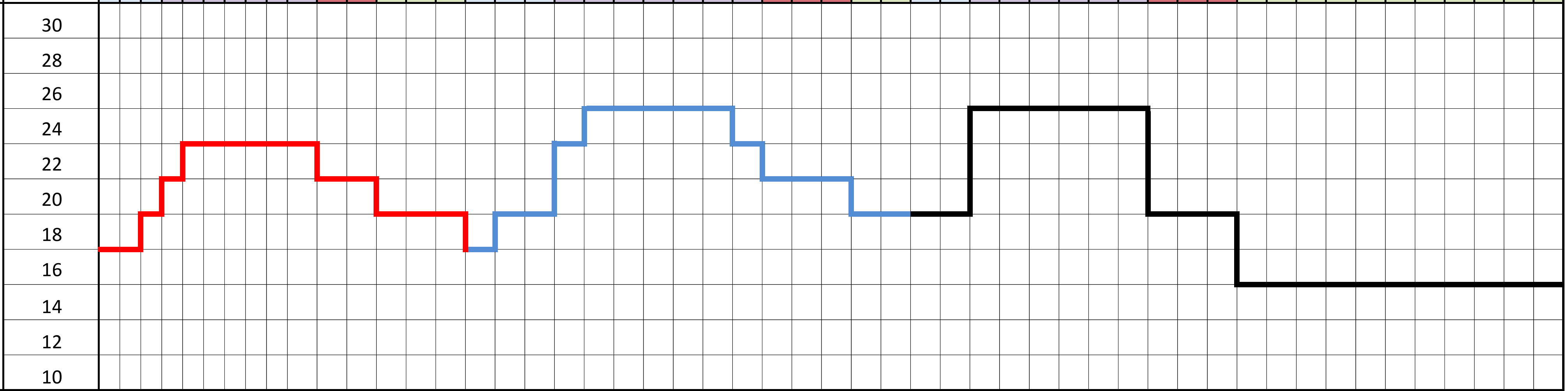
Braunstone Swimming Club

Coaches MACROCYCLE
Annual Plan 2011-2012

TIME TRIALS: TBA (5 pa)

Month	Microcycle	Week begins	Cycle	Open Meets	Main Competition Event	Location/Event	Training Phase	Volume	Testing Dates	Speed Test	Competitive Start Testing
SEPT	1	05-Sep	Cycle 1				Prep	1			
SEPT	2	12-Sep	Cycle 1				Prep	2	■	Step	
SEPT	3	19-Sep	Cycle 1				Prep	3			
SEPT	4	26-Sep	Cycle 1				Main Training	4	■	S	
OCT	5	03-Oct	Cycle 1				Main Training	5	■	T	
OCT	6	10-Oct	Cycle 1				Main Training	6	■	F	
OCT	7	17-Oct	Cycle 1				Main Training	7			
OCT	8	24-Oct	Cycle 1				Main Training	8			■
OCT	9	31-Oct	Cycle 1				Main Training	9			
NOV	10	07-Nov	Cycle 1				Main Training	10			
NOV	11	14-Nov	Cycle 1	■		Mansfield	Comp	11			
NOV	12	21-Nov	Cycle 1		■	COLSC Distance	Comp	12			
NOV	13	28-Nov	Cycle 1				4 R's	13			
DEC	14	05-Dec	Cycle 1				4 R's	14			
DEC	15	12-Dec	Cycle 1				4 R's	15			
DEC	16	19-Dec	Cycle 2				Prep	16			
DEC	17	26-Dec	Cycle 2				Prep	17			
JAN	18	02-Jan	Cycle 2				Prep	18	■	Step	
JAN	19	09-Jan	Cycle 2				Main Training	19			
JAN	20	16-Jan	Cycle 2				Main Training	20	■	S	
JAN	21	23-Jan	Cycle 2				Main Training	21	■	T	
JAN	22	30-Jan	Cycle 2				Main Training	22	■	F	
FEB	23	06-Feb	Cycle 2				Main Training	23			■
FEB	24	13-Feb	Cycle 2				Main Training	24			
FEB	25	20-Feb	Cycle 2				Main Training	25			
FEB	26	27-Feb	Cycle 2		■	County	Comp	26			
MAR	27	05-Mar	Cycle 2		■	Age	Comp	27			
MAR	28	12-Mar	Cycle 2		■	Groups	Comp	28			
MAR	29	19-Mar	Cycle 2				4R's	29			
MAR	30	26-Mar	Cycle 2				4R's	30			
APR	31	02-Apr	Cycle 3				Prep	31			
APR	32	09-Apr	Cycle 3				Prep	32	■	Step	
APR	33	16-Apr	Cycle 3	■		COLSC	Main Training	33			
APR	34	23-Apr	Cycle 3	■		BIRMINGHAM	Main Training	34	■	S	
APR	35	30-Apr	Cycle 3				Main Training	35	■	T	
MAY	36	07-May	Cycle 3				Main Training	36	■	F	
MAY	37	14-May	Cycle 3				Main Training	37			■
MAY	38	21-May	Cycle 3				Main Training	38			
MAY	39	28-May	Cycle 3	■		MIDLAND YOUTH	Comp	39			
JUN	40	04-Jun	Cycle 3		■	REGIONAL	Comp	40			
JUN	41	11-Jun	Cycle 3		■	AGE GROUPS	Comp	41			
JUN	42	18-Jun	Cycle 3				4 R's -- Transition/Maintenance period	42			
JUN	43	25-Jun	Cycle 3				4 R's -- Transition/Maintenance period	43			
JUL	44	02-Jul	Cycle 3				4 R's -- Transition/Maintenance period	44			
JUL	45	09-Jul	Cycle 3				4 R's -- Transition/Maintenance period	45			
JUL	46	16-Jul	Cycle 3				4 R's -- Transition/Maintenance period	46			
JUL	47	23-Jul	Cycle 3				4 R's -- Transition/Maintenance period	47			
JUL	48	30-Jul	Cycle 3				4 R's -- Transition/Maintenance period	48			
AUG	49	06-Aug	Cycle 3				4 R's -- Transition/Maintenance period	49			
AUG	50	13-Aug	Cycle 3				4 R's -- Transition/Maintenance period	50			
AUG	51	20-Aug	Cycle 3				4 R's -- Transition/Maintenance period	51			
AUG	52	27-Aug	Cycle 3				4 R's -- Transition/Maintenance period	52			

Metres K per week



STRENGTH: Core Medi Ball | Agility Land | 2 half hour sessions per week

ENDURANCE: Aerobic maintenance threshold and overload

Key:

Tests: S - Starts | T - Turns | F - Finishes

Cycle 1 | Cycle 2 | Cycle 3

Stuart Henson - Head Coach