

# Training Plan -- OMSC MASTERS -- 2009/2010

## *Macrocycle #1 (September to December)*

Seasonal Goal: *To Increase Masters #s and get a group to actively compete in both Swim Meets and Triathlons and meet their own goals*

### Microcycle #1

GOALS: General Fitness and Conditioning / Sculling Techniques  
Body Positioning Work / Core Strength and Posture Work  
Seasonal Goal Setting and Planning with Each Athlete (Individually)

Week	Dates	Goals	Focus	Meets
1	Sep. 7-13	General Fitness and Conditioning -- Sculling / Technique Review	Dn Wk	
2	Sep. 14-20	General Fitness and Conditioning -- Sculling / Body Positioning	Dn Wk	
3	Sep. 21-27	General Fitness and Conditioning -- Sculling / Kicking Sets	Up Wk	
4	Sep. 28- Oct. 4	Areobic Work -- Kick and Swim Sets / Hold Stroke Counts	Up Wk	
5	Oct. 5-11	Areobic Kick and Pull Sets as well as Alactic Sets and Skills	Dn Wk	

### Microcycle #2

GOALS: Increased Areobic Content / Technical Awareness  
IM Focus / Power Sets / Threshold Work / Kicking Sets

Week	Dates	Goals	Focus	Meets
6	Oct. 12-18	Areobic Build Week -- Increase Volume and hold body position	Up Wk	
7	Oct. 19-25	<b>BASE TEST SET (1500 Fr)</b>	<b>TEST</b>	
8	Oct. 26- Nov. 1	Volume Week #1 -- goal= hold Stroke Counts	Up Wk	
9	Nov. 2-8	Volume Week #2 -- goal= Swimming with a "Downhill" feeling	Up Wk	
10	Nov. 9-15	Power Week #1 -- include 25s of all strokes / Tech / Sculling	Dn Wk	UBC Masters
11	Nov. 16-22	200m Repeats, trying to maintain form and Stroke Count	Up Wk	
12	Nov. 23-29	Volume Week #3 -- goal= Maintain Body Postion	Up Wk	Nanaimo Ebbtides (28)

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### *Macrocycle #1 (September to December)*

#### Microcycle #3 (Dec. 4 - Jan. 14)

GOALS: Mix of VO2 Max Sets, and Aerobic + Anaerobic Work

Add Power and Explosivity while Maintaining Skills during more intense Sets

Add Mental Training Skills and Visualization Work

Week	Dates	Goals	Focus	Meets
13	Nov. 30- Dec. 6	Volume Week #4 -- Maintain Focus on body position and SC	Up Wk	
14	Dec. 7-13	<b>TEST SET WEEK (1500 Fr)</b>	<b>TEST</b>	
15	Dec. 14-20	Power Week #2 -- include 25s of Best strokes / Tech / Sculling	Dn Wk	
16	Dec. 21-27	Christmas Break Time / Recovery Period	Dn Wk	

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### *Macrocycle #2 (January to March)*

#### Microcycle #1

GOALS: Race Strategies / Starts / Push-offs / Turns / Reduced Volume  
Get athletes ready for their Events / R&R time after the races

Week	Dates	Goals	Focus	Meets
17	Dec. 28-Jan 3	Christmas Break Time / Recovery Period	Dn Wk	
18	Jan. 4-10	Get back into things after the busy Christmas Period -- Areobic work	Up Wk	
19	Jan 11-17	Volume Week #5 -- Maintain Body Postion and get Hips Up	Dn Wk	
20	Jan. 18-24	Power Week #3 -- Focus on meet prep work for Comox	Up Wk	Comox Masters (24)
21	Jan. 25-31	Mixed Threshold Sets / Increase VO2 Max (400m+ Repeats)	Up Wk	
22	Feb 1-7	<b>TEST SET WEEK (1500 Fr)</b>	<b>TEST</b>	

#### Microcycle #2

GOALS: Reviewing the Basics / Sculling and Body Postion Drills  
Core Strength, Flexibility and Posture Work  
Review Goals and How the athletes feel about their season

23	Feb. 8-14	Volume Week #6 -- Maintain Focus on "CLEAN" Swimming	Up Wk	
24	Feb. 15-21	Increase Swim Speed with Fins and Paddles for Vic Masters Meet	Dn Wk	Victoria Masters (20)
25	Feb. 22-28	Clean Up Swim Strokes and ensure swimmers are ready for Racing	Dn Wk	
26	Mar. 1-7	Get finishing touches done for the athletes race preps for UBC Tri	Up Wk	UBC TRI
27	Mar. 8-14	Recovery Focus -- Alternative Sets	Dn Wk	
28	Mar. 15-21	Areobic Work -- Kick and Pull Sets / Alactic Sets and Skills	Up Wk	
29	Mar. 22-28	Areobic Build Week -- Maintain Clean Technique	Up Wk	Windskill Mastters (27)
30	Mar. 29-Apr. 4	<b>TEST SET WEEK (1500 Fr)</b>	<b>TEST</b>	

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### *Macrocycle #3 (April to June)*

#### Microcycle #1

GOALS: Develop Areobic Abilities / Push Anaerobic Levels  
Prepare the Swimmers for Provincials and Nationals

Week	Dates	Goals	Focus	Meets
31	Apr. 5-11	Power Week #4 -- include 25s of all strokes / Tech / Sculling	Up Wk	
32	Apr. 12-18	Pace Week #1 -- Start to work on how to swim for Triathlon racing	Dn Wk	
33	Apr. 19-25	Power Week #5 -- include 25s of Best strokes / Tech / Sculling	Up Wk	Prov. Surrey (23-25)
34	Apr. 26- May 2	Threshold Sets -- 50, 100 & 200m Repeat focus and Alactic Sets	Dn Wk	
35	May. 3-9	<b>TEST SET WEEK (1500 Fr)</b>	<b>TEST</b>	Bare Bones Duathlon
36	May. 10-16	Power Week #6 -- Prep for those going to Nationals	Dn Wk	
37	May. 17-23	Volume Week #8 -- Maintain Co-ordination and Timing	Up Wk	Nats. Nanaimo (21-24) Oliver TRI

#### Microcycle #2

GOALS: Develop Further Areobic Levels and Efficiency of Strokes during Sets  
Get Swimmers to Focus on their Target TRIs / Skills Sets

Week	Dates	Goals	Focus	Meets
38	May 24-30	Volume Week #9 -- Start to get swimmers ready for the Lake	Up Wk	
39	May 31-Jun 6	Pace Week #2 -- Get Pace work improved for distance swims	Dn Wk	Oliver Half Iron TRI
40	Jun 7-13	Volume Week #10 -- Have freestyle feeling relaxed	Up Wk	Wasa Lake Tri
41	Jun 14-20	Volume Week #11 -- Maintain Co-ordination and Body Positioning	Dn Wk	Vernon Sprint TRI
42	Jun 21-27	<b>TEST SET WEEK (1500 Fr)</b>	<b>TEST</b>	Kal RATS TRI

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### *Macrocycle #4 (July to August)*

#### Microcycle #1

GOALS: Go Over All Skills / Maintain Stroke Counts with Threshold Sets  
 Maintain Volume with Increased Pacing Focus / Ensure Athletes have enough recovery

Week	Dates	Goals	Focus	Meets
43	Jun 28-Jul 4	Pace Week #3 -- Have swimmers aware of their pacing for open H2O	Up Wk	
44	Jul 5-11	Volume Week #12 -- Have Swimmers "Feel" the water	Up Wk	Desert Half Iron TRI
45	Jul. 12-18	Pace Week #4 -- Get 1500m race strategy down and work on drafting	Up Wk	Peach TRI and ATLS
46	Jul. 19-25	Volume Week #13 -- Work on DPS and smooth swimming	Up Wk	
47	Jul 26-Aug. 1	Pace Week #5 -- have swimmers at goal pacing for their TRI Swim	Dn Wk	Nelson 1/4 Iron TRI
48	Aug. 2-8	<b>TEST SET WEEK (1500 Fr)</b>	<b>TEST</b>	Rattle Snake Island Swim

#### Microcycle #2

GOALS: Try to finish off the Season with really Strong Races  
 and having Athletes enjoying their time at both Practices and Races

Week	Dates	Goals	Focus	Meets
49	Aug. 9-15	Power Week #6 -- 50, 100 & 200m with emphasis on speed at finish	Up Wk	
50	Aug. 16-22	Pace Week #6 -- Make sure everyone is comfortable with their pacing	Dn Wk	Apple TRI and 1.5/5k open water
51	Aug. 23-29	Easy Free Technique leading into the Ironman	Dn Wk	Ironman Canada
52	Aug. 30- Sep. 5	Recovery time...	Dn Wk	Vancouver and Summerland TRI