

RBHS 2021 Training Cycle
12 weeks

Date	Phase	Objectives	Meets
2/1/21 - 2/21/21 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)	
2/22/21 - 3/28/21 5 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)	February 25 - La Costa Canyon March 4 - Canyon Crest Academy March 11 - San Pasqual March 18 - Westview March 25 - Mt. Carmel
3/29/21 - 4/11/21 2 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 1 - @ Del Norte April 8 - Poway
4/12/21 - 4/24/21 2 weeks	Fine Tuning	Maintain All	Leagues April 12-17 CIF - April 19-24

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