

Doncaster Dolphins – Seasonal Plan 2008

	January	February	March
Emphasis	Endurance Build -Up	Threshold	Race Preparation Sprint, Lactate Tolerance
Meets / Events	Open Water Swims	Open Water Swims 23rd Malvern Marlins Interclub	Nationals 20th – 23rd Melbourne MSAC (Olympic Trials in Sydney 22 nd – 29 th Must Tape)
Test Sets Aerobics Program		7 th & 16 th 400's 10 th & 24 th All Swims 14 th & 28 th 400/800	9 th & 30 th All Swims 13 th & 27 th 400/800
Stroke Technique	Negative Splits	Race Pacing	
Starts /Turns	Free & Bk	IM	Brs & Fly
Video Taping	On-going	On-going	On-going
Ocean Swims	5 th Pier2Pub 12 th Danger (Torquay) 13 th Sorrento 19 th Portsea / Rock2Ramp 20 th Frankston 26 th Mt Martha / Williamstown/ Queenscliff 27 th Bloody Big Swim	2 nd Dromana 9 th Club2Club 16 th Point to Point 24 th Cowes Classic 24 th Big Bay	1 st Cerberus Classic 1 st Pier to Perignon 16 th Bonbeach
Fun Stuff	Open Water – Pub Lunch, BBQ	Cowes Classic at Sorensen's	Brecky at Cafe21 Nationals Dinner

	April	May	June
Emphasis	Race Preparation Speed / Taper	Distance / Endurance	IM Preparation – Stroke Technique
Meets / Events	World Masters Championships Perth WA 15th – 25th	31st Frankston Interclub	Long Distance Short Course Day 1 – Saturday June 14 th Day 2 – Saturday June 28 th
Test Sets Aerobics	3 x 100 Broken for Goal Times 6 x 50 – 3:00	½ Hour , 20 x 100	4 x 100 IM , ½ Hour Swim
Stroke Technique	Ez Speed	D.P.S. / Stroke Rate, Streamlining	Emphasise one stroke per week, Streamline
Starts /Turns	IM	Free	Each Stroke
Video Taping	On-going	On-going	On-going
Ocean Swims			
Fun Stuff	World Masters in Perth	Brecky at Café 21	

	July	August	September
Emphasis	Endurance for pacing	Race Pace / Sprint	Power/VO ₂ Max
Meets / Events	26th Sale Sadists 12th Casey Seals	State Short Course Saturday 2 nd or 9 th 12:00pm	State Long Distance Long Course Day 1 – 6 th or 13 th 4:00pm Day 2 – 20 th or 27 th 4:00pm
Test Sets Aerobics Program	5 Minute K Challenge	VO2 Goal Set 10 x 75 on 2:00	20 x 50 on 1:30 ½ Hour Swim
Stroke Technique	Fly, Fr, IM	Pacing	Kicking / Negative Splits
Starts /Turns	IM	Free & IM	Fly & Brs
Video Taping	On-going	On-going	On-going
Ocean Swims			
Fun Stuff	<i>*Introduce Personal Swim Journal</i>	Dolphins 25th Anniversary at Eastern G.C. *Olympic Games in Beijing	Brecky at Café 21

	October	November	December
Emphasis	Endurance for pacing	Sprint	Endurance / Threshold
Meets / Events	8th Alice Springs 4th North Lodge Interclub at Monash	State Relay Championships 15 th or 22 nd MSAC	Dolphins Synchro Trophy
Test Sets Aerobics	5 x 100 on 7:00	3 x 500	20 x 100 on 2:00
Stroke Technique	Race Pace – Negative Splits, Building	Starts / Turns	DPS / Stroke Rate
Starts /Turns	IM / Relay Changeovers	Fr / Bk	Brs / Fly
Video Taping	On-going	On-going	On-going
Ocean Swims			26 th Pt Leo 13 th Brighton
Fun Stuff		Brecky at Café 21	26 th Pt. Leo Swim BBQ at Mc Craith's Break-Up