



DART Seasonal Training Calendar

"Our attitudes control our lives. Attitudes are a secret power working 24-hours per day, for good or bad. It is of paramount importance that we know how to harness and control this great force."

Week	DATE	Training Phase	Training Specificity	Dryland Phase	Events/Notes
1	Aug 21	Senior Meeting		Senior Meeting	Start of Season INfo
2	Aug 28	Aerobic Base (EN1/EN2) Begin some morning workouts	Stroke Count, Stroke Efficiency, Base Count for strokes, Skill development (Streamlines, Breakouts, Turns, Dolphin Kick Work) Long Axis Drill Work	Foundation	Pre-Season Focus
3	Sept 4	Aerobic Base (EN1/EN2) Begin full morning workouts	Stroke Count, Stroke Efficiency, Base Count for strokes, Skill development (Streamlines, Breakouts, Turns, Dolphin Kick Work) Short Axis Drill Work	Foundation/BASIC	Pre-Season Focus
4	Sept 11	Aerobic Build (EN2/EN3) Workout before meets	Specific Categories (Mainly work ethic & leg driven work), Challenge/Testing begins	BASIC	DART – All Team Meet – Focus is team building, cheering, and meeting younger teammates.
					Team BBQ & Social – Team social at Community pool.
5	Sept 18	Aerobic Build (EN2/EN3)	Specific Categories (Mainly work ethic & leg driven work), Challenge/Testing begins	BASIC	TCA Senior Meet Early season racing. Begin race strategy, focusing on longer races
6	Sept 25	Aerobic Variance (EN2/EN3/SP1)	Specific Categories (Adding Aerobic/An-aerobic groups & stroke), Begin tempo (swimming & kicking),	POWER END	Goal Sheets due end of week
7	Oct 2	Aerobic Variance (EN2/EN3/SP1)	Specific Categories (Adding Aerobic/An-aerobic groups & stroke), Begin tempo (swimming & kicking),	POWER END	All Site DART Racing Workout and Top Golf
8	Oct 9	MAX VO2 (EN2/EN3/SP1/SP2)	Stroke, Rate, and event Specific training, Kick Counts off walls, Speed in/out of walls,	POWER END	



9	Oct 16	MAX VO2 (EN2/EN3/SP1/SP2)	Stroke, Rate, and event Specific training, Kick Counts off walls, Speed in/out of walls,	BASIC II	Orinda Senior Meet
10	Oct 23	MAX VO2 (EN2/EN3/SP1/SP2)	Stroke, Rate, and event Specific training, Kick Counts off walls, Speed in/out of walls,	BASIC II	
11	Oct 30	MAX VO2 (EN2/EN3/SP1/SP2)	Stroke, Rate, and event Specific training, Kick Counts off walls, Speed in/out of walls,	BASIC II	Solano Halloween Fun Meet-All swimmers
12	Nov 6	Aerobic Base – Recovery/PREP (EN2/SP1)	Meet Prep, Specific details, Race Strategy work, Mental preparation work,	Hybrid Maintenance Work	PASA T&F Meet – Recovery week into fast racing. Last chance to make cuts for Nationals meets.
13	Nov 13	MAX VO2 (EN2/EN3/SP1/SP2)	Stroke, Rate, and event Specific training, Kick Counts off walls, Speed in/out of walls,	BASIC II	Friendsgiving
14	Nov 20	RACE PREP (EN2, SP1/SP2/SP3)	Race Specific work, Hit your numbers, Begin progressive kick drop,	POWER II/HYBRID	TERA Meet – One day for any last-minute fine tuning.
15	Nov 27	RACE PREP (EN2, SP1/SP2/SP3)	Race Specific work, Hit your numbers, Begin progressive kick drop,	POWER II/HYBRID	
16	Dec 4	RACE PREP/TAPER	Racing fast & smart. “Don’t wait for opportunity! CREATE IT!”	HYBRID/Dynamic	Oregon Senior Meet (Team Travel) – All non-National Qualifiers Taper Meet
17	Dec 11	TAPER	Racing fast & smart. “Success is simple: Do what’s right, The right way, At the right time.”	HYBRID/Dynamic	JR Nationals (Team Travel) – ALL 18/U JR National Qualifiers DART Winter Invite for non-travel swimmers
18	Dec 18 – Dec 31	Seasonal Reset	Focusing on technical improvement from taper meet feedback!	Build/Heavy Kicking	DART SOCK EXCHANGE SOCIAL