

SWIMMING 301/302
YEARLY TRAINING PLAN

ATHLETE NAME: Sample Swimmer GENDER: Male SPORT EXPERIENCE (YRS): 7 years LTAD STAGE: Train to Compete
COACH NAME: Sample Coach AGE: 17 SPECIALIZATION (STROKE, DISTANCE): 200 IM, 400 IM

COMPETITION SEASON PROJECTED TARGET TIMES table with columns for Micro #, 200 IM, 400 IM, 400 FR and rows for target times.

Main monthly calendar table with columns for months (SEPT to AUG) and rows for MONTHS, MONDAYS, MICROCYCLE WEEKS (MC), COMPETITIONS & CAMPS, PERIODS** (PREP, COMP, TRANSITION), PHASES (GPP, SPP, C1, C2, T&R), MESOCYCLES**.

TRAINING PLAN DETAILS table with columns for TRADING DAYS, # PRACTICES, COMPETITION DAYS, HOLIDAYS, SCHOOL BREAK & TRAVEL DAYS, PHYSICAL ACTIVITY - WATER (KM), PHYSICAL ACTIVITY - WATER (HOURS), PHYSICAL ACTIVITY ANALYSIS (KMHR), DRYLAND (HOURS), and TOTAL PROGRAM (HOURS).

PHYSICAL ACTIVITY - WATER (KM) table with columns for I. AEROBIC (b), II. AEROBIC (c), III. AEROBIC + ANAEROBIC (d), IV. ANAEROBIC LACTIC (e), V. ANAEROBIC ALACTIC (f), and TOTAL - WORK LOAD VOLUME (e) KM.

PHYSICAL ACTIVITY - WATER (HOURS) table with columns for I. AEROBIC (HEART RATE 130-159), II. AEROBIC (HEART RATE 160-184), III. AEROBIC + ANAEROBIC (HEART RATE 185+), IV. ANAEROBIC LACTIC (SPEED ENDURANCE), V. ANAEROBIC ALACTIC (SPEED), and TOTAL - WORK LOAD VOLUME WATER HOURS.

PHYSICAL ACTIVITY ANALYSIS (KMHR) table with columns for AVERAGE SPEED PER MICROCYCLE - KM/HR, DRYLAND (HOURS), and TOTAL PROGRAM (HOURS).

TECHNICAL, TACTICAL & ATHLETIC SKILLS table with columns for Video Analysis (H/M/L emphasis), STROKES - Primary emphasis, STROKES - Secondary emphasis, STARTS, TURNS, FINISHES, and AGILITY, CO-ORDINATION, BALANCE (H/M/L emphasis).

TESTING AND ASSESSMENT table with columns for TESTING/ASSESSMENT*** WATER (W), TESTING/ASSESSMENT*** DRYLAND (D), and TESTING/ASSESSMENT*** TECHNICAL AND TACTICAL (T).

MENTAL SKILLS table with columns for MOTIVATION, GOAL SETTING - OUT OF POOL (HOURS), EMOTIONAL CONTROL, POSITIVE SELF TALK (SPECIAL FOCUS X), ATTENTIONAL CONTROL: Focus, Visualize, Concentration (SPECIAL FOCUS X).

THEORETICAL PREPARATION - CLASSROOM table with columns for SELF MONITORING (NUTR, WGH, REST HR, BLD PRES, JOURNAL, ETC) (HOURS), CURRENT SPORT TECHNIQUE (STROKES, STARTS, TURNS, RELAYS) (HOURS), TECHNIQUE ANALYSIS BY VIDEO (HOURS), SENSORY AWARENESS (EFFICIENCY - STROKE RATE VS SPEED) (HOURS), PRINCIPLES AND METHODS OF SPORT TRAINING (HOURS), COMPETITION RULES, ANTI-DOPING CONTROL (HOURS), SPORT EQUIPMENT (HOURS), and TOTAL HOURS.

ALL COMBINED table with columns for PHYSICAL ACTIVITY (HOURS), THEORETICAL PREPARATION (HOURS), MENTAL SKILLS (HOURS), and TOTAL HOURS.

CODES for completing YTP

- STROKES / TURNS / FINISHES: FL - Butterfly, BK - Backstroke, BR - Breaststroke, FR - Freestyle, IM - Individual Medley; STARTS: G - Grab, T - Track, W - Wedge; OS - One stop relay start; R - Traditional relay start

