

Swim Smooth Perth Rottnest Channel Swim Program 2011/12

			Recommended # Sessions			Recommended Weekly Volume (Km)			Key Day Session / Races		
Monday	Week	Phase	TEAMs	DUOs	SOLOs	TEAMs	DUOs	SOLOs	Monday	Saturday	Sunday
10/10/11	1	EC	3	4	4	9	15	15	Technique	4k POOL	REST
17/10/11	2	EC	3	4	4	9	16	16	Technique	5k POOL	REST
24/10/11	3	REC	3	4	4	9	15	16	Technique	5k POOL	Rockingham
31/10/11	4	TD	4	4	4	12	17	17	Technique	4k:2k	REST
7/11/11	5	TD	4	4	4	12	18	18	Technique	5k:2k	REST
14/11/11	6	TD	4	4	4	12	19	19	Technique	6k:2k	REST
21/11/11	7	REC	3	4	4	9	15	16	Technique	Champion Lakes	REST
28/11/11	8	SE	4	4	5	12	19	22	Technique	Rottnest	REST
5/12/11	9	SE	4	4	5	12	19	23	Technique	4k:4k	REST
12/12/11	10	SE	4	4++	5+	12	22	27	Technique	5k:4k	REST
19/12/11	11	SE	4	4++	5+	12	22	28	Technique	6k:4k	REST
26/12/11	12	REC	3	4	5	9	15	18	No Sessions	5k Cott Easy	REST
2/01/12	13	SE	4	4++	5+	12	22	30	Leighton Race	9k Ocean	2-3k Cott Easy
9/01/12	14	SE	4	5++	5+++	12	24	31	Technique	10k Claremont	2-3k Cott Easy
16/01/12	15	SE	4	5++	5+++	12	25	33	Technique	12k POOL	2-3k Cott Easy
23/01/12	16	SE	5	6++	6+	15	28	34	Technique	REST	Sorrento
30/01/12	17	REC	5	6	6	15	25	28	Technique	10k Ocean	6k Claremont
6/02/12	18	FT	5	6++	6+++	15	28	37	Technique	12k Claremont	4k Claremont
13/02/12	19	FT	5	5++	5+	15	25	25	Technique	8k Ocean	2k Claremont
20/02/12	20	TAP	2 & race	3 & race	3 & race	10	20	30	Technique	THE BIG ONE!	REST

- + Tuesday 2hr Double Session
- ++ Friday 2hr Double Session
- +++ Tuesday & Friday 2hr Double Session

} Double session availability is dependent upon lane space. If not available swimmers should perform 2nd hour in 25m pool or public lanes, repeating the 1st session.

- EC ESTABLISH CONSISTENCY
- REC RECOVERY WEEK
- TD THRESHOLD DEVELOPMENT
- SE SUSTAINED ENDURANCE
- FT FINE TUNE & TWEAK OPEN WATER SKILLS
- TAP TAPER
- Rest Days SUN & THUR (recommended 45' flexibility work)

Races		TEAM	DUO	SOLO
1	Rockingham	2.5k	2.5k	5 or 10k
2	Champion	2.5k	5k	5 or 10k
3	Rottnest	1.6k	1.6k	1.6k
4	Leighton	5k	5k	5k
5	Sorrento	5k	5 or 10k	10k
6	Rottnest	5k	10k	20k

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KEY SESSIONS:

Solos:

1. Tuesday 5.30am, 6.30am or 6.30pm (3 to 6k) introduce 2hr double session in week 10, but always drop back to 1hr session in weeks 12, 17 and 20.
2. Wednesday 5.30am (5 to 7k) - increase to 6k in first SE block (week 8) and 7k in second SE block (week 13). Week 19 and 20 = 5k
3. Friday 5.30am or 6.30am (3 to 6k) introduce 2hr double session in week 14, but always drop back to 1hr session in weeks 16, 17, 19 & 20.
4. Saturday 7.00am (4 to 12k) first 3 weeks entirely in the pool, then split sessions (pool and open water) in weeks 4 to 6 and 9 to 11 inclusive. After this, all Saturday sessions will be in the open water as per the programmed locations.
5. Monday 7.00am (2 to 3k) introduce in week 8 and do irrespective of easier weeks (apart from Week 12 & 13, Leighton Race). This should always be done as a very light technique session and chance to fine tune your stroke.
6. Sunday 7.00am optional session in weeks 13 to 15 and just a steady, social swim. In weeks 17, 18 and 19, these sessions will be measured swims down at Claremont Jetty.

Duos:

1. Tuesday 5.30am, 6.30am or 6.30pm (3k)
2. Wednesday 5.30am (5 to 7k) - increase to 6k in first SE block (week 8) and 7k in second SE block (week 13). Week 19 and 20 = 5k
3. Friday 5.30am or 6.30am (3k) introduce 2hr double session in week 10, but always drop back to 1hr session in weeks 12, 17 & 20.
4. Saturday 7.00am (4 to 12k) increase by 1k each week, dropping back to 4k in RECOVERY WEEK. Up to max of 8k compared with Solos who will go to 12k.
5. Monday 7.00am (2 to 3k) introduce in week 14 and do irrespective of easier weeks (apart from Week 12 & 13, Leighton Race). This should always be done as a very light technique session and chance to fine tune your stroke.
6. Sunday 7.00am (3k) introduce in week 17 and do irrespective of easier weeks. In weeks 17, 18 and 19, these sessions will be measured swims down at Claremont Jetty as per the Solo swimmers.

Teams:

1. Tuesday 5.30am, 6.30am or 6.30pm (3k)
2. Friday 5.30am or 6.30am (3k)
3. Monday 7am (3k)
4. Saturday 1.00pm (3k)
5. Sunday 7.00am (3k) introduce in week 17. In weeks 17, 18 and 19, these sessions will be measured swims down at Claremont Jetty as per the Solo swimmers.