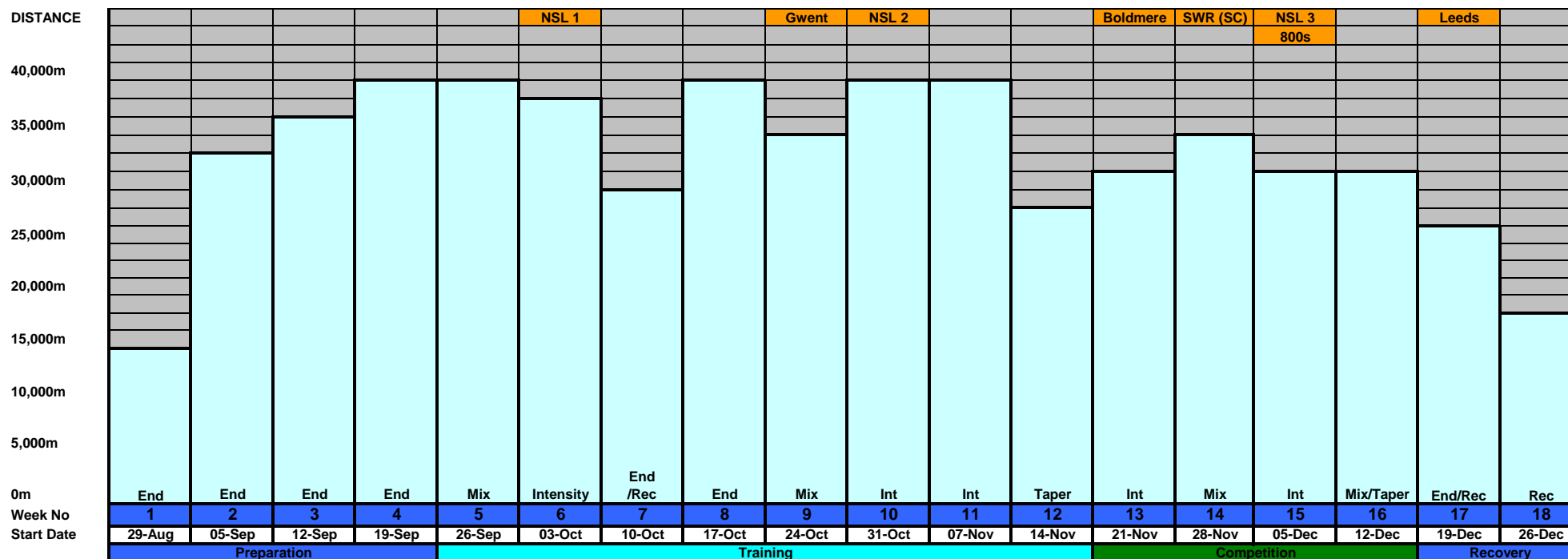


**Planned for Red 1 Group (Other Groups follow similar training pattern but with reduced volume/Intensities and more technique as appropriate)**



Training Levels				
			Effort	
Rec	Easy Swimming	HR 120-140	Recovery	3-5
EN1/A1&2	5-30 secs rest,	HR 140-160, 20-120 mins	Basic Endurance	4-6
EN2/A3	10-30 secs rest,	HR 170-180, 25-40 mins	Threshold	6-8
EN3	30sec-2 min rest,	HR 180+, 20-25 mins	VO2 Max	8-9
SP1	30 Secs + rest 1:1-1:2,	Max effort, 1000m, 3-6 Sets	Lactate Tolerance	9-10
SP2	1- 3 mins rest 1:2-1:8,	Max effort, 200-400m, 1-3 sets	Lactate Production	9-10
SP3	1-3 Mins, Max effort,	25-75m, 1-3 sets	Alactic	9-10
EN4	High Intensity,	Max effort 25-50m swims up to 300m	ALL	8-10

Main Competitions	
1)	22/23 Oct - Gwent Fastwater
2)	19/20 Nov - Boldmere Open
3)	3/4 Dec - SWR Champs (SC)
4)	11 Dec - GCASA 800s
5)	17/18 Dec - Leeds Open
6)	NSL - Oct/Nov/Dec
7)	Club Champs - Sep/Oct

**Volume/Distance/Intensity**

The chart above shows the planned training volume of the Red 1 Group. The target is to aim for an average 2500-2750m per hour across all sessions but with higher volumes at certain points, especially early in the Training Phase to build an aerobic base. Based on 14 hours training time this gives a potential total of around 35,000-40000km per week. This is adequate for most swimmers. However, those swimmers with the ability, aspiration and commitment for elite performance levels may need to do more volume than this to perform well. The volume reduces slightly at certain points during the Training Phase to encourage recovery. The volume is also lower in the Competition Phase to allow for the necessary increase in intensity.