

Open Water Swim Plan							
wk comm	wk	w/up (m)	Set (A)	Set (B)	coaching focus	c/down (m)	total (m)
04/05/2009	1	400	10/11/12X100	6/8/10X50	Become accustomed to water for the first session	100	1800/2000/2200
11/05/2009	2	400	1000m TT	8/10/12X50	Establish current benchmark for TT, focus for main set (B) is scull start line, holding form, breathe and sight every 4-6. Ignore other swimmers and focus internally on your own stroke.	100	1900/2000/2100
18/05/2009	3	400	6/7/8X150	8/10/12X50	Main set (A) focus is holding stroke length and holding correct pace for each 150, should not be tiring on last 50m or shortening stroke. Main set (B) is scull start line, holding form, breathe and sight every 4. Ignore other swimmers and focus internally on your own stroke.	100	1800/2050/2300
25/05/2009	4	400	7/8/9X150	8/10/12X50	Main set (A) focus is holding stroke length and holding correct pace for each 150, should not be tiring on last 50m or shortening stroke. Main set (B) is scull start line, holding form, breathe and sight every 4. Ignore other swimmers and focus internally on your own stroke.	100	1950/2200/2450
01/06/2009	5	400	6/7/8X200	8/10/12X25	Main set (A) focus is holding stroke length and holding correct pace for each 200, should not be tiring on last 50m or shortening stroke. Main set (B) is scull start line, MAXIMUM EFFORT 10 strokes and then cruise remaining distance. Ignore other swimmers and focus internally on your own stroke.	100	1900/2150/2400
08/06/2009	6	400	7/8/9X200	8/10/12X25	Main set (A) focus is holding stroke length and holding correct pace for each 200, should not be tiring on last 50m or shortening stroke. Main set (B) is scull start line, MAXIMUM EFFORT 10 strokes and then cruise remaining distance. Ignore other swimmers and focus internally on your own stroke.	100	2100/2350/2600
15/06/2009	7	400	1000m TT	8/10/12X50	Establish current benchmark for TT, focus for main set (B) is scull start line, holding form, breathe and sight every 4-6. Ignore other swimmers and focus internally on your own stroke.	100	1900/2000/2100
22/06/2009	8	400	6/7/8X250	8/10/12X25	Main set (A) focus is holding stroke length and holding correct pace for each 250, should not be tiring on last 50m or shortening stroke. Main set (B) is scull start line, holding form, breathe and sight every 4. Ignore other swimmers and focus internally on your own stroke.	100	2200/2500/2800

29/06/2009	9	400	6/7/8X250	6/7/8X50	Main set (A) focus is holding stroke length and holding correct pace for each 250, should not be tiring on last 50m or shortening stroke. Main set (B) is scull start line, holding form, breathe and sight every 4. Ignore other swimmers and focus internally on your own stroke. SWIM MAX effort for 25m and then cruise 25m back.	100	2300/2400/2900
06/07/2009	10	Swimming not taking place this week, lake unavailable					
13/07/2009	11	400	5/6/7X300	8/8/8X50	Main set (A) focus is holding stroke length and holding correct pace for each 250, should not be tiring on last 50m or shortening stroke. Main set (B) is scull start line, holding form, breathe and sight every 4. Ignore other swimmers and focus internally on your own stroke. SWIM MAX EFFORT for 25m and then cruise 25m back.	100	2400/2500/3000
20/07/2009	12	400	4/5/6X400	8/10/12X50	Main set (A) focus is holding stroke length and holding correct pace for each 250, should not be tiring on last 50m or shortening stroke. Main set (B) is scull start line, holding form, breathe and sight every 4. Ignore other swimmers and focus internally on your own stroke. Neagtive split, cruise for 25m and then SWIM MAX EFFORT 25m back.	100	2500/2700/3300
27/07/2009	13	400	4/5/6X400	4/5/6X100	Main set (A) focus is holding stroke length and holding correct pace for each 250, should not be tiring on last 50m or shortening stroke. Main set (B) is scull start line, holding form, breathe and sight every 4. Ignore other swimmers and focus internally on your own stroke. Neagtive split, cruise for 25m and then SWIM MAX EFFORT 25m back.	100	2500/2700/3300
03/08/2009	14	400	1000m TT	8/10/12X50	Establish current benchmark for TT, focus for main set (B) is scull start line, holding form, breathe and sight every 4-6. Ignore other swimmers and focus internally on your own stroke.	100	1900/2000/2100
10/08/2009	15	400	5/6/7X300	8/8/8X50	Main set (A) focus is holding stroke length and holding correct pace for each 250, should not be tiring on last 50m or shortening stroke. Main set (B) is scull start line, holding form, breathe and sight every 4. Ignore other swimmers and focus internally on your own stroke. SWIM MAX EFFORT for 25m and then cruise 25m back.	100	2400/2500/3000
17/08/2009	16	400	6/7/8X250	6/7/8X50	Main set (A) focus is holding stroke length and holding correct pace for each 250, should not be tiring on last 50m or shortening stroke. Main set (B) is scull start line, holding form, breathe and sight every 4. Ignore other swimmers and focus internally on your own stroke. SWIM MAX effort for 25m and then cruise 25m back.	100	2300/2400/2900

24/08/2009	17	400	6/7/8X250	8/10/12X25	Main set (A) focus is holding stroke length and holding correct pace for each 250, should not be tiring on last 50m or shortening stroke. Main set (B) is scull start line, holding form, breathe and sight every 4. Ignore other swimmers and focus internally on your own stroke.	100	2200/2500/2800
31/08/2009	18	400	7/8/9X200	8/10/12X25	Main set (A) focus is holding stroke length and holding correct pace for each 200, should not be tiring on last 50m or shortening stroke. Main set (B) is scull start line, MAXIMUM EFFORT 10 strokes and then cruise remaining distance. Ignore other swimmers and focus internally on your own stroke.	100	2100/2350/2600