

**DRAGONS ABREAST - AUSTRALIAN CAPITAL TERRITORY**

**Specific Preparation Training**

|                        |  |
|------------------------|--|
| <b>Macro Cycle 4 -</b> | Specific aerobic training, moving on from training zones 2 and 3 to 3 and 4. Five weeks with two collective training session each week. Members will be encouraged to undertake individual training throughout the week, such as walking, cycling, running or swimming. They will also be encouraged to undertake some basic weights for beginners as their health allows. |
| <b>Macro Cycle 5 -</b> | Whilst maintaining the aerobic training, concentrating in this macro cycle on technique development. Ensuring that each member is working at their maximum efficiency in the correct boat position for their physique, strength and temperament. Again members will be encouraged to undertake individual training.  |
| <b>Macro Cycle 6 -</b> | Moving beyond the base aerobic of the general preparation phase to specifically intense aerobic training. Concentration on good warm up & cool down. Four weeks with two collective training sessions per week to round out the specific preparation phase. Looking for the transition from consciously skilled to unconsciously skilled.                                  |

| Macro Cycle 4  |  |  |  |  | Macro Cycle 5  |   |   |   |  | Macro Cycle 6  |   |   |  |
|--|--|--|--|--|--|---|---|---|--|--|---|---|--|
| 20   | 21   | 22   | 23   | 24   | 25   | 26  | 27  | 28  | 29   | 30   | 31  | 32  | 33   |
| Sat  | Tues   | Sat  | Tues   | Sat  | Tues   | Sat   | Tues  | Sat   | Tues   | Sat  | Tues  | Sat   | Tues   |
| 7 Nov  | 10 Nov   | 14 Nov   | 17 Nov   | 21 Nov   | 24 Nov   | 28 Nov  | 1 Dec   | 5 Dec   | 8 Dec  | 12 Dec   | 15 Dec  | 19 Dec  | 22 Dec 09  |
| <b>2 x</b><br>2 km @ L3<br><b>timed</b><br>then<br><b>3 x</b><br>1000m L4<br><b>timed</b><br>with 2 min<br>rest<br>between<br>each set | <b>6 x</b><br>2 min L2<br>2 min L3<br>2 min L4<br>2 min rest<br>finish<br>with <b>2 x</b><br>race starts | <b>4 x</b><br>4 min L4<br>2 min rest<br>then<br><b>4 x</b><br>2 min L2<br>2 min rest | <b>6 x</b><br>2 min L2<br>2 min L3<br>2 min L4<br>2 min rest<br>finish<br>with <b>2 x</b><br>race starts | <b>4 x</b><br>2 min L4<br>1 min L2<br>2 min L4<br>1 min rest<br>then<br>technique<br>work<br>on stroke | <b>2 x</b><br>2 km @ L3<br><b>timed</b><br>then<br><b>3 x</b><br>1000m L4<br><b>timed</b><br>with 2 min<br>rest<br>between<br>each set | <b>1 x</b><br>60 min L2<br>working<br>on<br>catch<br>phase<br>of stroke | <b>4 x</b><br>13 min L3<br>2 min rest<br>working<br>on<br>power<br>phase<br>of stroke | <b>6 x</b><br>2 min L2<br>2 min L3<br>2 min L4<br>2 min rest<br>finish<br>with <b>2 x</b><br>race starts<br>working<br>on<br>exit<br>phase<br>of stroke | <b>4 x</b><br>13 min L3<br>2 min rest<br>working<br>on<br>recovery<br>phase<br>of stroke | <b>2 x</b><br>2 km @ L3<br><b>timed</b><br>then<br><b>3 x</b><br>1000m L4<br><b>timed</b><br>with 2 min<br>rest<br>between<br>each set | <b>4 x</b><br>2 min L4<br>1 min L2<br>2 min L4<br>1 min rest<br>then<br>technique<br>work<br>on exit<br>phase | Using<br>resistance<br><b>2 x</b><br>3 min L2<br>1 min L3<br>2 min rest<br><b>2 x</b><br>3 min L3<br>1 min L4<br>2 min rest | <b>4 x</b><br>2 min L4<br>1 min L2<br>2 min L4<br>1 min rest<br>then<br>technique<br>work<br>on power<br>phase |