

## RBHS 2011 Training Cycle

### 13 weeks

Date	Phase	Objectives	Meets
2/19/11 - 3/13/11 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)	
3/14/11 - 4/24/11 6 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)	March 18 - Carlsbad March 19 - Mt. Carmel Invite March 25 - LCC April 1 - TPHS April 8 - Ramona April 15 - Westview
4/25/11 - 5/15/11 3 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 29 - MCHS April 30 - Iron Man Relays May 6 - Poway League Championships
5/16/11 - 5/21/11 1 week	Fine Tuning	Maintain All	CIF Championships

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