

# OUTPACE SWIMMING – 2020 / 2021 SEASONAL PLAN

## Preparation Phase

## Development Phase

9 to 12 months before goals

6 to 9 months before goals

Mon 27/04 to Wed 01/07/2020

Mon 20/07 to Wed 23/09/2020

Wk	Technical Progression & Focus "Minimizing drag"	Fitness & Sessions components	Technical Progression & Focus "Maximizing propulsion"	Fitness & Sessions components
1	<b>Freestyle:</b> Coordi. / Breath timing <b>Other stroke:</b> Backstroke	➤ Develop pace awareness	<b>Freestyle:</b> Recovery & Entry <b>Other stroke:</b> Backstroke	➤ Develop endurance paces
2	<b>Freestyle:</b> Coordi. / Breath timing <b>Other stroke:</b> Backstroke	<b>Wk 2: Critical Swim Speed (CSS) test</b> 400 & 200 Freestyle time trials	<b>Freestyle:</b> Catch / Pull through <b>Other stroke:</b> Breaststroke	<b>Wk 2: Critical Swim Speed (CSS) test</b> 400 & 200 Freestyle time trials
3	<b>Freestyle:</b> Streamline / Alignment <b>Other stroke:</b> Breaststroke	➤ Determine endurance paces based on CSS test result (easy, steady, solid & hard pace) ➤ Improve pace & distance per stroke consistency thru swim sets ➤ Develop autonomy for basic send-off intervals ➤ Improve endurance paces awareness and accuracy	<b>Freestyle:</b> Catch <b>Other stroke:</b> Butterfly w/ fins	➤ Increase distance per stroke by improving propulsion efficiency ➤ Increase repetitions then distances at CSS pace while maintaining good technique & DPS ➤ Improve CSS ➤ Build 1500-2000m/yd sets (depending on individual goals)
4	<b>Freestyle:</b> Posture / Align. / Rotation <b>Other stroke:</b> Breaststroke		<b>Freestyle:</b> Pull through <b>Other stroke:</b> I.M. w/ flippers	
5	<b>Freestyle:</b> Posture / Align. / Rotation <b>Other stroke:</b> Butterfly w/ fins		<b>Freestyle:</b> Catch / Pull thru / Push <b>Other stroke:</b> Backstroke	
6	<b>Freestyle:</b> Rotation / Minimize drag <b>Other stroke:</b> Butterfly w/ fins		<b>Freestyle:</b> Catch <b>Other stroke:</b> Breaststroke	
7	<b>Freestyle:</b> Rotation / Minimize drag <b>Other stroke:</b> Backstroke		<b>Freestyle:</b> Catch / Pull thru <b>Other stroke:</b> Butterfly	
8	<b>Freestyle:</b> Rotation / Breath timing <b>Other stroke:</b> Breaststroke	<b>Wk 8: Critical Swim Speed (CSS) test</b> 400 & 200 Freestyle time trials	<b>Freestyle:</b> Catch / Pull thru / Push <b>Other stroke:</b> I.M.	<b>Wk 8: Critical Swim Speed (CSS) test</b> 400 & 200 Freestyle time trials
9	<b>Freestyle:</b> Recovery & Entry <b>Other stroke:</b> Backstroke	➤ Increase distance per stroke by minimizing drag ➤ Increase short distance repetitions at CSS pace while maintaining good technique & DPS	<b>Freestyle:</b> Pull thru / Push / D.P.S. <b>Other stroke:</b> Backstroke	➤ Increase volume & intensities while maintaining good technique throughout varied intensity sets (e.g. descending send-off intervals, descending times or fixed paces...)
10	<b>Freestyle:</b> Recovery & Entry <b>Other stroke:</b> Breaststroke		<b>Freestyle:</b> Reach / D.P.S. <b>Other stroke:</b> Breaststroke	

Monday sessions are mostly technical – Freestyle and usually another stroke (<https://outpaceswimming.co.nz/blog/benefits-of-training-different-strokes/>)

Wednesday sessions are focusing on fitness components with two Critical Swim Speed tests per term (week 2 & week 8) to ensure progress & adjust paces

Note: Monday and Wednesday sessions details are subject to change.

During the school holidays, when weekly sessions pause, specific clinics will be offered. Focus will depend on the season (<https://outpaceswimming.co.nz/clinics/>)

# OUTPACE SWIMMING – 2020 / 2021 SEASONAL PLAN

## Specific Phase

## Competitive Phase

**3 to 6 months before goals and / or Racing season**

Mon 12/10/20 to Wed 16/12/20

Mon 01/02 to Sun 14/04/2021

Wk	<b>Technical Progression &amp; Focus</b> <i>“Open water skills &amp; drills”</i>	<b>Fitness &amp; Sessions components</b>	<b>Technical Progression &amp; Focus</b> <i>“Maintain skills + Race strategies”</i>	<b>Fitness &amp; Sessions components</b>
1	<b>Freestyle:</b> Bilateral & breath control <b>Other stroke:</b> Backstroke	Focus points during this phase:	<b>Freestyle:</b> Streamline / Alignment <b>Other stroke:</b> Backstroke	Focus points during this phase:
2	<b>Focus:</b> Open Water (O.W.) / Sighting <b>Other stroke:</b> Breaststroke	<b>Wk 2: Critical Swim Speed (CSS) test</b> 400 & 200 Freestyle time trials	<b>Freestyle:</b> Rotation / Minimize drag <b>Other stroke:</b> Breaststroke	<b>Wk 2: Critical Swim Speed (CSS) test</b> 400 & 200 Freestyle time trials
3	<b>Focus:</b> O.W. / Clearing goggles <b>Other stroke:</b> I.M.	<ul style="list-style-type: none"> <li>➤ Increase distances at CSS pace while maintaining best technique</li> <li>➤ Increase of volume &amp; intensities throughout different types of sets (e.g. descending, build, negative split, fartlek, etc.)</li> <li>➤ Build 2000-2400m/yd sets</li> </ul>	<b>Freestyle:</b> Recovery / Catch <b>Other stroke:</b> I.M.	<ul style="list-style-type: none"> <li>➤ Increase of varied intensity sets while maintaining best technique</li> <li>➤ Develop balance between stroke rate and DPS</li> <li>➤ Increase distances at higher intensities</li> <li>➤ Improve / Maintain CSS &amp; Vo2max</li> </ul>
4	<b>Focus:</b> O.W. / Turning technique <b>Other stroke:</b> Backstroke		<b>Freestyle:</b> Catch / Pull through <b>Other stroke:</b> Backstroke	
5	<b>Focus:</b> O.W. / Turning technique <b>Other stroke:</b> Breaststroke		<b>Focus:</b> O.W. / Sighting / Turns <b>Other stroke:</b> Breaststroke	
6	<b>Focus:</b> O.W. / Turning technique <b>Other stroke:</b> I.M.		<b>Freestyle:</b> Rotation / Minimize drag <b>Other stroke:</b> I.M.	
7	<b>Focus:</b> O.W. / Inline drafting <b>Other stroke:</b> Backstroke		<b>Freestyle:</b> Recovery / Catch <b>Other stroke:</b> Backstroke	
8	<b>Focus:</b> O.W. / Drafting / Sighting <b>Other stroke:</b> Breaststroke	<b>Wk 8: Critical Swim Speed (CSS) test</b> 400 & 200 Freestyle time trials	<b>Freestyle:</b> Catch / Pull through <b>Other stroke:</b> Breaststroke	<b>Wk 8: Critical Swim Speed (CSS) test</b> 400 & 200 Freestyle time trials
9	<b>Focus:</b> O.W. / Sighting / Turns <b>Other stroke:</b> I.M.	<ul style="list-style-type: none"> <li>➤ Increase of intensities (e.g. race pace, aerobic power, Vo2 max)</li> <li>➤ Open water skills</li> </ul>	<b>Freestyle:</b> Catch / Pull Thru / Push <b>Other stroke:</b> I.M.	<ul style="list-style-type: none"> <li>➤ Build specific sets to meet individual race requirements</li> <li>➤ Develop race paces</li> <li>➤ Open water race strategies</li> </ul>
10	<b>Focus:</b> O.W. / Sighting / Turns <b>Other stroke:</b> Backstroke		<b>Focus:</b> O.W. / Sighting / Turns <b>Other stroke:</b> Backstroke	

Note: **Monday** and **Wednesday** sessions details are subject to change.