

# Presenior Group

Week	Week Begins	Macrocycle	Microcycle	Dryside	Meet	Senior	
1	30-Dec	<b>FOUNDATIONAL WORK</b>	Technique/Aerobic	What is Culture?			
2	6-Jan			Who Are "WE" + Expectations			
3	13-Jan	<b>CAPACITY TRAINING</b>	Free/Stroke Aerobic Work (volume up/Intervals down by week)	Season Plan	Fresno Sr	<i>Fresno Sr</i>	
4	20-Jan			Eddie Reese / Energy Systems	PUMA		
5	27-Jan			Get outside your "comfort" zone.			
6	3-Feb				Visalia BC		
7	10-Feb	<b>PERFORMANCE</b>	Aerobic Maint/Prep Work	Championship Mindset	JO's		
8	17-Feb	<b>GENERAL SPEED</b>	Long Speed Short Speed Combo	Failure vs Success			
9	24-Feb			Fixed vs Growth Mindset		<i>Sectionals</i>	
10	3-Mar			Get into the "Zone"	J.Allington	<i>J.Allington</i>	
11	10-Mar			"Zone Training"	Selma LC		
12	17-Mar	<b>PEAK</b>	AeroMaint/Prep Work	Visualiztion	SWAGR		
13	24-Mar	<b>CAPACITY TRAINING</b>	Free/Stroke Aerobic Work (volume up/Intervals down by week)	What is "Senior" swimming?			
14	31-Mar			Goal-Setting	Far Westerns	<i>FW</i>	
15	7-Apr				Tulare LC	<i>Tulare LC</i>	
16	14-Apr			<b>SPRING BREAK</b>			
17	21-Apr						
18	28-Apr	<b>RECOVERY</b>	Technique/FUN			<i>League</i>	
19	5-May	<b>CAPACITY TRAINING</b>	Free/Stroke Aerobic Work (volume up/Intervals down by week)			<i>Valley</i>	
20	12-May					<i>State</i>	
21	19-May				Mike Snyder	<i>Irvine</i>	
22	26-May						
23	2-Jun			<b>LAST WEEK OF SCHOOL</b>			
24	9-Jun	<b>PERFORMANCE</b>	Aerobic Maint/Prep Work		JAG/Fresno	JAG	
25	16-Jun	<b>GENERAL SPEED</b>	Long Speed Short Speed Combo			<i>SMOC</i>	
26	23-Jun						
27	30-Jun				Clovis Sr		
28	7-Jul				Merced LC	<i>LA Invite</i>	
29	14-Jul	<b>PEAK</b>	AeroMaint/Prep Work			<i>Sectionals</i>	
30	21-Jul				JO's	<i>JO's</i>	
31	28-Jul	<b>POST-SEASON</b>	Individual Training		Sr Zones	<i>SrZo/Fut</i>	
32	4-Aug				AG Zones	<i>AG Zones</i>	

## Capctiy Training (Week 1 - 6)

<b>Sunday</b>	LQS aerobic drills	kick/pull	stroke tech/endurance	dolphin kicks/finishers vertical kick
<b>Monday</b>	desc/neg.split	kick	free/stroke threshold	pads+ buoy breath control DK's
<b>Tuesday</b>	threshold	kick/pull	stroke/tech endurance	dolphin kicks/finishers vertical kick
<b>Wednesday</b>	LQS aerobic drills	free/stroke threshold	desc/neg.split	pads+ buoy breath control DK's
<b>Thursday</b>	short speed	speed kick	race tech	

# Senior Group

Week	Week Begins	Macrocycle	Microcycle	Dryside	Meet	Presenior	
1	30-Dec	FOUNDATIONAL WORK	Technique/Aerobic	What is Culture?			
2	6-Jan			Who Are "WE" + Expectations			
3	13-Jan	CAPACITY TRAINING	Free/Stroke Aerobic Work (Colors/Threshold/Pace)	Season Plan	Fresno Sr	<i>Fresno Sr</i>	
4	20-Jan			Eddie Reese / Energy Systems	PUMA	PUMA	
5	27-Jan			Get outside your "comfort" zone.			
6	3-Feb			Championship Mindset	JO'S	JO's	
7	10-Feb			Failure vs Success			
8	17-Feb						
9	24-Feb	PERFORMANCE	Aerobic Maint/Pace	Fixed vs Growth Mindset	Sectionals		
10	3-Mar			Get into the "Zone"	J.Allington	J.Allington	
11	10-Mar	CAPACITY TRAINING	Free/Stroke Aerobic Work (Colors/Threshold/Pace)	"Zone Training"		<i>Selma LC</i>	
12	17-Mar			Visualization		SWAGR	
13	24-Mar			What is "Senior" swimming?			
14	31-Mar			Goal-Setting	FW	<i>Far Westerns</i>	
15	7-Apr				Tulare LC	<i>Tulare LC</i>	
16	14-Apr			SPRING BREAK			
17	21-Apr	GENERAL SPEED	COMBO SPEED				
18	28-Apr				League		
19	5-May	PERFORMANCE	AeroMaint/Pace		Valley		
20	12-May	RECOVERY	Technique/FUN	Reflect, Reimagine, Reinspire	State		
21	19-May	SPECIFIC SPEED	Free/Stroke/IM Aerobic Work (Race pace/threshold/colors)		Irvine	<i>Mike Snyder</i>	
22	26-May						
23	2-Jun			LAST WEEK OF SCHOOL			
24	9-Jun					JAG	JAG/Fresno
25	16-Jun					SMOC	
26	23-Jun						<i>Clovis Sr</i>
27	30-Jun	PEAK	Aerobic Maint/Pace				
28	7-Jul				LA Invite	<i>Merced LC</i>	
29	14-Jul				Sectionals		
30	21-Jul	POST-SEASON	Individual Training		JO's	JO's	
31	28-Jul				Futures	<i>Sr Zones</i>	
32	4-Aug				Zones	Zones	

## Capactiy Training (Week 3 - 8)

<b>Sunday</b>	long colors	kick/pull	stroke tech/endurance	dolphin kicks/finishers vertical kick
<b>Monday</b>	short colors	kick	free/stroke threshold	pads+ buoy breath control DK's
<b>Tuesday</b>	long speed	kick/pull	stroke/tech endurance	dolphin kicks/finishers vertical kick
<b>Wednesday</b>	recovery	kick	rainbow colors + equipment	pads + buoy breath control DK's
<b>Thursday</b>	short speed	aerobic power	race tech	