

| Age Group | Swim Focus | Meets | Events | Daily Volume-Ave | Specific Skills | Weekly Topic/Education |
|---------------|------------------------|----------------------|------------------|------------------|--------------------|-----------------------------|
| Sept 1-7 | Technique | | | 2000 | Streamlines | Start of Season |
| Sept 8-14 | Technique | | | 2200 | UW kick-4 | Workout structures |
| Sept 15-21 | Conditioning-Meet Prep | Dual Meet w/ VACA | | 2000 | Meet Prep | Meet Prep-Warmups |
| Sept 22-28 | Conditioning and Kick | | | 2200 | Breakouts | Goal Setting |
| Sept 29-Oct 5 | Conditioning and Kick | Block Party Meet | | 2400 | Dives | Workout structures |
| Oct 6-12 | Conditioning Build | | | 2600 | Turns | Workout structure/Nutrition |
| Oct 13-19 | Speed and Race Prep | Dual Meet w/ Marlins | | 2000 | Breakouts | Underwater Kicking |
| Oct 20-26 | Conditioning Build | | Halloween Social | 2200 | Dives | Teamwork |
| Oct 27-Nov 2 | Speed and Race Prep | Dual Meet with VJO | | 2400 | Turns and Finishes | Racing |
| Nov 3-9 | Conditioning Build | | | 2600 | Stroke Count | Stroke Count |
| Nov 10-16 | Conditioning Build | | | 2600 | Splits | Performance |
| Nov 17-23 | Speed and Race Prep | Block Party Meet | | 2000 | Video work | Video Work |
| Nov 24-30 | Conditioning Build | | Friendsgiving | 2400 | IM Turns | Leadership |
| Dec 1-7 | Conditioning Build | | | 2200 | Pacing | Race Pace Work |
| Dec 8-14 | Speed and Race Prep | Winter Champs | | 2000 | Champs Prep | Swimming Fast |
| Dec 15-21 | Fun Week-End of Winter | | Winter Social | 2000 | Fun | Stroke Technique |
| | | | | | | |
| Junior | Swim Focus | Meets | Events | Daily Volume-Ave | Specific Skills | Weekly Topic/Education |
| Sept 1-7 | Technique | | | 3000 | Streamlines | Start of Season |
| Sept 8-14 | Technique | | | 3200 | UW kick-4 | Workout structures |
| Sept 15-21 | Conditioning-Meet Prep | Dual Meet w/ VACA | | 3000 | Meet Prep | Meet Prep-Warmups |
| Sept 22-28 | Conditioning and Kick | | | 3200 | Breakouts | Goal Setting |
| Sept 29-Oct 5 | Conditioning and Kick | Block Party Meet | | 3400 | Dives | Workout structures |
| Oct 6-12 | Conditioning Build | | | 3600 | Turns | Workout structure/Nutrition |
| Oct 13-19 | Speed and Race Prep | Dual Meet w/ Marlins | | 3000 | Breakouts | Underwater Kicking |
| Oct 20-26 | Conditioning Build | | Halloween Social | 3400 | Dives | Teamwork |
| Oct 27-Nov 2 | Speed and Race Prep | Dual Meet with VJO | | 3000 | Turns and Finishes | Racing |
| Nov 3-9 | Conditioning Build | | | 3400 | Stroke Count | Stroke Count |
| Nov 10-16 | Conditioning Build | | | 3600 | Splits | Performance |
| Nov 17-23 | Speed and Race Prep | Block Party Meet | | 3000 | Video work | Video Work |
| Nov 24-30 | Conditioning Build | | Friendsgiving | 3400 | IM Turns | Leadership |
| Dec 1-7 | Conditioning Build | | | 3600 | Pacing | Race Pace Work |
| Dec 8-14 | Speed and Race Prep | Winter Champs | | 2800 | Champs Prep | Swimming Fast |
| Dec 15-21 | Fun Week-End of Winter | | Winter Social | 3000 | Fun | Stroke Technique |