

Swimming Plan 2011

| Month | Week | Session | Aim |
|--------|------------|-----------------------------|--------------|
| May | 05/05/2011 | No Swim | No Swim |
| | 12/05/2011 | 100m & 50m Target Swim | Speed |
| | 19/05/2011 | 200m T-Shirts | Stamina |
| | 26/05/2011 | Technique | Technique |
| June | 02/06/2011 | 200m 50m Kick | Mixed |
| | 09/06/2011 | 500m or 1600m GLS Trial | Stamina |
| | 16/06/2011 | 100's Build Up | Speed |
| | 23/06/2011 | 400m Descending | Stamina Sets |
| | 30/06/2011 | Hypoxic Session | Hypoxic |
| July | 07/07/2011 | 20 Min Timed Swim | Stamina |
| | 14/07/2011 | Vertical Kicking with 100's | Kick |
| | 21/07/2011 | Short Swims | Speed |
| | 28/07/2011 | 4 by 4 | Stamina Sets |
| August | 04/08/2011 | T-Shirts Descending | Stamina |
| | 11/08/2011 | 100m 50m 25m | Stamina Sets |
| | 18/08/2011 | Stroke Count and Drills | Technique |
| | 25/08/2011 | 6 Minutes | Stamina |