



2010 BAC Spring/Summer Senior Team Training



Spring/Summer Season: 16-18 weeks																		
Season Phase	General Prep Phase			Strength Phase			Main Training Phase			Race Prep Phase			Taper Prep Phase		Taper Phase (State Champ.)			
Months	April			April/May			May/June			June			June/July		July/August			
Weeks	5	12	19	26	M 3	10	17	24	31	7	14	21	28	Jl 5	12	19	26	
Average Points/Day	200																	
	160						180	180		200	200	180	180					
	120				140	140			160					140				
	80					120										100		
	40			80													60	
		10	50															20
Emphasis	Drills, Dryland, Team Philosophies, Starts & Turns, Goals, Captains, Self-Evaluation Chart			Dryland, QBQ, Training Groups, Meet Nutrition, Technique Flaws, Two-A-Day Practices Start			Training Efficiency, Mental Training, Meet Participation, Technique Refinement			Quantity Training, Meet Participation, Race Strategies, Long Course Training			Quality Training, Technique Refinement		Meet Performance, Starts & Turns, Mental Training, BELIEVE!!, REST REST REST!!, Eliminate Stress			