



KTC SWIM TRAINING PROGRAMME 2024/25

Phase	Phase description	Training Block / period	Training Block description	Training focus	Typical Sessions *
Phase 1	Prepare to train (off-season)	Block 1 – Sep 2024	Preparation	Skills, introduction to sets	Initial T20 test; technique-based drills; sets off leaving time.
Phase 1	Prepare to train (off-season)	Block 2 – Oct 2024	Endurance	Longer sets, swim below threshold (Z2/3) using good form	Sets of 200m+; pyramids sets etc. drills as required based on observations in Block 1.
Phase 1	Prepare to train (off-season)	Block 3 – Nov 2024	Quality – endurance base	Aim to reduce recovery time	Focused sets to improve times, drills as required based on observations in Block 2.
Phase 1	Prepare to train (off-season)	Block 4 – Dec 2024	Mixed	Holiday period, so more relaxed and mix of sessions	Include team games etc.
Phase 2	Train to train (pre-season)	Block 5 – Jan 2025	Preparation	Skills, introduction to sets	Initial 400m test and/or CSS test; technique-based drills; sets off leaving time.
Phase 2	Train to train (pre-season)	Block 6 – Feb 2025	Quality – base and speed skills	Short hard sets (Z5/VO2 Max) longer recoveries	Sets of 50s or 100s based on individuals' test times. Drills as required based on observations in Block 5.

Phase 2	Train to train (pre-season)	Block 7 – Mar 2025	Quality – base and speed skills	Shorter faster sets (Z5/VO2 Max) longer recoveries	Sets of 25s or 50s@max effort. Drills as required based on observations in Block 6.
Phase 2	Train to train (pre-season)	Block 8 – Apr 2025	Mixed	OW skills practice	Sighting tests, deep water starts, mass starts etc.
Phase 3	Train to race (race season)	Block 9 – May 2025	Preparation	Skills, introduction to sets	T20 test (convert to individual's threshold time) technique-based drills; sets off leaving time.
Phase 3	Train to race (race season)	Block 10 – Jun 2025	Quality – conditioning build and peaking	Race intensity sets (Z4)	200s-300s at threshold. Drills as required based on observations in Block 9.
Phase 3	Train to race (race season)	Block 11 – Jul 2025	Quality – conditioning build and peaking	Race intensity sets, reduce recovery period (Z4)	200s-300s at threshold. Drills as required based on observations in Block 10.
Phase 3	Train to race (race season)	Block 12 – Aug 2025	Quality – conditioning build and peaking	Race intensity sets, reduce recovery period further (Z4)	200s-300s at threshold. Drills as required based on observations in Block 11.

* Note: This is a basic overview framework for a year-long training strategy, based around the usual European triathlon race season and in three phases of four blocks each. Individual detailed sessions will be planned by the relevant coach on duty for that session based around this framework. Coaches will have discretion to change sessions from the framework or on the day. Coaches may also switch athletes between the training lanes they have booked onto, where required to benefit group or individual requirements; including to accommodate new or less competent swimmers into a separate lane for more focused attention.