




Fluid Mechanics Energy Systems Training Plan Participant _____ Date ___/___/___



Goal Setting

Event	Dates	Baseline	Milestone 1	Milestone 2	Milestone 3	Milestone 4	Milestone 5	Milestone 6	Milestone 7	Milestone 8	Goal
SCY LCM SCM											

Macrocycle Training (Seasonal Phases)

Build Up
Prevent Injury (2 weeks)

Distance
Don't Stop
Full load training building aerobic base

Interval
Short Rest
Full load training building aerobic base

Repetition
Up & Down
Reduce total mtr by 10% from aerobic phases

Sprint
Short & Fast
Reduce total mtr by 10% from aerobic phases

Taper
Cut Back (2 weeks)
Reduce gradually from 80%-50% of aerobic phases

2
→
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→
2
→

2010-11

Calendar

		SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER							
Trimester 1		M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	
					1	2	3	4	5					1	2	3	1	2	3	4	5	6	7				1	2	3	4
		6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12	
		13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	
		20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	
		27	28	29	30				25	26	27	28	29	30	31	29	30						27	28	29	30	31			

Competition

Technique
Start | Stroke/s
Turns

		JANUARY							FEBRUARY							MARCH							APRIL						
Trimester 2		M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
								1	2		1	2	3	4	5	6		1	2	3	4	5	6					1	2
		3	4	5	6	7	8	9	7	8	9	10	11	12	13	7	8	9	10	11	12	13	4	5	6	7	8	9	10
		10	11	12	13	14	15	16	14	15	16	17	18	19	20	14	15	16	17	18	19	20	11	12	13	14	15	16	17
		17	18	19	20	21	22	23	21	22	23	24	25	26	27	21	22	23	24	25	26	27	18	19	20	21	22	23	24
		24	25	26	27	28	29	30	28							28	29	30	31				25	26	27	28	29	30	

Technique
Start | Stroke/s
Turns

		MAY							JUNE							JULY							AUGUST						
Trimester 3		M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
									1			1	2	3	4	5				1	2	3	1	2	3	4	5	6	7
		2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14
		9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21
		16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28
		23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31	29	30	31				

Topics & Controls