



SDAC: Short Course Season Training Plan *28wks*



Date	Phase	Objectives	Meets
9/6/22 - 10/30/22 8 wks	Technique/ Endurance	Stroke adjustments Focus on distance/stroke Streamlines Walls Swimming efficiently <hr/> 10% - EN1(basic endurance) 30% - EN2(somewhat hard) 50% - EN3(hard) 5% - Rec(warm-up,cool-down) 5% - SP 3 (short distance sprints)	September 24-25, 2022 - Freestyle Festival October 8-9, 2022 - BC All Ages October 15-16, 2022 - RSD A/BB All Ages
10/31/22- 2/5/23 14 wks	Specific Endurance	Progressive overload * yards/intensity Specialty strokes Aerobic endurance * all-time high Intense endurance up <hr/> 20% - EN1 & EN2 70% - EN3(hard) 5% - Rec(warm-up,cool-down) 5% - SP 3 (short distance sprints)	November 5-6, 2022 - CAST BC All Ages November 12-13, 2022 - SOL A/BB All Ages December 2-4, 2022 - SBA B-WAG Max December 17-19, 2022 - WAG Championships January 21-22, 2023 - CAST BC All Ages January 27-29, 2023 - SOL A/BB All Ages
2/6/23 - 3/5/23 4 wks	Competition Preparation	Race specific training Anaerobic/sprints increase Yards reduced * more rest * faster swimming Intense endurance down <hr/> 20% - EN1 & EN2 65% - EN3 & SP1 15% - SP2 & SP3	February 17-20, 2023 - Senior Classic February 25-26, 2023 - HSA NTS March 2-5, 2023 - HSA NTS
3/6/23 - 3/19/23 2 wks	Fine Tuning	Maintain All	March 17-19, 2023 - 14/U Junior Olympics

Season plan subject to change due to qualifying meets and championship meets.