



RETURN TO TRAINING IDEAS AND PLANNING

CATEGORY	1ST MICRO-CYCLE	2ND MICRO-CYCLE	3RD MICRO-CYCLE
Length of phase	2-3 weeks – This may be longer depending on progress made on overall Physical Distancing guidelines in each region	2-3 weeks - This may vary depending on progress made on overall Physical Distancing guidelines in each region	2-3 weeks - This may vary depending on progress made on overall Physical Distancing guidelines in each region
Session Frequency	3-6 session per week	5-7 sessions per week	7-9 sessions per week
Session Length	75-90 minutes per session	90-120 minute session	90-120 minute sessions
Aerobic	Build overall volume	Establish main aerobic set plan progressions for the season	Monitor and measure key set parameters while towards Full Training Micro-cycle
	Build length of reps, sets and intensity	Continue building length of reps, sets and intensity	Build intensity and decrease rest intervals towards final set goals
	7x200 Step Test	Finish cycle at set goal volume – use 7x200 Step test to measure training improvements	Test - Race Pace designed set and evaluate. Use data to determine set demands for Micro-cycle 4 - return to full training
Technical	Establish proper technique & stroke efficiency using SC	Monitor technique while increasing stress on set demand through intensity, rest and SC	Continue building stress on set demand through intensity, rest and SC towards race goals
	Build IM and #1 stroke volume as well as Freestyle	Maintain use of multiple strokes	Begin focusing more on athlete's target event strokes
	Establish a technical feedback process using on deck feedback and shared video footage	Continue to monitor and improve stroke technique	Develop stroke efficiency at higher set demands approaching race goals
	10x50 Free and #1 Stroke SC + Time measure	16-20x 50 Free and #1 stroke SC + time measure – increase set volume and lower SC + time numbers	16-20 50s as before monitoring technique through increasing set demands of intensity and rest
General	Establish kicking base similar to aerobic build-up	Use 400 Kick times from Phase 1 to determine set demands in phase 2. Continue building set volume and intensity	Use 8x100 Kick Test results to determine set demands in Phase 3. Introduce Kick – Swim – Kick sets.
	400 Timed Kick	10x100 Kick test on 15 Rest	15x100 Kick – Max effort on 15 Rest – 100 Kick Speed Test
	Establish pulling base similar to aerobic build-up - use breathing restriction in development plan	Build volume and intensity while maintaining SC demand – increase restricted	Increase intensity and decrease rest through the phase. Monitor SC



		breathing demand through the phase	
	10x50 Pull 10 Rest SC + time measure	800 Timed Free Pull 10x50 10 Rest #1 stroke SC + time	15x100 Pull Breathing - 3 BA on 15 Rest
Power	Once to twice per week	2-3 times per week	3-5 times per week
	Small set volume, short reps	Build set volumes and rep length	Build to full program Micro-cycle set volumes, set reps
	Light to medium level of equipment	Increase loads where appropriate	Full equipment loads
Speed	Introduce short reps with sub-max speed demand and monitor technique and SC	Build frequency slightly. Increase intensity slightly but maintain sub-max demand.	Build frequency to full programming levels. Increase intensity to max efforts and monitor technique and SC
Race Skills	Program start, turn and underwater kicking development work	Identify key areas for improvement. Develop drills to address individual needs	Continue with individual technical improvement and begin measuring efficiency by timing
	Include race skills in every session	Include race skills on a daily basis	Include race skills on a daily basis
	Develop an underwater kicking strategy and demand and progression plan	Increase underwater kicking demands through # of kicks, increased intensity, decrease of rest and approach race goal # of kicks	Maintain underwater kicking demands and begin monitoring speed through timing
	400 aerobic test with underwater kick measure	8x100 at demand level that stresses current targets based on phase 1	Race pace structured sets and Pace +? With race goal skills
Pre-pool	Establish an activation plan progression for the season	3 times per week	Daily dryland demand
	Program initial phase activation details	Appropriate demand for the phase and meeting all safety guideline in the facility	Build physical demand and focus on individual needs more that Micro-cycle 2
	Include appropriate shoulder injury prevention content - Remember athletes are returning from the longest period of time off in years	Build content to include prevention work as required on an individual basis	Continue building content and load to include prevention work as required on an individual basis
	Consider adding in cords/swim bench type training as an important part of the program if you are not doing so	Build the numbers of repetitions and begin measuring sets with time/# of reps	Establish high demand sets measure by time/# of reps
Dry-land Training	2 X per week	3 times per week	Daily dryland demand



	Maintain any at home dryland training until your facility is completely open and safe	Maintain any at home dryland training until your facility is completely open and safe	Maintain any at home dryland training until your facility is completely open and safe
	Introduce dryland training at the facility as it progresses away from Physical distancing demands	Progress from home sessions to facility as allowed	Continue to progress training load in preparation to Micro-cycle 4 – return to full training load
	Consider adding in cords/swim bench type training as an important part of the program if you are not doing so	Build the numbers of repetitions and begin measuring sets with time/# of reps	Establish high demand sets measure by time/# of reps