

Swim Smooth Perth proudly present their 2010/11 Rottnest Channel Swim Program Outline

Week #	Monday	Period	Focus	Solo		Duo		Team		Test Sets	Races / Openwater	
				# sessions per week	~distance per week	# sessions per week	~distance per week	# sessions per week	~distance per week		Saturday	Sunday
1	11-Oct-10	Intro	Base work & technique	4	16 - 22km	3	9 - 12km	2	5 - 8km	3000m	7k (P) & 3k (O)	REST
2	18-Oct-10	Intro	Base work & technique	4	16 - 24km	3	9 - 12km	2	5 - 8km	X	6k (P) & 4k (O)	REST
3	25-Oct-10	Intro	Base work & technique	4	16 - 24km	3	9 - 12km	2	5 - 8km	X	4k (P) & 1.6k (O)	OWS # 1, 2.5 / 5k
4	01-Nov-10	Recovery	Adaptation	3	9 - 12km	3	7 - 10km	2	4 - 6km	X	4k (P)	REST
5	08-Nov-10	Base1	Threshold Development	4	18 - 26km	3	12 - 16km	3	8 - 12km	400m	6k (P) & 2k (O)	Lesch, 1.6k
6	15-Nov-10	Base1	Threshold Development	4	18 - 28km	3	12 - 16km	3	8 - 12km	X	6k (P)	BBB, 5k
7	22-Nov-10	Base1	Threshold Development	5	20 - 28km	4	14 - 18km	3	8 - 12km	X	8k (P) & 4k (O)	#2, 3k (O)
8	29-Nov-10	Recovery	Adaptation	4	10 - 14km	3	7 - 10km	3	6 - 8km	X	Rottnest, 1.6k	REST
9	06-Dec-10	Base2	Endurance & "Strength"	5	22 - 30km	4	14 - 22km	3	10 - 15km	1500m	6k (P)	OWS # 4, 5 / 10k
10	13-Dec-10	Base2	Endurance & "Strength"	5	22 - 32km	4	16 - 22km	3	10 - 15km	X	Scarb, 1.8k	# 8 (x2), 8k (O)
11	20-Dec-10	Base2	Endurance & "Strength"	6	24 - 32km	5	20 - 24km	3	10 - 15km	X	REST - XMAS	#4, 5.0k (Boxing Day)
12	27-Dec-10	Recovery	Adaptation	3	9 - 12km	3	7 - 10km	2	4 - 6km	X	Trigg, 10k (NY's Day)	OWS # 5, 5km
13	03-Jan-11	Build1	Openwater Endurance	6	26 - 34km	5	20 - 26km	3	12 - 18km	X	Cott, 1.6km	8k (P) & 4k (O)
14	10-Jan-11	Build1	Openwater Endurance	6	26 - 36km	5	20 - 26km	4	12 - 18km	3000m	Scarb, 5km	10k (P) & 4k (O)
15	17-Jan-11	Build1	Openwater Endurance	7	28 - 36km	6	20 - 26km	4	12 - 18km	X	6k (P)	Perth, 4.0km
16	24-Jan-11	Recovery	Adaptation	4	18 - 22km	4	14 - 18km	3	7 - 10km	X	1.6k (O)	REHEARSAL, 10km
17	31-Jan-11	RacePrep	Pace Awareness	7	30 - 40km	6	22 - 26km	4	14 - 20km	X	Swanny, 2.2km	Busso, 3.6km
18	07-Feb-11	RacePrep	Pace Awareness	7	30 - 40km	6	22 - 26km	4	14 - 20km	X	10k (P) & 5k (O)	REST
19	14-Feb-11	Taper	Revive & Fine-tune!	5	18 - 22km	4	10 - 14km	3	7 - 10km	400m	#4, Cott, 5.0km	REST
20	21-Feb-11	Taper	Revive & Fine-tune!	3	9 - 12km	3	7 - 10km	2	4 - 6km	X	ROTT, 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 7.00am	Technique	1.8 to 2.8km	Mon. 3rd January (TBC) Fully coached squad technique session
2. Monday 9.30am	Aerobic Endurance	1.8 to 3.4km	Already running Fully coached Time-4-Me Session
3. Tuesday 5.30 / 6.30am	Aerobic Endurance	2.4 to 3.6km	Already running Solo swimmers can "double-up" from week # 9
4. Tuesday 6.30pm	Aerobic Endurance	2.4 to 3.6km	Tue. 7th December (TBC) Fully coached squad session
5. Wednesday 5.30am	Rottnest Specific Set	3.6km to 5.0km	Wed. 8th December (TBC) Fully coached squad session - 1.5 hours.
6. Wednesday 9.30am	Threshold Intervals	2.2 to 3.4km	Already running Fully coached Time-4-Me Session
7. Thursday 5.30 / 6.30am	Threshold Intervals	2.2 to 3.4km	Already running Fully coached squad session
8. Thursday 5.30pm	Openwater short+sharp	3 to 5.0km	Thu. 2nd December (TBC) Uncoached but programmed session with Paul
8. Friday 9.30am	Aerobic Endurance	2.4 to 3.6km	Already running Fully coached Time-4-Me Session
9. Saturday 5.30am	Pool .vs. Open Water	5.0 to 15.0km	Already running Ask to be added to specific email list for full details each week!
10. 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	Sun. 28th November (TBC) Starting Sun. 28th November at 8am on non-race weeks or 6am if Pool as well.