The following is a glossary to help you complete the Four Year Plan for your Train to Compete (T2C) level swimmer.

**Year**: In the first column provide as much of your “Current Real Data” for each line in the template. Once completed you will identify the current season dates and the following 3 season in your quadrennial plan. For example, the first column would be 2011-12, the second column 2012-13, the third 2013-14 and the final column 2014-15.

### Swimmer Information
- **Age**
- **Competitive Swimming Experience (Yrs)**: Competitive experience starting from Train to Train and higher
- **LTAD Stage**: stage at the 1st year of the 4-year plan

### Performance Goals (Top 3 Events)
this is only for Peak Long Course competitions:
- **Event 1, 2 and 3 – Best Time**: Currently the best time your swimmer has for the event
- **Event 1, 2 and 3 – Season Goal Time (LC*)**: Your goal time for the given season
- **Event 1, 2 and 3 – Goal Split Times**: The most significant splits that also represent your race strategy
  *Note: Varsity coaches who only have a SCM season will indicate their goal times in SC.

### Peak Competition:
This is determined by your knowledge of your athlete and stage of their National/International Position/Rank. For example a rookie will peak at trials. List each Peak Competition that matches your Quadrennial Plan goal for your swimmer’s best event. **Note:** It is advisable to analyze results at the end of each annual plan. With that done, you may adjust your quadrennial performance goals.

### Training Plan Objectives:
These objectives change as your athlete grows and matures. Indicate how the three key athletic abilities change, for the best event.
- **Key Athletic Abilities Training Focus**: List your athletic abilities from 1st to 3rd priority.

### Yearly Training Plan Overview:
State what structure your Yearly Training Plan will adhere:
- **Periodization (Single, Double, Multi)**: By following the Swimming Canada LTAD guidelines you will know when to change from single to double and then utilize the High Performance periodization structures.
- **Total Competition Days**: The number of competition days. For example you may be at a 5 day Championship Meet and have 3 scheduled events, but you count 5 days because you are out of the training phase.
- **Training Weeks**: Are all of the weeks inside the Periods for both Preparation and Competition. This total is the number of weeks not allocated to regeneration/transition.
• **Regeneration/Transition Weeks:** Are represented on each Yearly Training Plan as the balance of the weeks, that when added to the Training weeks (Preparation and Competition periods) equal 52.

**Yearly Training Plan Details**

• **Weekly Practices (Water + Dryland):** A combo practice of both wet and dryland is counted in your total of water practices

• **Weekly Dryland Practices:** All stand-alone and combo practices with water are each counted as one Dry land.

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• **Physical Preparation (Water + Dryland), Hrs:** Based upon the Total of both the General and Specific exercise hours

• **General Exercises (Water + Dryland), Hrs:** For example cross training, rowing, gymnastics, athletics, games, mountain biking etc.

• **Specific Exercises + Competition Activity + Technique, Hrs** – For example swimming activities on land (e.g. swim bench and cords etc....) in the water with sets for athletic ability development and the use of swim equipment (e.g. paddles), plus technique drills and measurement

• **Mental Preparation, Hours** - This planning is out of the water and will include classroom hours for such aspects as goal setting, visualization, motivation and counseling etc. It is understood that coaches integrate mental aspects into the daily practice programs, but do not quantify.

• **Theoretical Preparation, Hours** Specialized lessons in a classroom setting designed for swimmers targeting specific categories associated with the sport of swimming.

**Training Emphasis**

• **Total Volume, Water (KM)** total load in the water for Zones I-V.

• **Volume Zone I - Water (KM)** – Very important aspect of preparation for Zones II-V.
  E.g. warm-up, warm down and some drills.

• **Volume Zones II-V Inclusive - Water (KM)**: These hours contribute to the training and development of the athletic abilities