

Swim Smooth + The TEAM CORE proudly present their 2008/9 Rottnest Channel Swim Program Outline

Weekly Details				Solo		Duo		Team		Races / Openwater		
Week #	Monday	Period	Focus	# sessions per week	~distance per week	# sessions per week	~distance per week	# sessions per week	~distance per week	Test Sets	Saturday	Sunday
1	06-Oct-08	Intro	Form & Technique	4	12 - 16km	3	9 - 12km	2	5 - 8km	400m	#2, Cott, 3.0km	REST
2	13-Oct-08	Intro	Form & Technique	4	14 - 18km	3	9 - 12km	2	5 - 8km	X	#8, Leigh, 4.0km	REST
3	20-Oct-08	Intro	Form & Technique	4	14 - 18km	3	9 - 12km	2	5 - 8km	X	#4, Cott, 5.0km	REST
4	27-Oct-08	Recovery	Adaptation	3	9 - 12km	3	7 - 10km	2	4 - 6km	X	Squad 1pm	OWS # 1, 2.5km
5	03-Nov-08	Base1	Threshold Development	5	18 - 22km	4	12 - 16km	3	8 - 12km	400m	#5, City, 6.0km	Lesch, 1.6km
6	10-Nov-08	Base1	Threshold Development	5	20 - 24km	4	12 - 16km	3	8 - 12km	X	OWS # 2, 2.5km	REST
7	17-Nov-08	Base1	Threshold Development	5	22 - 26km	4	14 - 18km	3	8 - 12km	X	#7, Sorr, 7.5km	REST
8	24-Nov-08	Recovery	Adaptation	4	10 - 14km	3	7 - 10km	3	6 - 8km	X	Cott, 1.0km	REST
9	01-Dec-08	Base2	Endurance & "Strength"	6	26 - 30km	5	18 - 22km	4	10 - 15km	1000m	Rottnest, 1.6km	REST
10	08-Dec-08	Base2	Endurance & "Strength"	6	28 - 32km	5	18 - 22km	4	10 - 15km	X	#9, Left, 6.7km	OWS # 3, 2.5km
11	15-Dec-08	Base2	Endurance & "Strength"	6	30 - 34km	5	20 - 24km	4	10 - 15km	X	#10, DDD, 10km	Bicton, 5.0km
12	22-Dec-08	Recovery	Adaptation	3	9 - 12km	3	7 - 10km	2	4 - 6km	X	Solo ~3.0km	REST
13	29-Dec-08	Rebuild	Form & Technique	5	18 - 22km	4	8 - 12km	3	5 - 8km	X	#7, Sorr, 7.5km	OWS # 4, 2.5km
14	05-Jan-09	Build1	Openwater Endurance	7	32 - 36km	6	22 - 26km	4	12 - 18km	1000m	Cott, 1.6km	REST
15	12-Jan-09	Build1	Openwater Endurance	7	36 - 40km	6	22 - 26km	4	12 - 18km	X	#6, Scar, 10km	Perth, 4.0km
16	19-Jan-09	Recovery	Adaptation	4	18 - 22km	4	14 - 18km	3	7 - 10km	X	Squad 1pm	REHEARSAL, 10km
17	26-Jan-09	RacePrep	Pace Awareness	7	36 - 40km	6	22 - 26km	5	14 - 20km	X	#7, Sorr, 7.5km	REST
18	02-Feb-09	RacePrep	Pace Awareness	7	36 - 40km	6	22 - 26km	5	14 - 20km	X	Swanny, 2.2km	Jetty, 3.6km
19	09-Feb-09	Taper	Revive & Fine-tune!	5	18 - 22km	4	10 - 14km	3	7 - 10km	400m	#4, Cott, 5.0km	REST
20	16-Feb-09	Taper	Revive & Fine-tune!	3	9 - 12km	3	7 - 10km	2	4 - 6km	X	ROTTTO, 19.6km	REST

Session Details:

All pool sessions to be held at the Claremont Pool unless otherwise stated. Please refer to "Openwater Routes" document for Saturday swims.

	Type of Session	Typical Distance	Starting Date	Additional Notes
1. Monday 9.30am	Aerobic & Technique	1.8 to 2.8km	Already running	Fully coached Time-4-Me Session with flex from 9am
2. Monday 10.45am	Aerobic Endurance	4.0 to 10.0km	Already running	Uncoached but programmed session with Paul
3. Tuesday 5.30 / 6.30am	Aerobic Endurance	2.4 to 3.6km	Tuesday 6th October	Solo swimmers can "double-up" from week # 9
4. Tuesday 9.30am	Tempo Intervals	3.6 to 5.0km	Tue. 2nd December	Uncoached but programmed session with Paul
5. Tuesday 4.00pm	Easy Technique	3.0km	Already running	Uncoached but programmed session with Paul
6. Wednesday 9.30am	Threshold Intervals	2.2 to 3.4km	Already running	Fully coached Time-4-Me Session with flex from 9am
7. Wednesday 10.45am	Threshold Intervals	3.6 to 6.0km	Already running	Uncoached but programmed session with Paul
8. Thursday 8.30am	Long, slow technique	4 to 7.0km	Thur. 4th December	Uncoached but programmed session with Paul
9. Thursday 4.00pm	Random "variety"	4 to 6.0km	Already running	Uncoached but programmed session with Paul
10. Friday 5.30 / 6.30am	Threshold Intervals	2.4 to 3.6km	Friday 9th October	Solo swimmers can "double-up" from week # 9
11. Friday 12.30pm	Openwater short+sharp	1.6 to 4.5km	Already running	Uncoached but programmed session with Paul
12. Saturday 8.00am	Openwater endurance	3.0 to 10.0km	Saturday 11th October	Group weekly openwater session with support paddler(s)
13. Saturday 1.00pm	Openwater skills (pool)	2.2 to 3.4km	Already running	Fully coached squad session practicing openwater technique
Sunday	Rest or Race	Race	As per program	As per the suggested race program