

# SAC Swim Coaching Plan - Spring 2011

## Overview

**Intensity:** Phase 1 - Endurance; Phase 2 - Endurance/Mixed; Phase 3 - Mixed

**Strokes:** Front crawl ~ 90%; Other ~ 10%

**Skills:** Balance; Alignment; Streamlining; Sculling; Turns

## Weekly Plan

Week	Dates		Training Intensity	Notes
	Wed.	Sat.		
1	02 Feb.	05 Feb.	Endurance	
2	09 Feb.	12 Feb.	Endurance	
3	16 Feb.	19 Feb.	Mixed	Wed. 16 <sup>th</sup> - Speed endurance test
4	23 Feb.	26 Feb.	Endurance	Sat. 26 <sup>th</sup> - Stormers' TT
5	02 Mar.	05 Mar.	Endurance	
6	09 Mar.	12 Mar.	Mixed	Wed. 9 <sup>th</sup> - Stroke efficiency test
7	16 Mar.	19 Mar.	Endurance	
8	23 Mar.	26 Mar.	Mixed	
9	30 Mar.	02 Apr.	Endurance	
10	06 Apr.	09 Apr.	Mixed	Wed. 6 <sup>th</sup> - Speed endurance test
11	13 Apr.	16 Apr.	Quality	Sat. 16 <sup>th</sup> - Mini Tri. (incl. 400m TT)
12	20 Apr.	23 Apr.	Endurance	
13	27 Apr.	30 Apr.	Mixed	Sat. 30 <sup>th</sup> - Stormers' TT
14	04 May	07 May	Endurance	
15	11 May	14 May	Quality	Wed. 11 <sup>th</sup> - Stroke efficiency test
16	18 May	21 May	Mixed	
17	25 May	28 May	Endurance	

## Key to Training Zones

Zone	Training Intensity	Endurance	Mixed	Quality
1	Aerobic recovery/maintenance/development (slow/steady pace; longer sets; short rests)	✓✓	✓	x
2	Anaerobic threshold; High-perf. endurance (critical speed; swim:rest ratio ~ 4:1)	✓	✓✓	✓
3	VO <sub>2</sub> max; Anaerobic; Sprint (short fast bursts; longer rests/recovery)	x	✓	✓✓