

What to Expect, Training

See the Calendar (Page 2) below for more information

Week 1: Team Meeting on Wednesday of the first full week of school. At this meeting you will get a copy of the current seasons Master Calendar, a meet schedule, and fittings for team suits and warm-ups will take place. Introduction will be made across the board.

Weeks 2 & 3: The main focus will be on dryland and core conditioning. We will begin to build our aerobic capacity through running. Every practice will end with a progressive relaxation.

Weeks 4-8: Entering the pool in week four we will begin our focus with drills, and lots of them. As a team we will view video of world class athletes drilling in their stroke specialties. Each athlete will sign up for individual underwater video sessions starting now and lasting throughout the entire season. As we transition from week four onward we will be adding more aerobic conditioning and less of an emphasis on drills. Beginning in week seven morning workout will be added to the training schedule, three days a week. These sessions will be split, first half dryland, second half weights. During this phase of training the group will train as a team, everyone doing the same workouts. As we near the end of the eighth week the team competes' in an Intrasquad meet. Upon completion of the meet we will have our first team dinner.

Weeks 9-15: Having spent weeks establishing a group training base with sound technical emphasis we will now start to split off into our specialty training groups: distance, mid-distance, IM, breaststroke, and Sprint. We add an additional two morning a week, with Monday and Thursday being in the weight room, Tuesday and Friday in the pool, and Saturday being a longer workout containing all three training element: dryland, weights and swimming. With our evening training sessions you can now expect to see the addition of threshold training and lactate production workouts. Week 15 we will generally have a mid-season shave/taper meet.

Weeks 16 & 17: For most, you will be coming off of a taper, so now will be the time and opportunity for us to quicken your training base as the focus will briefly switch back to team generalized aerobic conditioning. Week 17 is generally finals week. Practices are "open" during this time, meaning that each athlete is expected to train the posted workout everyday at the time most convenient to you. The pool will be open from 6am until 5pm each day.

Week 18: Athletes are permitted to leave campus for Christmas break as soon as they have completed their exams and are expected to train while at home.

Weeks 19-26: The training that takes place during this time will mirror that which took place in weeks 4-15. That being said, weeks 19, 20, and 21 will be our Christmas training weeks. This training is designed similar to a boot camp and for lack of a better term is a very "holy" experience.

Master Calendar

Month	Dates	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Week #	Phase
Aug.	17-23						Fresh OR	off	0	off season
School Starts	24-30			TM	off	off	off	off	1	Pre-season
Sept.	31-06	pm	pm	pm	pm	pm	off	off	2	Dryland
<i>Labor Day</i>	7-13	off	pm	pm	pm	pm	off	off	3	Dryland
	14-20	pm	pm	pm	pm	pm	off	off	4	Aerobic
	21-27	pm	pm	pm	pm	pm	off	off	5	Aerobic
Oct.	28-04	pm	pm	TM	pm	pm	am	off	6	Aerobic
<i>Fall Break</i>	05-11	pm	am pm	pm	am pm	pm	am	off	7	Aerobic
	12-18	pm	am pm	pm	am pm	Intra-Squad	am	off	8	Aerobic
	19-25	pm	am pm	pm	am pm	pm	Relay Invite	off	9	Anaerobic
Nov.	26-01	am pm	am pm	TM	am pm	am pm	am	off	10	Anaerobic
	02-08	am pm	am pm	pm	am pm	Dual Meet	Dual Meet	off	11	Anerobic
	09-15	am pm	am pm	pm	am pm	am pm	Dual Meet	off	12	Anerobic
	16-22	am pm	am pm	pm	am pm	am pm	Dual Meet	off	13	RACE
Thanksgiving	23-29	am pm	am pm	TM	off	pm	am	off	14	RACE
Dec.	30-06	am pm	am pm	pm	pm	JC Invite	JC Invite	off	15	Competition
	07-13	am pm	am pm	pm	am pm	am pm	am	off	16	Aerobic
<i>Finals Week</i>	14-20	Open	Open	Open	Open	Open	Open	off	17	Aerobic
	21-27	Break	Break	Break	Break	Break	Break	Break	18	Break
Jan.	28-03	Break	TM pm	am pm	am pm	am pm	pm	am pm	19	Aerobic
	04-10	am pm	am pm	OFF	am pm	am pm	am	OFF	20	Anerobic
	11-17	am pm	am pm	pm	am pm	am Tri Meet	am pm	am	21	Anerobic
<i>School Starts</i>	18-24	off	am pm	pm	am pm	am Tri Meet	am Tri Meet	off	22	Anerobic
	25-31	am pm	am pm	TM	am pm	am pm	am Tri Meet	off	23	Anerobic
Feb.	01-07	am pm	am pm	pm	am pm	am pm	am Tri Meet	off	24	Anerobic
	08-14	am pm	am pm	pm	am pm	am pm	am	off	25	RACE
	15-21	am pm	am pm	am pm	am travel		Confere nce	Confere nce	26	RACE