

2 Week Microcycle Template					
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Warmup	Warmup	Warmup	Warmup	Warmup	Warmup
Free (AP)	Stroke (S)	IM	Free (L)	Stroke (AP)	Kick
Stroke (AE)	Free (AE)	Kick	Stroke (AE)	Free (AE)	IM
Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Warmup	Warmup	Warmup	Warmup	Warmup	Warmup
Stroke (AP)	Free (S)	IM	Stroke (L)	Free (AP)	Kick
Free (AE)	Stroke (AE)	Kick	Free (AE)	Stroke (AE)	IM

Season Example					
Weeks	Training Focus	Energy System Focus	Stroke Focus	Dryland Focus	
1	Endurance	AE/AP	DPS	Circuit	Microcycle
2	Endurance	AE/AP	DPS	Circuit	
3	Endurance	AE/AP	Tempo	Circuit	
4	Endurance	AE/AP	Tempo	Strength/Power	
5	Race Training	AP/Lactate	Race Strategy	Strength/Power	
6	Race Training	AP/Lactate	Race Strategy	Power/Speed	
7	Race Training	AP/Lactate	Race Strategy	Power/Speed	
8- Mid-Season Invite	Mini- Taper	Speed/Lactate	Details	Off	Microcycle
9	Endurance	AE/AP	DPS	Circuit	Microcycle
10	Endurance	AE/AP	DPS	Circuit	
11	Race Training	AP/Lactate	Tempo	Strength/Power	
12	Race Training	AP/Lactate	Tempo	Strength/Power	
13	Pre-Semi Taper	AP/Lactate/Speed	Race Strategy	Power/Speed	
14	Pre-Semi Taper	AP/Lactate/Speed	Race Strategy	Power/Speed	
15	Taper	Speed/Lactate	Details	Speed	
16- Big Champs Meet	Taper	Speed/Lactate	Details	Off	Microcycle

Macrocycle

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