



SDAC: Short Course Season Training Plan *25wks*



Date	Phase	Objectives	Meets
9/1/20 - 10/11/20 6 wks	Technique/ Endurance	Stroke adjustments Focus on distance/stroke Streamlines Walls Swimming efficiently <hr/> 10% - EN1(basic endurance) 30% - EN2(somewhat hard) 50% - EN3(hard) 5% - Rec(warm-up,cool-down) 5% - SP 3 (short distance sprints)	
10/12/20- 1/3/21 12 wks	Specific Endurance	Progressive overload * yards/intensity Specialty strokes Aerobic endurance * all-time high Intense endurance up <hr/> 20% - EN1 & EN2 70% - EN3(hard) 5% - Rec(warm-up,cool-down) 5% - SP 3 (short distance sprints)	
1/4/21 - 1/31/21 4 wks	<i>Competition Preparation</i>	Race specific training Anaerobic/sprints increase Yards reduced * more rest * faster swimming Intense endurance down <hr/> 20% - EN1 & EN2 65% - EN3 & SP1 15% - SP2 & SP3	
2/1/21 - 2/21/21 3 wks	Fine Tuning	Maintain All	

Season plan subject to change due to qualifying meets and championship meets.