



SDAC: Long Course Season Training Plan *25wks*



Date	Phase	Objectives	Meets
2/24/20 - 4/5/20 6 weeks	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)	
4/6/20 - 7/12/20 14 Weeks	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% - SP1 (very hard)	April 4-5, CAST - Silver All Ages April 18-19, SBA - Gold All Ages May 6-9, CIF Championships May 16, CAST - Silver All Ages May 23-24, SBA - Gold All Ages June 12-14, SI - Splash and Dash July 27-28 - CAST, Silver All Ages July 11-12 - SBA, Gold All Ages
7/13/20 - 7/26/20 2 Weeks	COMPETITION PREPARATION	Race specific training Anaerobic/sprints increase Yards reduced * more rest * faster swimming Intense endurance down <hr/> 25% - EN1 & EN2 60% - EN3 & SP1 15% - SP2 & SP3	July 23-26, Junior Olympics
7/27/20 - 8/16/20 3 Weeks	<i>Fine Tuning</i>	Maintain All	August 15-16, JO Max

Season Plan is subject to change due to qualifying meets and championship meets