

Ashurst BC Base Swim Period Meso Plan

L1 = Advanced Swimmers L2 = Experienced Swimmers L3 = Progressive Swimmers

Date	Mesocycle	Notes	Week	Training Level	Warm Up (m)	Kick & Strength (m)	Main Set (m)	Warm Down (m)	Total Level 1 (m)	Total Level 2 (m)	Total Level 3 (m)
13/09/2008	Base Period	Purpose of the base period is to focus on technical aspects of the stroke. Swimmers should have 1-2-1 with video analysis and use this to gauge their own technical focus. If they have not completed 1-2-1 use a generic focus listed in warm up and cool down, this remains throughout the full set. There is an emphasis on both kick and strength, athletes should fully understand the correct way to kick and using fins is fine as the extra resistance still helps to strengthen core and legs. In addition, using fins will also help to develop ankle flexibility and technique. For kick on side it's imperative that the drill is done correctly otherwise pointless. All athletes will need paddles (small size), fins (small size) ankle band (piece of rubber tubing or inner tube) and preferably tempo trainer. During the pull / band training part focus in maintaining a flat body position by using core. Main session is L3/4 pace and athletes should use pace clock and swim at correct pace to ensure base aerobic development as opposed to simply swimming as hard as possible. From each T20 test swimmers should note swim count at start, middle and end and check the stroke rate (spm). Target spm is 50-55 for L3 sessions and 55-60 for L4, use tempotrainer if athletes are below or above to help develop correct rhythm. Recovery for base phase is 15 seconds per 100m for Level 1 swimmers i.e. swim 400m = 1 min recovery. Recovery is 20 seconds per 100m for Levels 2 and 3, this should be ample recovery if they swim at the correct intensity (L3/4) calculated from T20 test. When completing T20 test, kick and strength should be done after the test as opposed to beforehand, all other weeks completed before main set.	1	Test	600	400	T20 test	300	2800	2500	2300
20/09/2008			2	3	600	400	1900	300	3200	2950	2700
27/09/2008			3	3	600	500	1800	300	3200	2900	2600
04/10/2008			4	3	600	600	1800	200	3200	2900	2600
11/10/2008			5	3	600	600	1800	300	3300	3000	2700
18/10/2008			6	3	600	700	1800	300	3400	3100	2800
25/10/2008			7	3	600	700	1800	300	3400	3100	2900
01/11/2008			8	3	600	800	1800	300	3500	3200	2900
08/11/2008			9	Test	600	800	T20 test	300	2800	2900	2700
15/11/2008			10	4	600	900	1500	300	3300	3050	2800
22/11/2008			11	4	600	900	1600	300	3400	3100	2900
29/11/2008			12	4	600	1000	1600	300	3500	3300	3000
06/12/2008			13	4	600	1000	1600	300	3500	3300	3000
13/12/2008			14	4	600	1000	1600	300	3500	3300	3000
20/12/2008			15	4	600	1000	1600	300	3500	3300	3100
27/12/2008			16	4	600	1000	1600	300	3500	3300	3100