

Periodisation

2000m TIME TRIALS : The Friday 's of: Week 1 (benchmark), Week 5 (3 weeks out from Tauranga Half) Week 11 (3 weeks out from Ironman) and Week 17 (3 weeks out from King of the Bays).

BIG SWIMS: The Friday's of Week 10 & 12 will be 6000m swims - bring your 'A' game!

DISTANCE : Mileage written is for Lane 3 & 4 Swimmers - Lane 1 & 2 may swim a reduced programme.

WEATHER - Squad runs no matter what the weather. Rain, wind, sleet or snow - we will be running a session!

6.00AM / 6.00PM				Monday AM/PM	Wednesday AM/PM	Thursday PM / Friday AM
Month	Day	Week	Key Races	Technique	Threshold	Speed & 2000m TT
NOV	16th	1	HARBOUR CROSSING SUNDAY 21ST	FREE Drills, DPS & Kick 3500m	20 x 120m TEST SET 3000m	2000m TT 3500m
	23rd	2		FLY & FLY Drills 3000m	40 x 60m 3500m	SPEED 15s, 30s, 60s 3000m
	30th	3		FREE Drills, DPS & Kick 3500m	30 x 120m 4500m	SPEED Ladder 3500m
DEC	7th	4		BACK & BACK Drills 3000m	15 x 180m 3500m	SPEED 30s, 60s, 120s 3000m
	14th	5	ROTORUA HALF SATURDAY 19TH	FREE Drills, DPS & Kick 3500m	15 x 240m 4500m	2000m TT 3500m
	21st	-		CHRISTMAS BREAK	CHRISTMAS BREAK	CHRISTMAS BREAK
	28th	-		CHRISTMAS BREAK	CHRISTMAS BREAK	CHRISTMAS BREAK
JAN	4th	6	TAURANGA HALF SATURDAY 10TH	PUBLIC HOLIDAY	20 x 120m TEST SET 3500m	SPEED 15s, 30s, 60s 3000m
	11th	7		FLY & FLY Drills 3000m	60 x 60m 4500m	SPEED Ladder 3500m
	18th	8		FREE Drills, DPS & Kick 3500m	40 x 120m 5500m	SPEED 30s, 60s, 120s 3000m
FEB	25th	9		BACK & BACK Drills 3000m	20 x 180m 4500m	SPEED Ladder 3500m
	1st	10		AUCK ANNIVERSARY DAY	20 x 240m 5500m	THE BIG SWIM 6000m
	8th	11		FREE Drills, DPS & Kick 3500m	60 x 60m 4500m	2000m TT 3500m
MAR	15th	12		SCULLING & SCULLING Drills 3000m	40 x 120m 5500m	THE BIG SWIM 6000m
	22nd	13		FREE DPS, MAGIC Set 3500m	20 x 180m 4500m	SPEED 15s, 30s, 60s 3000m
	1st	14	NZ IRONMAN SATURDAY 6TH	FLY & FLY Drills 3000m	40 x 60m 3500m	SPEED Ladder 3500m
APR	8th	15		FREE Drills, DPS & Kick 3500m	30 x 120m 4500m	SPEED 30s, 60s, 120s 3000m
	15th	16	RANGITOTO SWIM SUNDAY 21ST	BACK & BACK Drills 3000m	15 x 180m 3500m	SPEED Ladder 3500m
	22nd	17		FREE Drills, DPS & Kick 3500m	15 x 240m 4500m	2000m TT 3000m
	29th	18		SCULLING & SCULLING Drills 3000m	AM: EGG HUNT / PM : 40 x 60m 3500m	GOOD FRIDAY
APR	5th	19		EASTER MONDAY	30 x 120m 4500m	SPEED Ladder 3500m
	12th	20	KING OF THE BAYS SUNDAY 17TH	FREE Drills, DPS & Kick 3500m	15 x 180m 3500m	THE RACES 3000m