

DONCASTER DOLPHINS

PROGRAM TO World Masters Games 2009

<u>Week Ending</u>	<u>Emphasis</u>	<u>Competition</u>
Sat. 8 th Aug	Endurance / Mixed Strokes(A) (Easy to Moderate)	
Sat. 15 th Aug	Endurance / IM (A) (Easy to Moderate) (Short Sets of Hard 50's in Pairs)	
Sat. 22 nd Aug	Endurance / Mixed Strokes (A) Drills (Easy to Moderate) (150's and 250's)	
Sat. 29 th Aug.	Anaerobic Threshold (AT) (Longer Sets of 100's) * Begin broken Swims	
Sat. 5 th Sept.	Lactate Tolerance (LT) (Hard / Moderate Recovery Sets)	Hoppers Crossing Interclub
Sat. 12 th Sept.	Sprint / Relay Change-overs (LP) (Dive Start 25's & 50's)	<u>State Relay Carnival</u> <u>at MSAC</u>
Sat. 19 th Sept.	Lactate Tolerance	
Sat. 26 th Sept.	Recovery Week	
Sat. 3 rd Oct.	Sprint / Race Preparation Starts / Turns / Finishes	
Sat. 10 th Oct.	<u>Don't forget</u> WARM UP & SWIM DOWN HAVE FUN FUN FUN	<u>World Masters Games</u> <u>10th October – 17th October</u> <u>Sydney Aquatic Centre</u>

* 400 and 800 swimmers need to be working on sets with Target Times based on Entry Times.
e.g. 400 Free with 5:20 entry need to be working sets going 1:20 / 100s or 40s / 50's with short rest or better.

* Need to do

- Choose events you intend to enter from the program.
- Try to work on 4 sessions (or more) sessions a week.
- Discuss either of these with the coach.