Training Plan - w	-						
Training Week	1/19/2025		Meet	April 24-27			
Training Cycle	General Conditioning (C	GC)		week 2			
Total Weeks	3	Total Sessions		day			
Notes:	The general conditioning cycle involves technical introduction and/or reinforcement while developing the general aerobic capacity of the swimmer. This cycle is characterized by an increase in intra-session volume while limiting event-specific paces and speeds. A large portion of these sessions should include VO2max stress and MRDs used for warmup and s preparation.						
Strength	walk - swim.myofit.ai/sir	ngle-overhead-walk/		3x10			
Development	back extension - <u>swim.r</u>	myofit.ai/back-extension/		3x10			
Mechanical Reinfo	prcement MRD 1	head calibration drill	I - <u>swim.myofit.a</u>	i/head-calibratior	<u>-drill/</u>		
Mechanical Reinfo	prcement MRD 2	pitch drill - swim.my	ofit.ai/pitch-drill/				
Mechanical Reinfo	prcement MRD 3	spear drill - https://s	wim.myofit.ai/sp	<u>ear-drill/</u>			
Technical Improve	ement	Streamline body pos	sition - <u>https://yo</u>	utu.be/rVjONHvN	<u>/IS48</u>		
Psychological Sus	stainment	balance - swim.myofit.ai/achieving-balance/					
Notes:	MRD 1 with freestyle ar freestyle. Try MRD 3 wi beginners use fins. Set	th all 4 strokes. Brea 3 is choice non-free	kouts: hard unde stroke.	erwater kick to th	e surface fast,		
	Stroke	Target Pace	Distance	Max Rep Goal	Rest Range		
Warmup	freestyle	easy	200	1	26-30		
MRD 3	IM	easy	50	4	21-25		
Underwater	IM	easy	25	8	21-25		
MRD 1	choice	200	25	4	16-20		
MRD 2 Drop Sot	freestyle	200 400	25	4	16-20		
Prep Set Set 1	freestyle freestyle	VO2max	50 75	4	31-35 16-20		
Recovery	BR/BK	easy	50	4	31-35		
Recovery	rest	casy	50	-	2 min		
Set 2	freestyle	200	25	12	12-15		
Recovery	freestyle	easy	50	.2	16-20		
fin kick	side	moderate	100	2	26-30		
fin kick	backstroke	moderate	100	2	26-30		
Set 3	choice	200	25	8	21-25		
Recovery	choice	moderate	200		5 min		

pping the general a se in intra-session n of these session ration. <u>swim.myofit.ai/sir</u> extension - <u>swim.n</u> t MRD 1 t MRD 2 t MRD 3 t 1 with freestyle an yle. Try MRD 3 wit	Total Sessions 9 g cycle involves tech aerobic capacity of th avolume while limitin s should include VO: ngle-overhead-walk/ nyofit.ai/back-extens head calibration drill pitch drill - swim.myo streamline body pos balance - swim.myo d best non-free strok nall 4 strokes. Breal 3 is choice non-free Target Pace) nical introduction ne swimmer. This ig event-specific 2max stress and ion/ ion/ - <u>swim.myofit.ai/</u> ofit.ai/pitch-drill/ wim.myofit.ai/special sition - <u>https://you</u> fit.ai/achieving-back kouts: hard under stroke.	cycle is charact paces and speed MRDs used for MRDs used for interaction chead-calibration car-drill/ utu.be/rVjONHvIN alance/ position in each rwater kick to the Max Rep Goal	2 ement while terized by an ds. A large warmup and set 3x10 3x10 3x10 drill/ //S48 . MRD 2 is e surface fast, Rest Range
eneral conditioning oping the general a ise in intra-session n of these session ration. <u>swim.myofit.ai/sin</u> extension - <u>swim.n</u> t MRD 1 t MRD 1 t MRD 2 t MRD 3 t 1 with freestyle an yle. Try MRD 3 wit ners use fins. Set	Total Sessions 9 g cycle involves tech aerobic capacity of th avolume while limitin s should include VO: ngle-overhead-walk/ nyofit.ai/back-extens head calibration drill pitch drill - swim.myo streamline body pos balance - swim.myo d best non-free strok nall 4 strokes. Breal 3 is choice non-free Target Pace	nical introduction ne swimmer. This ng event-specific 2max stress and ion/ ion/ ion/ ion/ ion/ ion/ ion/ ion/	day 2 and/or reinforce cycle is charact paces and speed MRDs used for /head-calibration ear-drill/ utu.be/rVjONHvIM alance/ position in each rwater kick to the Max Rep Goal	2 ement while terized by an ds. A large warmup and set 3x10 3x10 3x10 drill/ //S48 . MRD 2 is e surface fast, Rest Range
pping the general a se in intra-session n of these session ration. <u>swim.myofit.ai/sir</u> extension - <u>swim.n</u> t MRD 1 t MRD 2 t MRD 2 t MRD 3 t 1 with freestyle an yle. Try MRD 3 wit ners use fins. Set 3	g cycle involves tech aerobic capacity of th volume while limitin s should include VO: ngle-overhead-walk/ nyofit.ai/back-extens head calibration drill pitch drill - <u>swim.myo</u> spear drill - <u>https://sy</u> Streamline body pos balance - <u>swim.myo</u> d best non-free strok h all 4 strokes. Breat 3 is choice non-free strok	nical introduction ne swimmer. This ng event-specific 2max stress and ion/ ion/ ion/ ion/ ion/ ion/ ion/ ion/	and/or reinforce cycle is charact paces and speed MRDs used for MRDs used for /head-calibration ear-drill/ utu.be/rVjONHvN alance/ position in each rwater kick to the Max Rep Goal	ement while terized by an ds. A large warmup and set 3x10 3x10 <u>a-drill/</u> <u>MS48</u> . MRD 2 is e surface fast, Rest Range
pping the general a se in intra-session n of these session ration. <u>swim.myofit.ai/sir</u> extension - <u>swim.n</u> t MRD 1 t MRD 2 t MRD 2 t MRD 3 t 1 with freestyle an yle. Try MRD 3 wit ners use fins. Set 3	aerobic capacity of the volume while limitin s should include VO2 agle-overhead-walk/ hyofit.ai/back-extens head calibration drill pitch drill - <u>swim.myo</u> spear drill - <u>https://sy</u> Streamline body pos balance - <u>swim.myo</u> d best non-free strok h all 4 strokes. Breat 3 is choice non-free strok	ne swimmer. This ng event-specific 2max stress and ion/ ion/ ion/ ion/ ion/ ion/ ion/ ion/	cycle is charact paces and speed MRDs used for MRDs used for interaction chead-calibration car-drill/ utu.be/rVjONHvIN alance/ position in each rwater kick to the Max Rep Goal	terized by an ds. A large warmup and set 3x10 3x10 1-drill/ //S48 . MRD 2 is e surface fast, Rest Range
t MRD 1 t MRD 2 t MRD 3 t MRD 3 t 1 with freestyle an yle. Try MRD 3 wit ners use fins. Set	head calibration drill pitch drill - <u>swim.myr</u> spear drill - <u>https://sr</u> Streamline body pos balance - <u>swim.myo</u> d best non-free strok h all 4 strokes. Breal 3 is choice non-free strok	I - <u>swim.myofit.ai/ ofit.ai/pitch-drill/</u> wim.myofit.ai/spe sition - <u>https://you fit.ai/achieving-ba</u> ke to adjust body kouts: hard under stroke.	/head-calibration ear-drill/ itu.be/rVjONHvM alance/ position in each rwater kick to the Max Rep Goal	3x10 drill/ //S48 . MRD 2 is e surface fast, Rest Range
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Stroke	-	Distance		•
		000		
freestyle	easy	200	1	26-30
IM IM	easy	50 25	4	21-25 21-25
choice	easy 200	25 25	8	16-20
	200	25 25	4	16-20
freestyle freestyle	400	25 50		31-35
freestyle	VO2max	50 75	4 10	16-20
BR/BK	easy	50	4	31-35
rest	cuty			2 min
freestyle	200	25	16	12-15
freestyle	easy	50	4	16-20
-	-		2	26-30
backstroke	moderate	100	2	26-30
choice	200	25	8	21-25
choice	moderate	200		5 min
	side backstroke choice	side moderate backstroke moderate choice 200	side moderate 100 backstroke moderate 100 choice 200 25	sidemoderate1002backstrokemoderate1002choice200258

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