

WEEK ONE

beginning

8/3/2009




GENERAL PREPARATION PHASE (1st of 6 week block)

LEVEL OF WEEK / FOCUS = EASY

Note: "Great results require great ambitions."

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3rd	4th	5th	6th	7th	8th	9th
<p>4.15PM @ BHMP ENDURANCE Main Set 4min, 6min, 8min, 10min Paddle home chasing runs Focus: 1) balance/ trim 2) feel for water 3) muscle endurance (increased time spent on knees)</p>		<p>4.15PM @ PALM BEACH PARKLANDS TECHNIQUE (for those not running with Pete) Main Set Pure Technique Drills & Skills Video Work Feedback....</p>		<p>4.15PM @ BHMP SKILLS Main Set Balance within the break Across the break.... Mixed Bag of Drills & Challenges Tower to Tower</p>	<p>Brett in WA</p> <p style="background-color: yellow;">9am Gold Training Board, Googles &</p> <p>2pm Ski & Running</p>	<p>Brett in WA</p> <p>Brett 0402 817 152 Peter 0403 409 335</p>
<p>4.00 -5.30 Beginners Ski Training</p>	<p>4.00 -5.30 Beginners Ski Training</p>	<p>OPTIONAL 4.30 Run Training Meet at Mallowa Hockey Fields, Mallowa Dve Ovals</p>	<p>4.00 -5.30 Beginners Ski Training</p>			
<p>5.00-7.00 Advanced Ski</p>	<p>5.00-7.00 Advanced Ski (Bring your Running Shoes)</p>		<p>5.00-7.00 Advanced Ski (Bring your Running Shoes)</p>			

PHASE	WEEK	DATE	TYPE OF	MON.	TUES	WED.	THUR	FRI.	SAT.	SUNDAY
		MONDAY	WEEK / FOCUS							
GENERAL & SPECIFIC PREPARATION PHASE 3 X 6 WEEKS	1	8/3/2009	EASY							
	2	8/10/2009	MODERATE							
	3	8/17/2009	HARD							
	4	8/24/2009	EASY							
	5	8/31/2009	MODERATE						SLSQ - POOL RESCUE CHAMPS	
	6	9/7/2009	TEST							
	7	9/14/2009	EASY							
	8	9/21/2009	MODERATE							
	9	9/28/2009	HARD							
	10	10/5/2009	EASY							
	11	10/12/2009	MODERATE							COOLANGATTA GOLD
	12	10/19/2009	TEST						TRF - PADDLE CHALLENGE (TWEED)	
	13	10/26/2009	EASY							
	14	11/2/2009	MODERATE							
	15	11/9/2009	HARD							
	16	11/16/2009	EASY							
	17	11/23/2009	MODERATE							
	18	11/30/2009	QUALITY							RD 1 OCEANS 38 @ COOLIE INTERBRANCH
COMPETITION PHASE 3 X 3 WEEKS	19	12/7/2009	EASY							
	20	12/14/2009	MODERATE					SOUTH PACIFIC CHAMPIONSHIPS		
	21	12/21/2009	HARD					XMAS	BOXING DAY	
	22	12/28/2009	EASY				NYE	NYD		
	23	1/4/2010	MODERATE						RD 2 OCEANS 38 @ NORTH BURLEIGH	
	24	1/11/2010	HARD							
	25	1/18/2010	EASY							
	26	1/25/2010	MODERATE						RD 3 OCEANS 38 @ TUGUN	
	27	2/1/2010	TEST							
PEAK COMP. PHASE 3 X 2 WEEKS	28	2/8/2010	QUALITY						GCCT @ BHMP	GCCT @ BHMP
	29	2/15/2010	MODERATE							
	30	2/22/2010	QUALITY							
	31	3/1/2010	EASY					QLD STATE CHAMPIONSHIPS @ KURRAWA		
	32	3/8/2010	QUALITY							
	33	3/15/2010	TAPER					AUSTRALIAN SURF LIFESAVING TITLES @ KURRAWA		
EASY / TAPER	11									
MODERATE	10									
HARD / QUALITY	9									
TRANSITIONAL										
TEST WEEKS	3									
	33	Suggested "TYPE" of week (focus & training phase) for the 2009 - 2010 season (see column "D")								
										Brett 0402 817 152