



Macrocycle #1 (September to December)

Seasonal Goal: *To Increase Masters numbers 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. 12-18	General Fitness and Conditioning – Sculling / Technique Review	EZ Wk	
2	Sep. 19-25	General Fitness and Conditioning – Sculling / Body Positioning	EZ Wk	
3	Sep. 26 - Oct. 02	General Fitness and Conditioning – Sculling / Kicking Sets	Up Wk	
4	Oct. 03-09	Aerobic Work – Kick and Swim Sets / Hold Stroke Counts	Up Wk	
5	Oct. 10-16	BASE TEST SET (1500 Fr)	TEST	

Microcycle #2

GOALS: Increased Aerobic Content / Technical Awareness / Meet Prep Work. IM Focus / Power Sets / Threshold Work / Kicking Sets

Week	Dates	Goals	Focus	Meets
6	Oct. 17-23	Build Hype for the Fright Fest Meet and work on Dives and Turns	Dn Wk	North Shore Masters (22)
7	Oct. 24-30	Speed Sets and Relays - have the swimmers excited about the meet	Dn Wk	OMSC Fright Fest (30)
8	Oct. 31 - Nov. 06	Volume Week #1 – goal = Focus on Stroke Count goals	Up Wk	
9	Nov. 07-13	Volume Week #2 – goal = Swimming with a "Downhill" feeling / Scull	Up Wk	UBC Masters (13)
10	Nov. 14-20	Power Week #1 – include 25s of all strokes / Tech / Fins Work	Dn Wk	
11	Nov. 21-27	200m Repeats, try to maintain form and Stroke Count (front/back half)	Up Wk	
12	Nov. 28 - Dec. 04	TEST SET WEEK (1500 Fr)	TEST	

Macrocycle #1 (September to December) (contin.)

Microcycle #3 (Dec. 4 - Jan. 15)

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	Dec. 5-11	Volume Week #3 – Maintain body position, SC and Negative Splits	Up Wk	
14	Dec. 12-18	Power Week #2 – include 25s of Best strokes / Tech / Sculling	Dn Wk	
15	Dec. 19-25	Christmas Break Time / Recovery Period	EZ Wk	
16	Dec. 26- Jan. 1	Christmas Break Time / Recovery Period	EZ Wk	
17	Jan 2-8	Get back into things after the busy Christmas Period – Areobic work	Up Wk	
18	Jan. 9-15	Volume Week #4 – Maintain Body Postion and get Hips Up	Up Wk	

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
19	Jan 16-22	Power Week #3 -- Focus on meet prep work for Comox	Dn Wk	
20	Jan. 23-29	Volume Week #5 -- Maintain Focus on "CLEAN" Swimming	Up Wk	
21	Jan. 30 - Feb. 5	TEST SET WEEK (1500 Fr)	TEST	
22	Feb. 6-12	Mixed Threshold Sets / Increase VO2 Max (400m+ Repeats)	Up Wk	English Bay (12)
23	Feb. 13-19	Volume Week #6 -- "Pyramid" sets Technique Up, Speed Down	Up Wk	
24	Feb. 20-26	Increase Swim Speed with Fins and Paddles Build Hype for Meets	Dn Wk	

Microcycle #2

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

25	Feb. 27 - Mar. 5	Get Athletes into longer and smoother swimming styles	Up Wk	
26	Mar. 6-12	Recovery Focus -- Alternative Sets	Dn Wk	
27	Mar. 13-19	TEST SET WEEK (1500 Fr)	TEST	
28	Mar. 20-26	Aerobic Build Week -- Maintain Clean Technique	Up Wk	
29	Mar. 27- Apr. 2	Clean Up Swim Strokes and ensure swimmers are ready for Racing	Dn Wk	BC Provincial Champs (30-1)
30	Apr. 3-9	Aerobic Work -- Kick and Pull Sets / Alactic Sets and Skills	Up Wk	

Macrocycle #3 (April to June)

Microcycle #1

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

Week	Dates	Goals	Focus	Meets
31	Apr. 10-16	Power Week #4 -- include 25s of all strokes / Tech / Sculling	Up Wk	
32	Apr. 17-23	Volume Week #7 -- Aerobic Conditioning with Fast Swimming Sets	Up Wk	
33	Apr. 24-31	TEST SET WEEK (1500 Fr)	TEST	
34	May 1-7	Threshold Sets -- 50, 100 & 200m Repeat focus and Alactic Sets	Up Wk	Bare Bones Duathlon
35	May. 8-14	Power Week #5 -- include 25s of Best strokes / Tech / Sculling	Dn Wk	
36	May. 15-21	Power Week #6 -- Prep for those going to Nationals	Dn Wk	Nationals Kelowna (18-21) Oliver Sprint Tri

Microcycle #2

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

Week	Dates	Goals	Focus	Meets
37	May. 22-28	Pace Week #1 -- Start to work on how to swim for Triathlon racing	Up Wk	
38	May 29 - Jun. 4	Volume Week #8 -- Start to get swimmers ready for the Lake	Up Wk	Oliver Half Iron TRI
39	Jun 5-11	Pace Week #2 -- Get Pace work improved for distance swims	Dn Wk	Wasa Lake Tri
40	Jun 12-18	Volume Week #9 -- Have freestyle feeling relaxed	Up Wk	Vernon Sprint TRI
41	Jun 19-25	Volume Week #10 -- Maintain Co-ordination and Body Positioning	Dn Wk	Kal RATS TRI
42	Jun 26 - Jul 2	TEST SET WEEK (1500 Fr)	TEST	



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	Jul 3-9	Pace Week #3 – Have swimmers aware of their pacing for open water	Up Wk	Desert Half Iron TRI
44	Jul 10-16	Volume Week #11 – Have Swimmers "Feel" the water	Up Wk	Peach TRI and ATLS
45	Jul. 17-23	Pace Week #4 – Get 1500m race strategy down and work on drafting	Up Wk	
46	Jul. 24-30	Volume Week #12 – Work on DPS and smooth swimming	Up Wk	Nelson 1/4 Iron TRI
47	Jul 31 - Aug. 6	Pace Week #5 – have swimmers at goal pacing for their TRI Swim	Dn Wk	Rattle Snake Island Swim
48	Aug. 7-13	TEST SET WEEK (1500 Fr)	TEST	

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. 14-20	Power Week #6 – 50, 100 & 200m with emphasis on speed at finish	Up Wk	Kelowna Apple Tri and 1.5/5km open water
50	Aug. 21-27	Pace Week #6 – Make sure everyone is comfortable with their pacing	Dn Wk	Ironman Canada
51	Aug. 28- Sep. 3	Easy Free Technique leading into the Ironman	Dn Wk	Vancouver and Summerland Tri
52	Sep. 4-10	OFF	OFF	