

National	Swim Focus	Meets	Events	Daily Volume-Ave	Specific Skills	Weekly Topic/Education
Sept 1-7	Aerobic/Kick Base		Comp Meeting	5,000	Streamlines	Start of Season
Sept 8-14	Aerobic Build/Kick Base			5,500	Dolphin kick/UW kick	Workout structures
Sept 15-21	Aerobic Build	Block Party/TCA/Natomas	Mentor/B Party	6,000	warmup prep-breakouts	Meet Prep-Warmups
Sept 22-28	Aerobic Build/Meet Prep		C Session/Practice w/ PASA	6,000	Turns	Goal Setting
Sept 29-Oct 5	Aerobic Variance	Block Party	College Meeting	6,500	Starts	College Swimming
Oct 6-12	Aerobic Variance		C Session/Practice w/ O Club	7,000	IM Turns	Nutrition
Oct 13-19	Mix EN/Build in Speed	PLS/Orinda		6,500	Stroke Rate	Stroke Rate/Analysis
Oct 20-26	Mix EN/Build in Speed		Team Social	7,000	Kick Rate and Sped	Kick Rate/Analysis
Oct 27-Nov 2	Aerobic/Meet Prep	PASA Invite		5,500	Focus Meet Week	Stroke/Kick Count
Nov 3-9	Aerobic Variance-Spec			6,500	Video Analysis-Breakdown	Accountability
Nov 10-16	Aerobic Variance-Spec		C Session/Practice w/ TBD	7,000	Power	Performance
Nov 17-23	Meet Prep-Mix EN/SP	Block Party		6,500	Starts and Turns	Sharpen the Sword
Nov 24-30	Meet Prep-Mix EN/SP		Friendsgiving	5,000	Individual Analysis	We not Me
Dec 1-7	Race Prep/Taper	Texas Travel		4,000	Fast Swimming-Taper	Swimming Fast
Dec 8-14	Race Prep/Taper	Junior Nats/DART Invite		4,000	Fast Swimming-Taper	Swimming Fast
Dec 15-21	Technique/Recovery		Holiday Social	4,500	Stroke Technique	Stroke Technique
Senior	Swim Focus	Meets		Daily Volume-Ave	Weekly Focus	Weekly Topic
Sept 1-7	Aerobic/Kick Base		Comp Meeting	5,000	Streamlines	Start of Season
Sept 8-14	Aerobic Build/Kick Base			5,000	Dolphin kick/UW kick	Workout structures
Sept 15-21	Aerobic Build	Block Party/TCA/Natomas	Mentor/B Party	5,500	warmup prep-breakouts	Meet Prep-Warmups
Sept 22-28	Aerobic Build/Meet Prep		C Session/Practice w/ PASA	5,500	Turns	Goal Setting
Sept 29-Oct 5	Aerobic Variance	Block Party	College Meeting	6,000	Starts	College Swimming
Oct 6-12	Aerobic Variance		C Session/Practice w/ O Club	6,000	IM Turns	Nutrition
Oct 13-19	Mix EN/Build in Speed	PLS/Orinda		5,000	Stroke Rate	Stroke Rate/Analysis
Oct 20-26	Mix EN/Build in Speed		Team Social	6,000	Kick Rate and Sped	Kick Rate/Analysis
Oct 27-Nov 2	Aerobic/Meet Prep	PASA Invite		5,500	Focus Meet Week	Stroke/Kick Count
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Nov 10-16	Aerobic Variance-Spec		C Session/Practice w/ TBD	6,000	Power	Performance
Nov 17-23	Meet Prep-Mix EN/SP)	Block Party		5,500	Starts and Turns	Sharpen the Sword
Nov 24-30	Meet Prep-Mix EN/SP)		Friendsgiving	4,500	Individual Analysis	We not Me
Dec 1-7	Race Prep/Taper	Texas Travel		3,500	Fast Swimming-Taper	Swimming Fast
Dec 8-14	Race Prep/Taper	Junior Nats/DART Invite		3,500	Fast Swimming-Taper	Swimming Fast
Dec 15-21	Technique/Recovery		Holiday Social	4,500	Stroke Technique	Stroke Technique