

NWSC Summer Training Programme

Jan – May		<ul style="list-style-type: none"> • Base Endurance (Long aerobic sets) • Stroke Correction • Drills • Isolation Sets (Lots of kick and pull sets)
June	06	<u>Race Preparation</u> <ul style="list-style-type: none"> • Personal Race Specific <ul style="list-style-type: none"> ◦ Sprint/Distance specific ◦ Own Choice work • Push Lactate Threshold (Onset on blood lactate accumulation, when it starts to hurt at 65m in a sprint, push it to 75-80m) • Practise Lactate Tolerance (Maintaining form when past Lactate Threshold) • Distance Swimmers increase V02 max (maximise oxygen uptake, through higher intensity sets, not longer sets)
	13	
	20	
	27	
	04	
July	11	<u>Race Practise</u> <ul style="list-style-type: none"> • Feel swimming fast, max sprints, fin work • Start & Turn Practise (Lots of) • Relays • Warm ups – individual and race specific • Mental Preparation
	18	
	25	
August	01	Cologne Gay Games