



# Principles of Planning

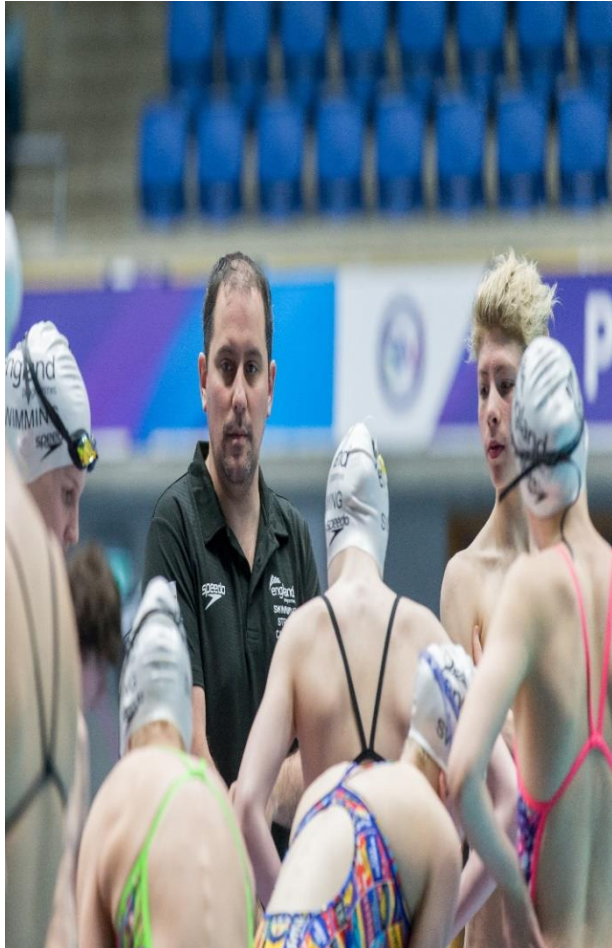
F.P.Furniss



# Learning Outcomes

- **Understand the principals in why Planning and Periodization is important to deliver successful performances**
- **Understand the concept of Macro/ Meso and Micro cycle planning**
- **Be able to construct a basic Meso cycle for you club/squad**
- **Be able to construct a basic set to monitor your athletes fitness**

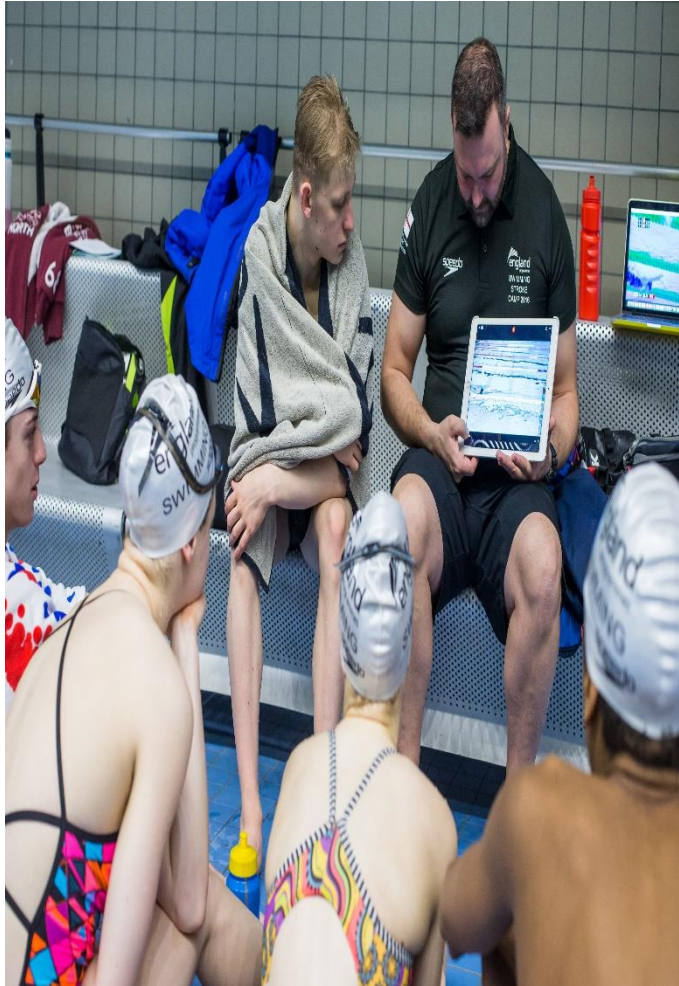
# Why do we need to plan ?



- Makes the progression to the next level easier
- Ensure that we are providing the correct amounts of intensity/skill/efficiency at the appropriate times
- Makes us aware that swimmers develop at different rates
- Early years formative training (broad range of outcomes, all round ability). Later years specific phase (target outcomes, event specific)
- Excellent form of communication, builds strong relationships with swimmers
- Makes swimmers aware of training needs
- Allows swimmers to take ownership, with a plan they understand the requirements of the season
- A well organised programme will provide the assurance and stability



# What We Must Do



- Plan to the needs/ability/ development age of the swimmers.
- Biological - Chronological
- **With young age group swimmers do not copy or use the sessions and cycles of senior swimmers.**
- Plan for the future, with age group swimmers, provide balanced work programmes that will allow the correct stages of development to take place
- Emphasise the basic principles of aerobic conditioning/technique/speed
- Correct training zones relating to swimmers age. Skill, efficiency and recovery in youngsters is paramount.
- Tough swimming is I/M based A2 A3 intensity in training.
- Teach tactical awareness holding efficiency

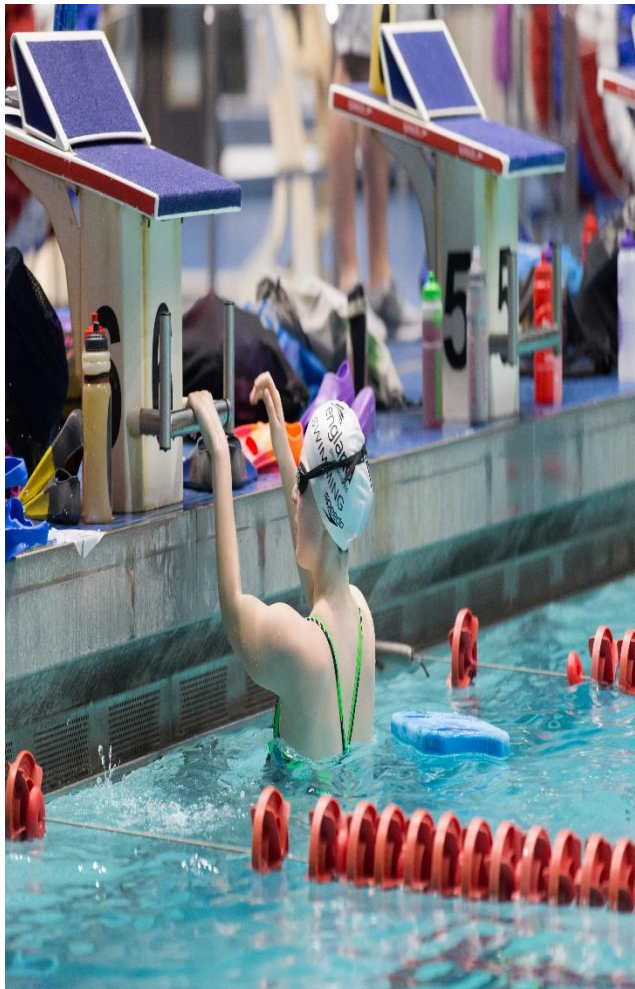
# Planning Will Provide

- Focus
- Pattern & Structure
- The opportunity to set realistic Goals
- Enhances Programme Delivery
- Allows for Identifying Weaknesses and Strengthening them
- Provides an attention to detail
- Provides the opportunity to improve performance





# Developing Your Planning Skills



- Planning is one of the key elements of effective coaching, it is a skill you have to develop.
- Allow yourself **reflection** on you planning, **learn from mistakes**
- Planning the Annual cycle should include all the ingredients that will contribute to a successful targeted performance.



**Activity** – What Important Aspects Do  
You Think Should Be Included When  
Designing Your Annual Plan ?

(5 – 10 Mins)

# Planning Essential Aspects

- To plan effectively it is essential that you develop your knowledge of the energy systems utilised in training and competition.
- You have to understand its all about working the right systems at the right time.
- Use the correct system that a young swimmer can physically deal with
- The energy systems concentrated on for a Senior swimmer will differ to the ones that an age group swimmer will focus on.
- This will be event driven the older the swimmer gets.
- Different age / different outcomes in relation to energy systems I/E working at A2 Level maintenance will feel harder for a age grouper in relation to perceived effort than it will for a senior athlete.
- You would envisage more technically competent and physically stronger athlete would handle this better than a small under developed age grouper.



## BRITISH SWIMMING TRAINING CLASSIFICATION

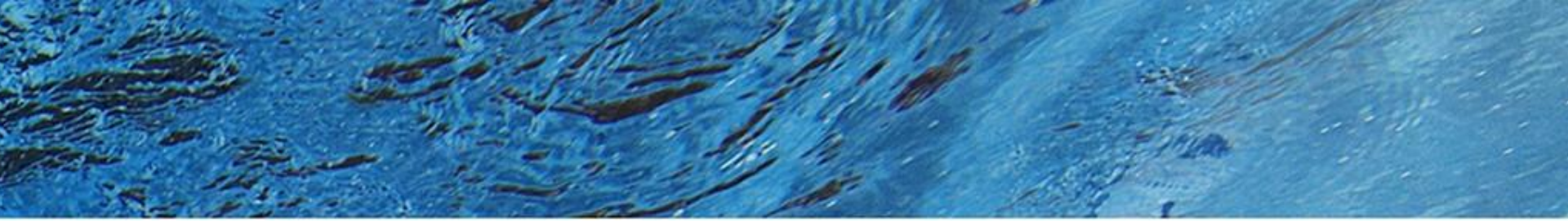
### Description and Training Intensity Measurements

| Training Zones | Name                       | Description  | HR (bpm) | LA <sup>4</sup> (mM) | RPE     |
|----------------|----------------------------|--|----------|----------------------|---------|
| Zone 1         | A1                         | <b>Aerobic Low Intensity</b><br>Base conditioning and technical training; warm-up and warm-down<br><i>Predominantly Fat Metabolism; largely slow-twitch fiber recruitment</i>  | >50      | < 2                  | <9      |
|                | A2                         | <b>Aerobic Maintenance/ Development</b><br>Base aerobic training<br><i>Improves cardio-respiratory system; enhances Lactate Removal</i>  | 40 - 50  | 2 - 4                | 10 - 12 |
| Zone 2         | AT                         | <b>Anaerobic Threshold</b><br>Maximal Lactate Steady State where Lactate production = Lactate removal<br><i>Optimal intensity for development of aerobic capacity</i>  | 20 - 30  | 3 - 6                | 14 - 15 |
| Zone 3         | V <sub>O<sub>2</sub></sub> | <b>Aerobic Overload</b><br>High intensity work at approximately VO <sub>2max</sub><br>This type of training includes Heart Rate and Vcrit sets<br><i>Improves VO<sub>2max</sub> and aerobic power</i>                | 5 - 20   | 6 - 12               | 17 - 19 |
| Zone 4         | LP                         | <b>Lactate Production</b><br>Training intensity results in the maximal speed of lactate build up<br>This type of training includes Race Pace training<br><i>Enhances rate of glycolytic energy production</i>        | 5 - 15   | 8 - 15               | 17 - 19 |
|                | LT                         | <b>Lactate Tolerance</b><br>High intensity work with medium rest to improve buffering<br><i>Developing the ability to tolerate lactate/ acidity in the muscle</i>  | 0 - 10   | 12 - 20              | 19 - 20 |
| Zone 5         | Speed                      | <b>Sprinting – ATP-PC</b><br>High intensity, short duration, long rest repeats<br><i>Designed to improve alactic energy production (ATP-PC), neuromuscular coordination and fast-twitch muscle fiber recruitment</i> | N/A      | N/A                  | N/A     |

# Age Group to Senior

- A Senior swimmer will predominately focus on the energy systems used in relation to their event
- Age groupers will work more of an aerobic plan that incorporates over distance type training, 4 stroke development and skills





# Periodisation

# Periodisation

- What is Periodisation ?, where does it fit into the planning of the swimming year.
- Periodisation is when we divide the annual plan into more manageable parts.
- These parts are called Macro, Meso and Micro cycles.
- Lets look at these in more detail



# Periodization Cycles

- ❑ A Periodized training program is divided into a number of different specific time periods; each with specific training goals and training emphasis

**Macrocycle** – entire training period; typically one year but may last from months to 4 years

**Mesocycle** – lasts several weeks to months, depending on the goals of training and/or number of competitions within period

**Microcycle** – typically 1 week long, possibly up to 4 weeks; focuses on daily and weekly training variations



# Periodisation

- **Most major Swim programmes work on 4 year cycle**
- **Annual Cycle—1 Year period**
- **Macro Cycle—The Annual Cycle broken into three year periods of 15—20 weeks**
- **Meso Cycle—2—8 week periods**
- **Micro Cycle—1 week period**





# Macro Cycle

- **Macro Cycle—aim to finish with competition or time trial**
- **Provides an opportunity for the swimmer to achieve his performance goal for that cycle.**
- **Macro Cycle will assist coaches to plan test sets, strength & conditioning, and the different types of training over the 15—20 week period**
- **Allows the opportunity to decide on the annual competition plan and target events as a progression to the major meet**



# Annual Plan

- **Macro Cycle 1- Sept to Dec**  
(Target Meet SC)
- **Macro Cycle 2- Jan to April**  
(Target Meet Trials or Regional)
- **Macro Cycle 3- May to August**  
(Target Meet Major Games or Nationals)





# Meso Cycle

- **Many Ways to periodise Meso Cycles, this will depend on the duration of the Meso cycle and the objective of developing or improving a specific aspect of fitness, or a progression in terms of repeats and intensity**
- **Meso Cycles can range between 2—8 weeks in duration**
- **The key aspect is progression that these smaller blocks of work contribute to in the success of the Macro Cycle**
- **Need to consider—swimmer ability, experience, age, events, individual training needs**
- **Have the ability to review, could be an idea to randomly change to ‘freshen’ up the training week**

# Example Meso Cycle Planning Youth /Senior

| Meso Cycle       | Emphasis              | Weeks   |
|------------------|-----------------------|---------|
| Meso Cycle One   | Aerobic Phase         | 6 weeks |
| Meso Cycle Two   | Anaerobic Phase       | 4 weeks |
| Meso Cycle Three | Race Pace Preparation | 3 weeks |
| Meso Cycle Four  | Comp /Taper Phase     | 3 weeks |
|                  |                       |         |



# Example Meso Cycle Content

## Age -Grouper

- Sept – Dec – Technique Single Stroke and I/M progressive from 50-200, aim to progressive increase the distance of hard repeats
- Jan –March – Single stroke Focus and I/M switch work, teach efficiency on this and Tactical awareness
- Mar –onwards – More full swim I/M have the ability to progress to required main set distances under pressure IE progress from 10x100 to 10x200 I/M turn round times dependent on ability

# Meso Cycle Planning Very Young Age Groupers

- If you are dealing with very young age groupers 8 – 10 year olds doing say 3-4 sessions weekly
- Progress the strokes and skill objectives through the week with recap on previous work.
- Do this over a 4 – 6 week period



# Micro Cycles

- **Normally 1 week in length**
- **Breakdown into workouts—Very individual to your programme**
- **Provide the correct balance between intensity and rest**
- **Decide when and where Land conditioning will be integrated**
- **Weekly cycle content will change through the year (Early season to later in the season)**
- **Coaches Philosophy, methods and style, athletes events, experience etc**

# Typical weekly cycle plan Age to Youth

| Monday            | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   | Sunday                |
|-------------------|--|---|--|--|--|-----------------------|
| A.M session       | A.M session  | A.M session   | A.M session  | A.M session  | A.M session  | A.M session           |
| Aerobic skill set | Aerobic recovery<br>(sometimes session off<br>depending on week of<br>cycle) | No session (recovery)   | Recovery set:<br>high skill level,<br>minimum speed work | Kick set:<br>Endurance kick sets<br>with some speed in<br>middle | Speed sets (short bursts)<br>Endurance skills sets | No session (recovery) |
| P.M session       | P.M session  | P.M session   | P.M session  | P.M session  | P.M session  | P.M session           |
| Heart rate set    | Lactate set or speed set<br>(alternate weekly)                               | 1 <sup>st</sup> half of session<br>aerobic set<br>2 <sup>nd</sup> half of session<br>critical speed set | Aerobic endurance set                                    | Back end speed sets or<br>stroke rate sets                       | No session (recovery)                              | No session (recovery) |



# Example Micro Cycle – Youth/Senior

## WEEKLY TRAINING LVSC PERFORMANCE

Coach's Name:

Fred Furniss

Support Staff:

Week Commencing:

29/08/2011

Week 1-4

|                           | Monday                                     | Tuesday   | Wednesday                               | Thursday                                      | Friday                         | Saturday           | Sunday   |
|---------------------------|--|---|---|---|--------------------------------|--------------------|----------|
| Session emphasis & Volume | A1 Fr Long Swims<br>Quality Kick HVOS x 10 | A1/2IM Speed Kick<br>Drills/Skills HVO<br>Finishes x6 | Off                                     | Off   | A1 Fr and IM/Starts<br>HVOS x6 | No 1 Threshold Set | Off      |
| AM metres                 |  |   | 0                                       | 0   | 0                              | 0                  | 0        |
| Session emphasis & Volume | No 1 Short Race Pace                       | Descend To Thresh Set<br>Pace - Turns                 | Fr/IM Descend To<br>Threshold/1200 Kick | A1 Recovery/Des Kick/Mix<br>IM Work And Skill | MVO2 Test Set                  | Off                | Off      |
| PM metres                 | 0  | 0   | 0                                       | 0   | 0                              | 0                  | 0        |
| DAILY TOTAL               | 0  | 0   | 0                                       | 0   | 0                              | 0                  | 0        |
| TOTAL WEEKLY METRES:      |  |   |   |   |                                |                    | 25-30000 |

### WEEKLY SUMMARY OF METRES AT EACH TRAINING INTENSITY

| Type of Work | Total Metres Swum | % of Total Metres |
|--------------|-------------------|-------------------|
| Race Speed   | 1000              |                   |
| Aerobic      |                   |                   |
| Race Pace    | 8000              |                   |

### COMPETITIONS

|                    | Heats    | Semis    | Finals   |
|--------------------|----------|----------|----------|
|                    | 3% of PB | 2% of PB | 1% of PB |
| No. races swum     |          |          |          |
| No. Within % of PB |          |          |          |

F.P.Furniss

7000 Long Course

6500 Short Course

# Example Micro Cycle Youth/Senior

## WEEKLY TRAINING LVSC PERFORMANCE

Coach's Name:

Fred Furniss

Support Staff:

Week Commencing:

19/03/2011 Week 30-49

|                           | Monday  | Tuesday  | Wednesday  | Thursday             | Friday   | Saturday   | Sunday |
|---------------------------|---|--|--|----------------------|--|--|--------|
| Session emphasis & Volume | A2 Set Fc/No1 50BBM<br>(Set Duration 3.0K)  | A2 Set 50BBM/Skill Set<br>(Turns)                          | Off  | Off                  | Descend To Threshold<br>With Race Pace Set<br>(Move to Pace Set Later In<br>Cycle) | VO2 Max Set/Max Kick<br>Set(Change Emphasis<br>Later In Cycle) | Off    |
| AM metres                 | 7000  | 6500   | 0  | 0                    | 7000   | 6500   | 0      |
| Session emphasis & Volume | Heart Rate Set Eg 30x100<br>@ 1.40 (Work 2 on 1 off/1<br>on 2 off later in Cycle) | Threshold Set(30BBM)<br>Split Between Dist/Mid<br>Distance | Lactate Production/Lactate<br>Tolerance Later In Cycle | Recovery/Skill/Speed | Recovery A1/2 (Starts)   | Off  | Off    |
| PM metres                 | 6500  | 7000   | 6000   | 4500                 | 6500   | 0  | 0      |
| DAILY TOTAL               | 13500   | 13500  | 6000   | 4500                 | 13500  | 6500   | 0      |

TOTAL WEEKLY METRES: 57500

### WEEKLY SUMMARY OF METRES AT EACH TRAINING INTENSITY

| Type of Work | Total Metres Swum | % of Total Metres |
|--------------|-------------------|-------------------|
| Race Speed   | 1000              | 1.74              |
| Aerobic      | 48500             | 84.35             |
| Race Pace    | 8000              | 13.91             |

### COMPETITIONS

|                    | Heats    | Semis    | Finals   |
|--------------------|----------|----------|----------|
|                    | 3% of PB | 2% of PB | 1% of PB |
| No. races swum     |          |          |          |
| No. Within % of PB |          |          |          |

F.P. 7000 Long Course

6500 Short Course

# Age And Cycles

- Age should have an effect on the number of cycles you do in your annual plan.

## Suggested

8 to 11 yrs    8x6 week (rotate strokes)

11 to 13 yrs    2x24 week cycles

13 to Youth    3x16 or 4x12 (or near)

**The main point is to cover the required work at a specific time**



# Taper And Age Group Swimmers

- Fewer sessions at this age, less the need to taper
- Development stage of the age grouper focus on technical efficiency which lacks the maximal stressing of muscles and the cardio system in most of their sessions.
- At this age meters should be kept fairly high, this can be achieved by long warm ups and swim downs with stroke efficient recovery swims between shorter intensity sets.
- This age important to retain focus and concentration, excessive rest periods leads to boredom and distraction, key objective is to maintain the mental approach to competition.
- Sleep is an important aspect at this age.

# Taper And Age Group Swimmers

- True physical taper is not required, muscle mass at this age is not large enough, in comparison to Youth/ Senior swimmers.
- Total time in the water through a typical training week is up to 50% less than their Youth/ Senior counterparts who will be training both AM/PM, the total metres output each hour (density ) is also considerably less,
- Age group swimmers should maintain aerobic work up to 2/3 days prior to the target meet then reduce by 25-50%
- Intensive anaerobic swims of 50metres and longer should not be increased in the immediate days before the target meet, this will excessively tire age group swimmers.(best performance will be left in the training pool)
- Race Pace work should be conducted as a teaching strategy, a moderate amount of alactic sprints (less than 25 metres) can also be done with out adverse effect

# Competition

- Develop the correct thought process in the individual prior and during competition
- Goals and targets should be process driven
- Warm Up ( Importance in this )
- Performance heats – Semi – Finals mentality
- Swim a range of events
- Swim down protocols ( Habit/routine/ importance of this)

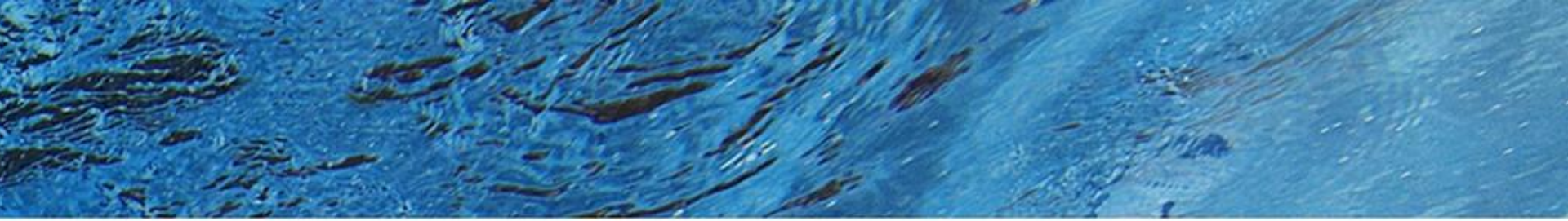


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## Activity – Have A Go At Planning Your Season, What Do You Include

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# Planning for a season STEP BY STEP



# **Start With A Blank Planning Sheet**



Planning for the Season - Step by Step

| DATES         | MONTH           | SEPT  |        |        |        | OCT   |        |        |        | NOV    |       |        |        | DEC    |       |        |        | JAN    |       |       |        | FEB    |        |       |        | MAR    |        |       |        | APR    |        |       |        | MAY    |        |       |       | JUNE   |        |        |       | JUL    |        |        |       | AUG    |        |        |        |       |        |        |        |
|---------------|-----------------|-------|--------|--------|--------|-------|--------|--------|--------|--------|-------|--------|--------|--------|-------|--------|--------|--------|-------|-------|--------|--------|--------|-------|--------|--------|--------|-------|--------|--------|--------|-------|--------|--------|--------|-------|-------|--------|--------|--------|-------|--------|--------|--------|-------|--------|--------|--------|--------|-------|--------|--------|--------|
|               | MICRO           | 1     | 2      | 3      | 4      | 5     | 6      | 7      | 8      | 9      | 10    | 11     | 12     | 13     | 14    | 15     | 16     | 17     | 18    | 19    | 20     | 21     | 22     | 23    | 24     | 25     | 26     | 27    | 28     | 29     | 30     | 31    | 32     | 33     | 34     | 35    | 36    | 37     | 38     | 39     | 40    | 41     | 42     | 43     | 44    | 45     | 46     | 47     | 48     | 49    | 50     | 51     | 52     |
|               | WEEK COMMENCING | 5-Sep | 12-Sep | 19-Sep | 26-Sep | 3-Oct | 10-Oct | 17-Oct | 24-Oct | 31-Oct | 7-Nov | 14-Nov | 21-Nov | 28-Nov | 5-Dec | 12-Dec | 19-Dec | 26-Dec | 2-Jan | 9-Jan | 16-Jan | 23-Jan | 30-Jan | 6-Feb | 13-Feb | 20-Feb | 27-Feb | 6-Mar | 13-Mar | 20-Mar | 27-Mar | 3-Apr | 10-Apr | 17-Apr | 24-Apr | 1-May | 8-May | 15-May | 22-May | 29-May | 5-Jun | 12-Jun | 19-Jun | 26-Jun | 3-Jul | 10-Jul | 17-Jul | 24-Jul | 31-Jul | 7-Aug | 14-Aug | 21-Aug | 28-Aug |
| COMPETITIONS  | MAJOR           |       |        |        |        |       |        |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |        |       |        |        |        |
|               | NATIONAL        |       |        |        |        |       |        |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |        |       |        |        |        |
|               | EVENT           |       |        |        |        |       |        |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |        |       |        |        |        |
| PERIODISATION | Macro           |       |        |        |        |       |        |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |        |       |        |        |        |
|               | Training Phase  |       |        |        |        |       |        |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |        |       |        |        |        |
|               | Strength        |       |        |        |        |       |        |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |        |       |        |        |        |
|               | Endurance       |       |        |        |        |       |        |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |        |       |        |        |        |
|               | Speed           |       |        |        |        |       |        |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |        |       |        |        |        |
| TESTING       | Step Test       |       |        |        |        |       |        |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |        |       |        |        |        |
|               | 20 x 100m       |       |        |        |        |       |        |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |        |       |        |        |        |
| VOLUME        | 70              |       |        |        |        |       |        |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |        |       |        |        |        |
|               | 60              |       |        |        |        |       |        |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |        |       |        |        |        |
|               | 50              |       |        |        |        |       |        |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |        |       |        |        |        |
|               | 40              |       |        |        |        |       |        |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |        |       |        |        |        |
|               | 30              |       |        |        |        |       |        |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |        |       |        |        |        |
|               | 20              |       |        |        |        |       |        |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |        |       |        |        |        |
|               | 10              |       |        |        |        |       |        |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |       |        |        |        |       |       |        |        |        |       |        |        |        |       |        |        |        |        |       |        |        |        |

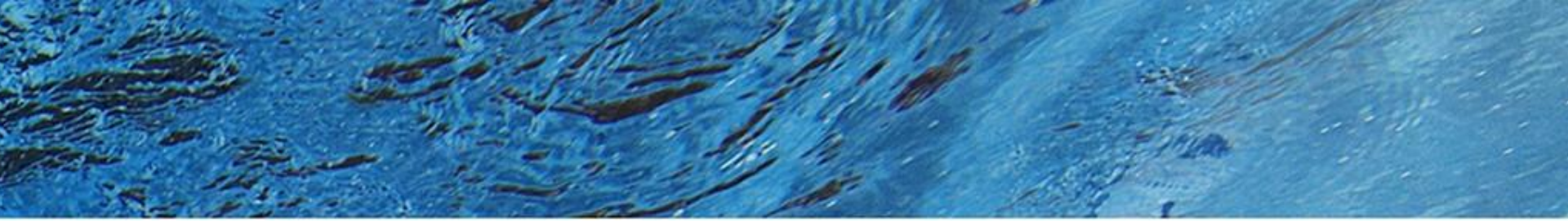
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# **Add your key dates**

Planning for the Season - Step by Step

| DATES         | MONTH           | SEPT  |        |        |        | OCT   |        |                          |        | NOV    |       |        |        | DEC    |       |                           |        | JAN    |       |       |        | FEB                  |        |       |        | MAR                  |        |       |        | APR    |        |                                     |        | MAY    |        |       |       | JUNE   |        |        |                     | JUL    |        |        |       | AUG    |        |                         |        |       |        |        |        |
|---------------|-----------------|-------|--------|--------|--------|-------|--------|--------------------------|--------|--------|-------|--------|--------|--------|-------|---------------------------|--------|--------|-------|-------|--------|----------------------|--------|-------|--------|----------------------|--------|-------|--------|--------|--------|-------------------------------------|--------|--------|--------|-------|-------|--------|--------|--------|---------------------|--------|--------|--------|-------|--------|--------|-------------------------|--------|-------|--------|--------|--------|
|               | MICRO           | 1     | 2      | 3      | 4      | 5     | 6      | 7                        | 8      | 9      | 10    | 11     | 12     | 13     | 14    | 15                        | 16     | 17     | 18    | 19    | 20     | 21                   | 22     | 23    | 24     | 25                   | 26     | 27    | 28     | 29     | 30     | 31                                  | 32     | 33     | 34     | 35    | 36    | 37     | 38     | 39     | 40                  | 41     | 42     | 43     | 44    | 45     | 46     | 47                      | 48     | 49    | 50     | 51     | 52     |
|               | WEEK COMMENCING | 5-Sep | 12-Sep | 19-Sep | 26-Sep | 3-Oct | 10-Oct | 17-Oct                   | 24-Oct | 31-Oct | 7-Nov | 14-Nov | 21-Nov | 28-Nov | 5-Dec | 12-Dec                    | 19-Dec | 26-Dec | 2-Jan | 9-Jan | 16-Jan | 23-Jan               | 30-Jan | 6-Feb | 13-Feb | 20-Feb               | 27-Feb | 6-Mar | 13-Mar | 20-Mar | 27-Mar | 3-Apr                               | 10-Apr | 17-Apr | 24-Apr | 1-May | 8-May | 15-May | 22-May | 29-May | 5-Jun               | 12-Jun | 19-Jun | 26-Jun | 3-Jul | 10-Jul | 17-Jul | 24-Jul                  | 31-Jul | 7-Aug | 14-Aug | 21-Aug | 28-Aug |
| COMPETITIONS  | NATIONAL        |       |        |        |        |       |        |                          |        |        |       |        |        |        |       |                           |        |        |       |       |        |                      |        |       |        |                      |        |       |        |        |        |                                     |        |        |        |       |       |        |        |        |                     |        |        |        |       |        |        |                         |        |       |        |        |        |
|               | LOCAL           |       |        |        |        |       |        |                          |        |        |       |        |        |        |       |                           |        |        |       |       |        |                      |        |       |        |                      |        |       |        |        |        |                                     |        |        |        |       |       |        |        |        |                     |        |        |        |       |        |        |                         |        |       |        |        |        |
|               | EVENT           |       |        |        |        |       |        | Inter County Competition |        |        |       |        |        |        |       | Scottish Winter Open Meet |        |        |       |       |        | County Championships |        |       |        | County Championships |        |       |        |        |        | British Trials (EVOD Qualification) |        |        |        |       |       |        |        |        | Regional Age Groups |        |        |        |       |        |        | ASA National Age Groups |        |       |        |        |        |
| PERIODISATION | Macro           |       |        |        |        |       |        |                          |        |        |       |        |        |        |       |                           |        |        |       |       |        |                      |        |       |        |                      |        |       |        |        |        |                                     |        |        |        |       |       |        |        |        |                     |        |        |        |       |        |        |                         |        |       |        |        |        |
|               | Training Phase  |       |        |        |        |       |        |                          |        |        |       |        |        |        |       |                           |        |        |       |       |        |                      |        |       |        |                      |        |       |        |        |        |                                     |        |        |        |       |       |        |        |        |                     |        |        |        |       |        |        |                         |        |       |        |        |        |
|               | Strength        |       |        |        |        |       |        |                          |        |        |       |        |        |        |       |                           |        |        |       |       |        |                      |        |       |        |                      |        |       |        |        |        |                                     |        |        |        |       |       |        |        |        |                     |        |        |        |       |        |        |                         |        |       |        |        |        |
|               | Endurance       |       |        |        |        |       |        |                          |        |        |       |        |        |        |       |                           |        |        |       |       |        |                      |        |       |        |                      |        |       |        |        |        |                                     |        |        |        |       |       |        |        |        |                     |        |        |        |       |        |        |                         |        |       |        |        |        |
|               | Speed           |       |        |        |        |       |        |                          |        |        |       |        |        |        |       |                           |        |        |       |       |        |                      |        |       |        |                      |        |       |        |        |        |                                     |        |        |        |       |       |        |        |        |                     |        |        |        |       |        |        |                         |        |       |        |        |        |
| TESTING       | Step Test       |       |        |        |        |       |        |                          |        |        |       |        |        |        |       |                           |        |        |       |       |        |                      |        |       |        |                      |        |       |        |        |        |                                     |        |        |        |       |       |        |        |        |                     |        |        |        |       |        |        |                         |        |       |        |        |        |
|               | 20 x 100m       |       |        |        |        |       |        |                          |        |        |       |        |        |        |       |                           |        |        |       |       |        |                      |        |       |        |                      |        |       |        |        |        |                                     |        |        |        |       |       |        |        |        |                     |        |        |        |       |        |        |                         |        |       |        |        |        |
| VOLUME        | 70              |       |        |        |        |       |        |                          |        |        |       |        |        |        |       |                           |        |        |       |       |        |                      |        |       |        |                      |        |       |        |        |        |                                     |        |        |        |       |       |        |        |        |                     |        |        |        |       |        |        |                         |        |       |        |        |        |
|               | 60              |       |        |        |        |       |        |                          |        |        |       |        |        |        |       |                           |        |        |       |       |        |                      |        |       |        |                      |        |       |        |        |        |                                     |        |        |        |       |       |        |        |        |                     |        |        |        |       |        |        |                         |        |       |        |        |        |
|               | 50              |       |        |        |        |       |        |                          |        |        |       |        |        |        |       |                           |        |        |       |       |        |                      |        |       |        |                      |        |       |        |        |        |                                     |        |        |        |       |       |        |        |        |                     |        |        |        |       |        |        |                         |        |       |        |        |        |
|               | 40              |       |        |        |        |       |        |                          |        |        |       |        |        |        |       |                           |        |        |       |       |        |                      |        |       |        |                      |        |       |        |        |        |                                     |        |        |        |       |       |        |        |        |                     |        |        |        |       |        |        |                         |        |       |        |        |        |
|               | 30              |       |        |        |        |       |        |                          |        |        |       |        |        |        |       |                           |        |        |       |       |        |                      |        |       |        |                      |        |       |        |        |        |                                     |        |        |        |       |       |        |        |        |                     |        |        |        |       |        |        |                         |        |       |        |        |        |
|               | 20              |       |        |        |        |       |        |                          |        |        |       |        |        |        |       |                           |        |        |       |       |        |                      |        |       |        |                      |        |       |        |        |        |                                     |        |        |        |       |       |        |        |        |                     |        |        |        |       |        |        |                         |        |       |        |        |        |
|               | 10              |       |        |        |        |       |        |                          |        |        |       |        |        |        |       |                           |        |        |       |       |        |                      |        |       |        |                      |        |       |        |        |        |                                     |        |        |        |       |       |        |        |        |                     |        |        |        |       |        |        |                         |        |       |        |        |        |





# Planning your macro cycles

Planning for the Season - Step by Step

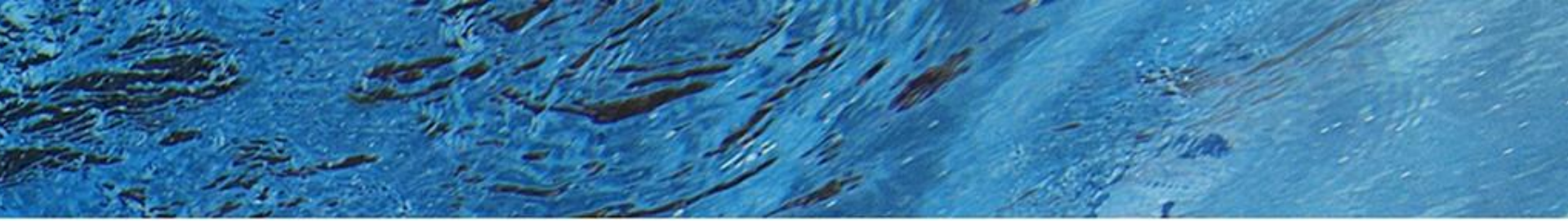
| DATES         | MONTH           | SEPT  |        |        |        | OCT   |        |                          |        | NOV    |       |        |        | DEC    |       |                           |        | JAN    |       |       |                      | FEB    |        |       |        | MAR                  |        |       |        | APR    |        |                                     |        | MAY    |        |       |       | JUNE   |        |                     |       | JUL    |        |        |       | AUG    |        |                         |        |       |        |        |        |
|---------------|-----------------|-------|--------|--------|--------|-------|--------|--------------------------|--------|--------|-------|--------|--------|--------|-------|---------------------------|--------|--------|-------|-------|----------------------|--------|--------|-------|--------|----------------------|--------|-------|--------|--------|--------|-------------------------------------|--------|--------|--------|-------|-------|--------|--------|---------------------|-------|--------|--------|--------|-------|--------|--------|-------------------------|--------|-------|--------|--------|--------|
|               | MICRO           | 1     | 2      | 3      | 4      | 5     | 6      | 7                        | 8      | 9      | 10    | 11     | 12     | 13     | 14    | 15                        | 16     | 17     | 18    | 19    | 20                   | 21     | 22     | 23    | 24     | 25                   | 26     | 27    | 28     | 29     | 30     | 31                                  | 32     | 33     | 34     | 35    | 36    | 37     | 38     | 39                  | 40    | 41     | 42     | 43     | 44    | 45     | 46     | 47                      | 48     | 49    | 50     | 51     | 52     |
|               | WEEK COMMENCING | 5-Sep | 12-Sep | 19-Sep | 26-Sep | 3-Oct | 10-Oct | 17-Oct                   | 24-Oct | 31-Oct | 7-Nov | 14-Nov | 21-Nov | 28-Nov | 5-Dec | 12-Dec                    | 19-Dec | 26-Dec | 2-Jan | 9-Jan | 16-Jan               | 23-Jan | 30-Jan | 6-Feb | 13-Feb | 20-Feb               | 27-Feb | 6-Mar | 13-Mar | 20-Mar | 27-Mar | 3-Apr                               | 10-Apr | 17-Apr | 24-Apr | 1-May | 8-May | 15-May | 22-May | 29-May              | 5-Jun | 12-Jun | 19-Jun | 26-Jun | 3-Jul | 10-Jul | 17-Jul | 24-Jul                  | 31-Jul | 7-Aug | 14-Aug | 21-Aug | 28-Aug |
| COMPETITIONS  | NATIONAL        |       |        |        |        |       |        |                          |        |        |       |        |        |        |       |                           |        |        |       |       |                      |        |        |       |        |                      |        |       |        |        |        |                                     |        |        |        |       |       |        |        |                     |       |        |        |        |       |        |        |                         |        |       |        |        |        |
|               | LOCAL           |       |        |        |        |       |        |                          |        |        |       |        |        |        |       |                           |        |        |       |       |                      |        |        |       |        |                      |        |       |        |        |        |                                     |        |        |        |       |       |        |        |                     |       |        |        |        |       |        |        |                         |        |       |        |        |        |
|               | EVENT           |       |        |        |        |       |        | Inter County Competition |        |        |       |        |        |        |       | Scottish Winter Open Meet |        |        |       |       | County Championships |        |        |       |        | County Championships |        |       |        |        |        | British Trials (EVOD Qualification) |        |        |        |       |       |        |        | Regional Age Groups |       |        |        |        |       |        |        | ASA National Age Groups |        |       |        |        |        |
| PERIODISATION | Macro           | 1     | 2      | 3      | 4      | 5     | 6      | 7                        | 8      | 9      | 10    | 11     | 12     | 13     | 14    | 15                        | T      | 1      | 2     | 3     | 4                    | 5      | 6      | 7     | 8      | 9                    | 10     | 11    | 12     | 13     | 14     | 15                                  | T      | T      | 1      | 2     | 3     | 4      | 5      | 6                   | 7     | 8      | 9      | 10     | 11    | 12     | 13     | 14                      | 15     | R     | R      | T      | T      |
|               | Training Phase  |       |        |        |        |       |        |                          |        |        |       |        |        |        |       |                           |        |        |       |       |                      |        |        |       |        |                      |        |       |        |        |        |                                     |        |        |        |       |       |        |        |                     |       |        |        |        |       |        |        |                         |        |       |        |        |        |
|               | Strength        |       |        |        |        |       |        |                          |        |        |       |        |        |        |       |                           |        |        |       |       |                      |        |        |       |        |                      |        |       |        |        |        |                                     |        |        |        |       |       |        |        |                     |       |        |        |        |       |        |        |                         |        |       |        |        |        |
|               | Endurance       |       |        |        |        |       |        |                          |        |        |       |        |        |        |       |                           |        |        |       |       |                      |        |        |       |        |                      |        |       |        |        |        |                                     |        |        |        |       |       |        |        |                     |       |        |        |        |       |        |        |                         |        |       |        |        |        |
|               | Speed           |       |        |        |        |       |        |                          |        |        |       |        |        |        |       |                           |        |        |       |       |                      |        |        |       |        |                      |        |       |        |        |        |                                     |        |        |        |       |       |        |        |                     |       |        |        |        |       |        |        |                         |        |       |        |        |        |
| TESTING       | Step Test       |       |        |        |        |       |        |                          |        |        |       |        |        |        |       |                           |        |        |       |       |                      |        |        |       |        |                      |        |       |        |        |        |                                     |        |        |        |       |       |        |        |                     |       |        |        |        |       |        |        |                         |        |       |        |        |        |
|               | 20 x 100m       |       |        |        |        |       |        |                          |        |        |       |        |        |        |       |                           |        |        |       |       |                      |        |        |       |        |                      |        |       |        |        |        |                                     |        |        |        |       |       |        |        |                     |       |        |        |        |       |        |        |                         |        |       |        |        |        |
| EVOLVO        | 70              |       |        |        |        |       |        |                          |        |        |       |        |        |        |       |                           |        |        |       |       |                      |        |        |       |        |                      |        |       |        |        |        |                                     |        |        |        |       |       |        |        |                     |       |        |        |        |       |        |        |                         |        |       |        |        |        |
|               | 60              |       |        |        |        |       |        |                          |        |        |       |        |        |        |       |                           |        |        |       |       |                      |        |        |       |        |                      |        |       |        |        |        |                                     |        |        |        |       |       |        |        |                     |       |        |        |        |       |        |        |                         |        |       |        |        |        |
|               | 50              |       |        |        |        |       |        |                          |        |        |       |        |        |        |       |                           |        |        |       |       |                      |        |        |       |        |                      |        |       |        |        |        |                                     |        |        |        |       |       |        |        |                     |       |        |        |        |       |        |        |                         |        |       |        |        |        |
|               | 40              |       |        |        |        |       |        |                          |        |        |       |        |        |        |       |                           |        |        |       |       |                      |        |        |       |        |                      |        |       |        |        |        |                                     |        |        |        |       |       |        |        |                     |       |        |        |        |       |        |        |                         |        |       |        |        |        |
|               | 30              |       |        |        |        |       |        |                          |        |        |       |        |        |        |       |                           |        |        |       |       |                      |        |        |       |        |                      |        |       |        |        |        |                                     |        |        |        |       |       |        |        |                     |       |        |        |        |       |        |        |                         |        |       |        |        |        |
|               | 20              |       |        |        |        |       |        |                          |        |        |       |        |        |        |       |                           |        |        |       |       |                      |        |        |       |        |                      |        |       |        |        |        |                                     |        |        |        |       |       |        |        |                     |       |        |        |        |       |        |        |                         |        |       |        |        |        |
|               | 10              |       |        |        |        |       |        |                          |        |        |       |        |        |        |       |                           |        |        |       |       |                      |        |        |       |        |                      |        |       |        |        |        |                                     |        |        |        |       |       |        |        |                     |       |        |        |        |       |        |        |                         |        |       |        |        |        |

A blue textured background, possibly representing water or a marbled surface, occupies the top portion of the slide.

# **Adding in your planned volume..**





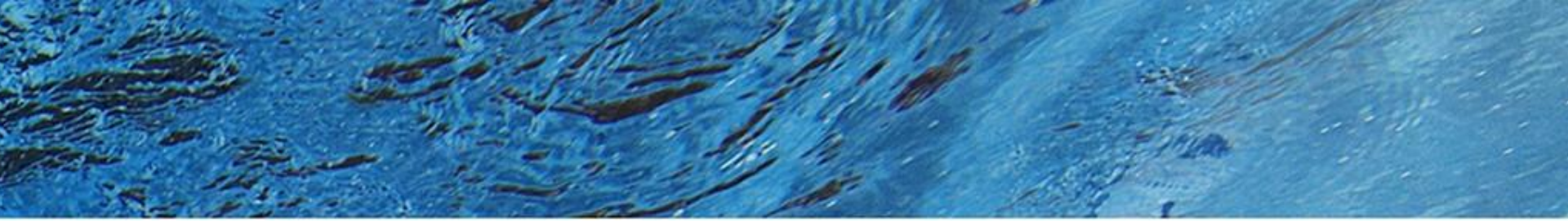


# **What are your plans to test?**

## Planning for the Season - Step by Step

| MONTH           | SEPT  |   |   |   | OCT    |   |   |   |        | NOV |    |    |        |    | DEC |    |       |    |    | JAN |        |    |    |    | FEB    |    |    |    |        | MAR |    |    |        |    | APR |    |       |    | MAY |    |        |    |    | JUNE |        |    |    |    | JUL    |    |    |    |       | AUG |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |
|-----------------|-------|---|---|---|--------|---|---|---|--------|-----|----|----|--------|----|-----|----|-------|----|----|-----|--------|----|----|----|--------|----|----|----|--------|-----|----|----|--------|----|-----|----|-------|----|-----|----|--------|----|----|------|--------|----|----|----|--------|----|----|----|-------|-----|--|--|--------|--|--|--|--------|--|--|--|--------|--|--|--|-------|--|--|--|-------|--|--|--|--------|--|--|--|--------|--|--|--|--------|--|--|--|-------|--|--|--|--------|--|--|--|--------|--|--|--|--------|--|--|--|-------|--|--|--|--------|--|--|--|--------|--|--|--|--------|--|--|--|-------|--|--|--|--------|--|--|--|--------|--|--|--|--------|--|--|--|-------|--|--|--|-------|--|--|--|--------|--|--|--|--------|--|--|--|--------|--|--|--|-------|--|--|--|--------|--|--|--|--------|--|--|--|--------|--|--|--|-------|--|--|--|--------|--|--|--|--------|--|--|--|--------|--|--|--|--------|--|--|--|-------|--|--|--|--------|--|--|--|--------|--|--|--|--------|--|--|--|
| MICRO           | 1     | 2 | 3 | 4 | 5      | 6 | 7 | 8 | 9      | 10  | 11 | 12 | 13     | 14 | 15  | 16 | 17    | 18 | 19 | 20  | 21     | 22 | 23 | 24 | 25     | 26 | 27 | 28 | 29     | 30  | 31 | 32 | 33     | 34 | 35  | 36 | 37    | 38 | 39  | 40 | 41     | 42 | 43 | 44   | 45     | 46 | 47 | 48 | 49     | 50 | 51 | 52 |       |     |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |
| WEEK COMMENCING | 5-Sep |   |   |   | 12-Sep |   |   |   | 19-Sep |     |    |    | 26-Sep |    |     |    | 3-Oct |    |    |     | 10-Oct |    |    |    | 17-Oct |    |    |    | 24-Oct |     |    |    | 31-Oct |    |     |    | 7-Nov |    |     |    | 14-Nov |    |    |      | 21-Nov |    |    |    | 28-Nov |    |    |    | 5-Dec |     |  |  | 12-Dec |  |  |  | 19-Dec |  |  |  | 26-Dec |  |  |  | 2-Jan |  |  |  | 9-Jan |  |  |  | 16-Jan |  |  |  | 23-Jan |  |  |  | 30-Jan |  |  |  | 6-Feb |  |  |  | 13-Feb |  |  |  | 20-Feb |  |  |  | 27-Feb |  |  |  | 6-Mar |  |  |  | 13-Mar |  |  |  | 20-Mar |  |  |  | 27-Mar |  |  |  | 3-Apr |  |  |  | 10-Apr |  |  |  | 17-Apr |  |  |  | 24-Apr |  |  |  | 1-May |  |  |  | 8-May |  |  |  | 15-May |  |  |  | 22-May |  |  |  | 29-May |  |  |  | 5-Jun |  |  |  | 12-Jun |  |  |  | 19-Jun |  |  |  | 26-Jun |  |  |  | 3-Jul |  |  |  | 10-Jul |  |  |  | 17-Jul |  |  |  | 24-Jul |  |  |  | 31-Jul |  |  |  | 7-Aug |  |  |  | 14-Aug |  |  |  | 21-Aug |  |  |  | 28-Aug |  |  |  |
| NATIONAL        |       |   |   |   |        |   |   |   |        |     |    |    |        |    |     |    |       |    |    |     |        |    |    |    |        |    |    |    |        |     |    |    |        |    |     |    |       |    |     |    |        |    |    |      |        |    |    |    |        |    |    |    |       |     |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |
| LOCAL           |       |   |   |   |        |   |   |   |        |     |    |    |        |    |     |    |       |    |    |     |        |    |    |    |        |    |    |    |        |     |    |    |        |    |     |    |       |    |     |    |        |    |    |      |        |    |    |    |        |    |    |    |       |     |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |
| EVENT           |       |   |   |   |        |   |   |   |        |     |    |    |        |    |     |    |       |    |    |     |        |    |    |    |        |    |    |    |        |     |    |    |        |    |     |    |       |    |     |    |        |    |    |      |        |    |    |    |        |    |    |    |       |     |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |
| Macro           | 1     | 2 | 3 | 4 | 5      | 6 | 7 | 8 | 9      | 10  | 11 | 12 | 13     | 14 | 15  | T  | 1     | 2  | 3  | 4   | 5      | 6  | 7  | 8  | 9      | 10 | 11 | 12 | 13     | 14  | 15 | T  | T      | 1  | 2   | 3  | 4     | 5  | 6   | 7  | 8      | 9  | 10 | 11   | 12     | 13 | 14 | 15 | R      | R  | T  | T  |       |     |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |
| Training Phase  |       |   |   |   |        |   |   |   |        |     |    |    |        |    |     |    |       |    |    |     |        |    |    |    |        |    |    |    |        |     |    |    |        |    |     |    |       |    |     |    |        |    |    |      |        |    |    |    |        |    |    |    |       |     |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |
| Strength        |       |   |   |   |        |   |   |   |        |     |    |    |        |    |     |    |       |    |    |     |        |    |    |    |        |    |    |    |        |     |    |    |        |    |     |    |       |    |     |    |        |    |    |      |        |    |    |    |        |    |    |    |       |     |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |
| Endurance       |       |   |   |   |        |   |   |   |        |     |    |    |        |    |     |    |       |    |    |     |        |    |    |    |        |    |    |    |        |     |    |    |        |    |     |    |       |    |     |    |        |    |    |      |        |    |    |    |        |    |    |    |       |     |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |
| Speed           |       |   |   |   |        |   |   |   |        |     |    |    |        |    |     |    |       |    |    |     |        |    |    |    |        |    |    |    |        |     |    |    |        |    |     |    |       |    |     |    |        |    |    |      |        |    |    |    |        |    |    |    |       |     |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |
| Step Test       |       |   |   |   |        |   |   |   |        |     |    |    |        |    |     |    |       |    |    |     |        |    |    |    |        |    |    |    |        |     |    |    |        |    |     |    |       |    |     |    |        |    |    |      |        |    |    |    |        |    |    |    |       |     |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |
| 20 x 100m       |       |   |   |   |        |   |   |   |        |     |    |    |        |    |     |    |       |    |    |     |        |    |    |    |        |    |    |    |        |     |    |    |        |    |     |    |       |    |     |    |        |    |    |      |        |    |    |    |        |    |    |    |       |     |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |
| 70              |       |   |   |   |        |   |   |   |        |     |    |    |        |    |     |    |       |    |    |     |        |    |    |    |        |    |    |    |        |     |    |    |        |    |     |    |       |    |     |    |        |    |    |      |        |    |    |    |        |    |    |    |       |     |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |
| 60              |       |   |   |   |        |   |   |   |        |     |    |    |        |    |     |    |       |    |    |     |        |    |    |    |        |    |    |    |        |     |    |    |        |    |     |    |       |    |     |    |        |    |    |      |        |    |    |    |        |    |    |    |       |     |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |
| 50              |       |   |   |   |        |   |   |   |        |     |    |    |        |    |     |    |       |    |    |     |        |    |    |    |        |    |    |    |        |     |    |    |        |    |     |    |       |    |     |    |        |    |    |      |        |    |    |    |        |    |    |    |       |     |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |
| 40              |       |   |   |   |        |   |   |   |        |     |    |    |        |    |     |    |       |    |    |     |        |    |    |    |        |    |    |    |        |     |    |    |        |    |     |    |       |    |     |    |        |    |    |      |        |    |    |    |        |    |    |    |       |     |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |
| 30              |       |   |   |   |        |   |   |   |        |     |    |    |        |    |     |    |       |    |    |     |        |    |    |    |        |    |    |    |        |     |    |    |        |    |     |    |       |    |     |    |        |    |    |      |        |    |    |    |        |    |    |    |       |     |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |
| 20              |       |   |   |   |        |   |   |   |        |     |    |    |        |    |     |    |       |    |    |     |        |    |    |    |        |    |    |    |        |     |    |    |        |    |     |    |       |    |     |    |        |    |    |      |        |    |    |    |        |    |    |    |       |     |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |
| 10              |       |   |   |   |        |   |   |   |        |     |    |    |        |    |     |    |       |    |    |     |        |    |    |    |        |    |    |    |        |     |    |    |        |    |     |    |       |    |     |    |        |    |    |      |        |    |    |    |        |    |    |    |       |     |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |       |  |  |  |        |  |  |  |        |  |  |  |        |  |  |  |

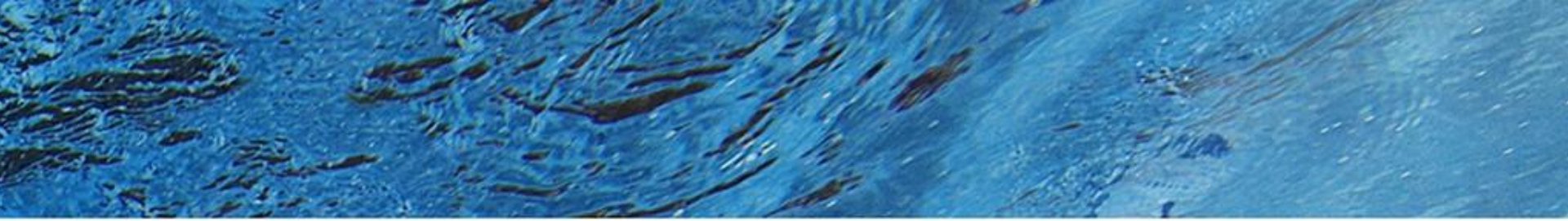




# Periodising your work

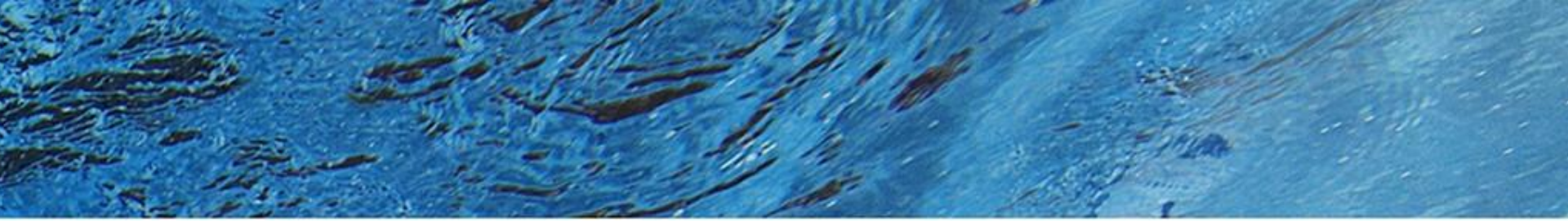
## Planning for the Season - Step by Step

[illegible]

A blue textured background, possibly representing water or a marbled surface, occupies the top portion of the slide.

**And there you have  
an Age Group Plan!**





# **Developing a Weekly Template with Young Age Group Swimmers**

# Developing a weekly template

Work on the basis of three key areas of work:-

- **Aerobic Conditioning**
- **Technique Development**
- **Basic Speed**

Attach a 'skill' requirement to all aerobic development sets

# Summary

- **Plan for progression and future success**
- **Decide on the number of cycles relevant to age/ability**  
**(2x24, 4x12, 8x6 etc)**
- **Use the correct energy systems/training zones relevant to age.**
- **All sessions should promote efficiency and consistency.**



# Summary

- **Identify the most important competition of the season and work your plan backwards to the start.**
- **Determine each larger training block (Macro Cycle) and set appropriate objectives.**  
**Construct smaller training blocks to target areas for specific physiological and technical development, each of these may conclude with a smaller competition.**

A horizontal band at the top of the slide with a blue, textured, marbled appearance, resembling water or a close-up of a mineral surface.

# **Any Questions**