CAERPHILLY COUNTY SWIM CLUB 2016/2017

Month	Sept				Oct					Nov					Dec				Jan					Feb					Mar				Apr				May					June					July					Aug					Sept			
Monday to Sunday	29	5	12	19	26	3	10	17	24	31	7	14	21	28	5	12	19	26	2	9	16	23	30	6	13	20	27	6	13	20	27	3	10	17	24	1	8	15	22	29	5	12	19	26	3	10	17	24	31	7	14	21	28	4
	4	11	18	25	2	9	16	23	30	6	13	20	27	4	11	18	25	1	8	15	22	29	5	12	19	26	5	12	19	26	2	9	16	23	30	7	14	21	28	4	11	18	25	2	9	16	23	30	6	13	20	27	3	10
COMPETITIONS		Club Champs	Bristol North	Bristol North				Neath Open Meet	Bristol Open Meet	Cardiff Shortcourse			Sub Regionals	Welsh Shotcourse	Newport Xmas Cracke					New year Pentathlon		Warm Weather							Tiger Bay			Welsh Longcourse							Cardiff International					Swim Wales Open											
MACRO CYCLE	14 Weeks														18 Weeks																									12 Weeks																	
MESO CYCLE	8 Weeks									6Weeks					6 Weeks							6 Weeks							6 Weeks											7 Weeks							5 Weeks											
1 WEEK MICRO CYCLES																																																											

MINOR AIMS

MAJOR AIMS

SWIM THROUGH MEETS

A1 - AEROBIC ENDURANCE SETS

30X100 CI +10

10X200FC +30

5X400 FC/IM

1200 SKPS

30 MINS OF 50's +10
AS MANY AS POSS

100 FLY
200BR
300 BK
400FC
PYRAMID
70

10X 100 KICK ON 2.15

4X500 MIXED DRILLS

ANAEROBIC ENDURANCE SETS

6X100 CI+20 TARGET-10
16X50 HARD SPRINT ON 60 OR 75
20X50 FC HARD/EASY ON 50 OR 60
5X100 GOAL SET ON 2.30 OR 3.30
20X100 USING HEART RATE 10 BBM ON 2MINS LEVEL 4
5X100 USING HEART RATE MAX L/4L5 ON 1.45

ANAEROBIC AND SPEED ENDURANCE SETS

4X100CI +2MINS TARGET -15 OR BETTER

5X100GOAL SETS REDUCING 1-5 ON3 MINS

20X25 HARD SPRINTS ON 2 MINS

6X 100 BROKEN +10+2MINS TARGET

LACTIC TOLERANCE SPRINT+PACE SETS

200 fc on 4.30
100 on 2.15
50 fc
200 swim down
LACTIC TOLERANCE
HARD AS YOU CAN

(20X50) HARD EVEN PACE +10+2MINS

16X25 VERY HARD LAST 12.5 ON 60

TAPER AND RECOVERY SETS

12X100 STEADY NO TARGETS+60

3X400 MIXED DRILLS

1200SKPS

PRACTICE STARTS AND TURNS

1000 SWIM EASY HOLD GOOD STROKES