

YEARLY TRAINING PLAN GLOSSARY

Competition Season Projected Target Times: The anticipated expected results of the competitions which will then be used as one of the tools for tracking a swimmers progress.

Sport Experience: Refers to number of years the group has been training and competing.

Months: Add months in where appropriate.

Monday: Beginning of each microcycle, add in the date

Microcycle Weeks (MC): One week in duration.

Competitions & Camps: Swim meets and training camps. We identify relative importance of competition in Yearly Training Plan using the colour codes H- High(Red), M – Moderate (Blue) and L – Low (Green)

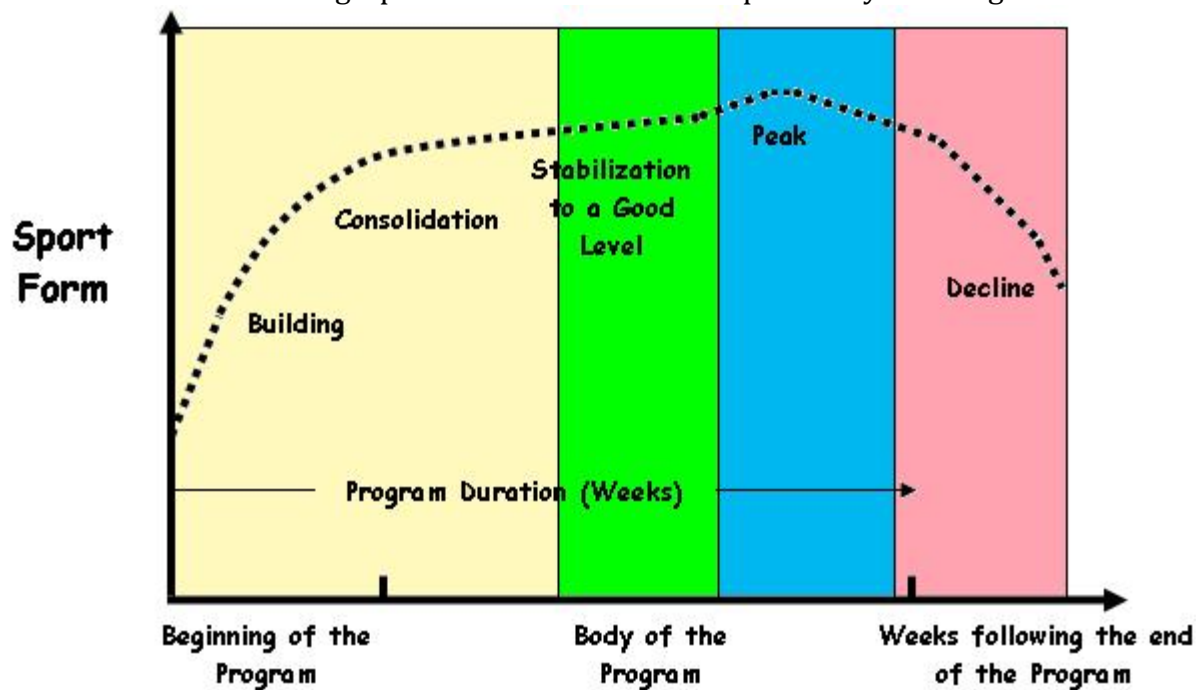
Periods: Each season (long course and short course) is divided into cycles with 3 periods each. They are:

Preparation: Developing phase of the sport form

Competition: Levelling off of the sport form and maximum ability demonstrated

Transition: Recovery time and loss of peak condition

Form Graph: The following figure shows the general phases of sport form during a single season. The colours in the graph are reflected in the sample Yearly Training Plan.



Preparation		Comp	Transition
GPP	SPP	C1 C2	Recovery

Preparation Periods: There are two phases in the **Preparation Period**. They are:

- **General Preparation Phase (GPP)** – This phase involves the work required to: increase the overall level of the swimmer’s physical abilities (which includes: endurance, strength, speed, co-ordination/agility, and flexibility) and achieve an efficient stroke technique. A variety of swimming and cross-training exercises would be used.
- **Specific Preparation Phase (SPP)** –The main goal for this phase is to develop specific speed endurance. The intensity of the swimming sets will steadily increase in comparison to GPP’s sets. The SPP focus is on the swimmer mastering and their maintaining correct swimming technique through the use of both swimming and cross training exercises as the work load increases.

Competition Period: There are two phases in the **Competition Period**. They are:

- **Competition Phase1**– This is considered the “pre-race” preparation phase. It is during this phase swimmers have competitions that have a lesser importance than those in the Competition Phase 2, but greater importance than in GPP and SPP. Workouts and swim meets are combined.
- **Competition Phase 2** - This is known as the “phase of realization”. It is during this phase of peak performance that the Target time goals are expected to be achieved.

Transition Phase: The purpose of this phase is for rest and recovery. For example, recreational sports.

YTP TIME % in Each Phase				
Phases of Training	Learn To Train	Train to Train	Train to Compete	Comp Dev Advanced
NCCP Context	201	201	301	303
GPP	70%	60%	55%	42%
SPP	20%	30%	35%	48%
Comp 1	10%	10%	6%	6%
Comp 2	n/a	n/a	4%	4%

Note: the percentages in this table are a representation of the amount of **TIME** spent on each phase.

Mesocycle: Typically a four week cycle of training. In some cases the Mesocycle would be composed of 3 to 6 microcycles. Each Mesocycle will have its own goals and each will build on the results of the previous Mesocycle. Name each Mesocycle in a corresponding manner that matches the phase. E.g. see colour coded sample YTP or GPP1, GPP2, GPP3, SPP1, SPP2 etc.

PERIODS** (PREP, COMP, TRANSITION)	Preparation				Competition		TRANS
PHASES (GPP, SPP, C1, C2, T&R)	General preparation			Specific preparation	Competition 1	Competition 2	TRANS
MESOCYCLES**	Pre-preparation	General preparation	General preparation	Specific preparation	Pre-competition	Competition	REC

Training Plan Details:

Training Days: Only for those days when training takes place.

of Practices: This is the combined amount of practices (dry land and water together is one practice)

Competition Days: Each day a competitive opportunity occurs equals one day

Ratio Suggestions:

*Ratio of Training days to Competition days 85-88% to 15-12%
whereas*

Ratio of Practices to Competition days is closer to 91% - 93% to 9%-7%

Holidays, School Break & Travel Days: Days without any Training sessions or Competition sessions.

Physical Activity – Water (Km and Hours)

Physical Activity: Actions performed by the athlete which contribute to the development of their athletic ability.

- **ZONE I. AEROBIC (b) (BASIC ENDURANCE) (HEART RATE <130-159), KM (16-18% of total annual KM)** – Activities typically found in: warm-up, drills, active rest between sets and cool down. Low intensity
- **ZONE II. AEROBIC (c) (BASIC ENDURANCE) (HEART RATE 160-184), KM (47-49% of total annual KM)** - Activities typically found in: continuous sets or interval training at moderate intensity with short rest. Moderate intensity (i.e. Basic Aerobic Endurance)
- **ZONE III. AEROBIC + ANAEROBIC (d) (SPECIAL WORK CAPACITY) (HEART RATE 185 and higher), KM (26-28% of total annual KM)** - Activities typically found in: sets designed to increase the intensity of the workload. Such methods as: “Repeat Method”, “Interval Method”, “Fartlek”, and their combinations are used. High intensity
- **ZONE IV. ANAEROBIC ALACTIC - LACTIC (e) (SPEED ENDURANCE), KM (5-6.5% of total annual KM)** - Activities typically found in: sets designed to develop speed endurance by further increasing the intensity of the workload by using variations on “Interval Method” and “Repeat Method”. Sub max intensity
- **ZONE V. ANAEROBIC ALACTIC (f) (SPEED), KM (1.5-2.5% of total annual KM)** - Activities typically found in: sets designed to develop short bursts of speed by using “Repeat Method” and “Control Method”. Max intensity

Reinforce the guidelines for each of the zones for the athletic abilities.

Zones-Guidelines (approximate only)	GPP	SPP	Comp
% In KM	% In Time Planned		
ZONE I. AEROBIC (b) (HEART RATE <130-159), KM (16-18% of total annual KM)	15	10	15
ZONE II. AEROBIC (c) (HEART RATE 160-184), KM (47-49% of total annual KM)	40	38	36
ZONE III. AEROBIC + ANAEROBIC (d) (HEART RATE 185 +), KM (26-28% of total annual KM)	32	35	29
ZONE IV. ANAEROBIC ALACTIC - LACTIC (e) (SPEED ENDURANCE), KM (5-6.5% of total annual KM)	10	12	15
ZONE V. ANAEROBIC ALACTIC (f) (SPEED), KM (1.5-2.5% of total annual KM)	3	5	5

Physical Activity Analysis

- **Average Speed per Microcycle – KM/HR** – Total km per microcycle divided by total hours per microcycle. It is a method used to determine exertion.

Dryland

- **Strength & Conditioning (Hours):** Activities designed to develop and increase the body's quality or state of being strong and to develop and increase the capacity for exertion or endurance.
- **Flexibility (Hours):** Activities designed to develop the ability to perform a full range of joint movements without sustaining injury.

Technical, Tactical and Motor Skills

- **Technical Skills:** The knowledge and abilities required to accomplish a certain task or function.
- **Tactical Skills:** Support the overall strategy. Example: A successful 200 IM will have the following tactics, a free split that is faster than the fly split. The middle two 50's will be even or negative split.
- **Strategy:** An elaborate and systematic plan for action. Each race requires a strategy/plan. Example: Develop a balanced 200 IM Strategy
- **Video Analysis (H/M/L emphasis):** Yearly timing of swimmer video analysis.
- **Strokes – Primary Emphasis (Use Stroke Codes):** The primary stroke identified in each microcycle
- **Strokes – Secondary Emphasis (Use Stroke Codes):** The secondary stroke identified in each microcycle
 - **Strokes:** F-Fly, BR – Breast, BK – Back, FR –Free, IM
- **Starts (Use Start Codes):** The primary start emphasis identified in each microcycle
 - **Starts:** TR – Traditional, OS – One Step, G – Grab, T – Track, B – Back, W – Wedge
- **Turns (Use Turn Codes):** The primary turns identified in each microcycle
 - **Turns:** Fly/Back-1, Back/Brst-2, Brst/Free-3, Fly – F, Breast – BR, Back – BK, Free – FR
- **Finishes (Use finish codes):** The primary finishes identified in each microcycle
 - **Finishes:** F – Fly, BR – Breast, BK – Back, FR - Free
- **Agility, Co-ordination and Balance (H/M/L emphasis):** The emphasis given to Agility, Co-ordination and Balance skill development in a microcycle

Testing and Assessment

- **Testing/Assessment (Wet, Dry, Technical and Tactical):** Use of specific methods to measure technical skills, speed, endurance and other athletic abilities in order to make predictions about performance and to adjust training loads as required.
- Identify MICRO by indicating with a on your YTP template for each testing:
 - “T” for Technical
 - “W” for Water
 - “D” for Dryland

Mental Skills

- **Motivation, Goal Setting – Out of Pool (Hours):** Determining what a swimmer wants to accomplish by providing both a sense of purpose and a sense of direction to training and competition. It needs to be measurable and it needs to be realistic.
- **Emotional Control:** Emotions or feelings are extremely important for sport performance and can be easily observed and used either to the athlete's advantage or disadvantage.
- **Attentional Control:** This control of concentration represents a natural and relaxed state of mind that permits a swimmer to receive and interpret relevant information and to stay focused without strain.

Theoretical Preparation – Classroom (Hours)

Specialized lessons in a classroom setting designed for swimmers targeting specific categories associated with the sport of swimming. **Note:** these sessions are planned and booked as additions to the hours booked for pool and dry land training sessions.

Identified on your YTP as required for optimal performance outcomes:

- **Self Monitoring** (Nutrition, Weight, Rest HR, Blood Pres, Logbook, etc) – these sessions, like Nutrition, can be for swimmers and or families. Items such as a logbook require a weekly face to face meeting between a swimmer and their coach.
- **Current Sport Technique** (Strokes, Starts, Turns, Finishes, Relays) a coach might set aside 5 half hour sessions for watching elite swimmers doing the skill that the coach wants the swimmers to visualize! Additional time could be provided as an internet link that the coach provides.
- **Technique Analysis by Video.** E.g. a coach can provide a post practice or swim meet feedback session on deck or in a classroom as required for specific skill teaching. Otherwise a 3 second video clip in practice can suffice on a daily basis as required for each swimmer in your group.
- **Sensory Awareness** (Efficiency: stroke rate vs. speed) Coaches often schedule the theory of stroke efficiency in class once each season and then apply the theory inside their practice sessions daily/weekly.
- **Principles and Methods of Sport Training.** Coaches can take the simple science of how and why we train for specific distances into a few class sessions or even several pre- practice “chalk-talks” in order to help the swimmers to better engage in the daily training.
- **Competition Rules and Anti-doping Control.** Rules, both technical and ethical, are what make or break a swimmer’s performance outcome. Setting aside a class session with a master official for training plus Q and A is what might just assist your club to attain the stated goals.
- **Sport Equipment** is more important as swimmers move up the ranks and age groups. A few short meetings, in time for order and delivery dates, may just pay off for the coach and swimmers at the championship meets.

YEARLY TRAINING PLAN CALCULATIONS

PROGRAM EXERTION AND INTENSITY PERCENTAGE

This percentage represents the exertion/intensity of your program.

The work percentage that is developing the athletic abilities versus Zone I intensity is primarily in the warm-up, warm-down, recovery and drills.

FORMULA

$$\frac{\text{SUM OF II, III, IV, V, KM}}{\text{TOTAL WORK LOAD VOLUME, KM}} = \%$$

EXAMPLE - NUMBERS FROM THE SAMPLE YEARLY TRAINING PLAN

$$= \frac{747+421.3+87.9+30.8}{1542}$$

$$= \frac{1287}{1542}$$

$$= 83.5\%$$

ANNUAL PERCENTAGE OF COMPETITION DAYS

This represents what percentage of the year are competition days.

FORMULA

$$\frac{\text{\# OF COMPETITION DAYS}}{365 \text{ DAYS}} = \%$$

EXAMPLE - NUMBERS FROM THE SAMPLE YEARLY TRAINING PLAN

$$= \frac{28}{365}$$

$$= 7.6\%$$

ANNUAL PERCENTAGE OF TRAINING DAYS

This represents what percentage of the year is training days.

FORMULA

$$\frac{\text{\# OF TRAINING DAYS}}{365 \text{ DAYS}} = \%$$

EXAMPLE - NUMBERS FROM THE SAMPLE YEARLY TRAINING PLAN

$$= \frac{291}{365}$$

$$= 79.8\%$$