

Annual Training Plan for swimmer of the NEC
Goal: selection to the National Swimming Team for the FINA World Championships 2013 and World University Games
participation in relay and individual events

Approved
 NEC Coach

2013

Work Loads

Swimming events

Date	Month	September					October				November				December				January				February				March				April				May				June				July				Aug.							
	Week last date	02 sept	09 sept	16 sept	23 sept	30 sept	07 octob	14 octob	21 octob	28 octob	04 nov	11 nov	18 nov	25 nov	02 dec	09 dec	16 dec	23 dec	30 dec	06 jan	13 jan	20 jan	27 jan	03 feb	10 feb	17 feb	24 feb	03 march	10 mar	17 mar	24 mar	31 mar	07 apr	14 apr	21 apr	28 apr	05 may	12 may	19 may	26 may	02 june	09 june	16 june	23 june	30 june	07 july	14 july	21 july	28 july	04 aug				
	Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50			
Calendar	Competitions												Euro SC				World SC					GP 1							GP 2					Internat			GP 3							Internat				SUM-SIM	Universiada		WORLD	WORLD		
	Training Camps																			National Training Camp																															National Camp			
Content of training																	Aerobic-I + Sprint				Fast Aerobic & Strength				Anaerobic				Race pace & Taper				Aerobic-I				Fast Aerobic + Strength				Anaerobic				Race pace & Taper									
Swimming Volume (KM)	120																																																					
	110																																																					
	100																																																					
	90																																																					
	80																																																					
	70																																																					
	60																																																					
	50																																																					
	40																																																					
	30																																																					
20																																																						
10																																																						
Тесты →																																																						
Weekly Volume																				32	52	58	40	50	58	60	68	50	42	58	58	38	35	38	35	32	35	52	62	58	58	52	38	56	56	42	42	37	32	25				
GYM	CONDI																			3	3	6	6	6	6	4	4	3	3	3	3	3	3	3	2	0	0	3	4	4	4	4	4	4	3	3	3	2	2	0				
	FUNCT.																			0	2	1	1	1	1	2	2	3	3	3	3	3	2	1	0	0	0	0	2	2	2	2	2	2	2	2	2	2	1	0				
	Flexibility																			1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1					
Competitions	Winter-Spring Season				Venue		Dates				Event		Results						Summer Season				Venue		Dates				Event		Results																							
	National Championships														Training Camp				Calella		13-18 May																																	
	Training Camp				Tenerife		06-15 Jan						Altitude Training Camp				Sierra-Nevada		19 May-09 June																																			
	Grand Prix 1				Uppsala		26-27 Jan						Mare-Nostrum II				Barcelona		11- June																																			
	Grand Prix 2				Stockholm		9-10 March						Sette Colli				Roma		13-16 June																																			
	Eindhoven GP				Eindhoven		4-6 April						National LC Championships				Stockholm		3-7 July																																			
	Grand Prix 3				Jönköping		20-21 April						World University Games				Kazan		10-17 July																																			
													World Aquatic Championships				Barcelona		28 July-04 Aug.																																			