	78	Free	9700	42	
AEP	2100	36	No1	400	7	AEP	3150	14	No1	3550	15	
ANP	100	2	IM	500	8	ANP	1450	6	IM	1750	8	
ANC	0	0	Kick	600	10	ANC	250	1	Kick	4400	19	
HVO	100	2	Pull	0	0	HVO	200	1	Pull	2400	10	