

Macrocycle (fall-summer)

Mesocycle 1 (fall 16 weeks)

GPP	SPP	SPP	RPP
A Day	A Day	A Day	A Day
A Day	B Day	B Day	B Day
B Day	B Day	B Day	C Day
B Day	D Day	C Day	D Day
D Day	D Day	D Day	D Day

Mesocycle 2 (spring 16 weeks)

GPP	SPP	RPP	RPP
A Day	A Day	A Day	A Day
B Day	B Day	B Day	C Day
B Day	B Day	C Day	A Day
D Day	D Day	A Day	C Day
D Day	D Day	D Day	D Day

Mesocycle 3 (summer 14 weeks)

GPP	GPP	SPP	SPP
A Day	A Day	B Day	B Day
B Day	D Day	C Day	C Day
D Day	B Day	D Day	D Day
D Day	D Day	C Day	C Day
D Day	D Day	D Day	D Day

A-Day: Recovery, rejuvenation, body manipulation, proprioception. Reset and get to zero. Looking for smooth swims including light anaerobic to increase heartrate but mainly longer, smoother, paced out aerobic sets. Low load rate, low volume. Should include stroke technique and focus on drills. (HR ~ 130)
B-Day: Stroke and IM for movement literacy and technical development of odd strokes. Some drill work that builds into a main set that allows time to swim strokes without overtaxing muscles. Focus on stroke and IM aerobic sets. Hypertrophy phase. Medium/high load, medium volume. (HR ~ 150)
C-Day: Strength, speed to achieve top level power at faster than goal race pace effort/time. Should include resistance training including fins and paddles and parachutes. Can also include USRPT. High load rate, low volume. (HR ~ 180)
D-Day: Aerobic distance day focusing on pacing and relatively high effort and low rest. Holding 85-95% effort for extended sets to achieve a higher VO2Max. Medium high load rate, high volume. (HR ~ 170)
GPP – General Physical Preparedness SPP – Specific Physical Preparedness RPP – Race Physical Preparedness