DRAGONS ABREAST - AUSTRALIAN CAPITAL TERRITORY	
General Preparation Training	
Macro Cycle 1 -	High volume, base aerobic work. Six weeks with one collective training session each week. Members will be encouraged to undertake individual training throughout the week, such as walking, cycling, running or swimming as examples.
Macro Cycle 2 -	High volume, lactate threshold work. Seven weeks with two collective training sessions per week. Again members will be encouraged to undertake individual training.
Macro Cycle 3 -	Base aerobic with an increase in power training and technique work. Resistance training will be introduced. Need to watch for any strain or injuries. Concentration on good warm up & cool down. Six weeks with two collective training sessions per week to round out the general preparation phase.

Macro Cycle 1						Macro Cycle 2							Macro Cycle 3					
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
Sat	Sat	Sat	Sat	Sat	Sat	Tues	Sat	Tues	Sat	Tues	Tues	Sat	Tues	Sat	Tues	Sat	Tues	Sat
8 Aug	15 Aug	22 Aug	29 Aug	5 Sep	12 Sep	15 Sep	19 Sep	22 Sep	26 Sep	29 Sep	6 Oct	10 Oct	13 Oct	17 Oct	20 Oct	24 Oct	27 Oct	31 Oct
10 x	**3 x**	**10 x**	**4 x**	**2 x**	**1 x**	**8 x**	**2 x**	**8 x**	**1 x**	**8 x**	**2 x**	**8 x**	Using	**1 x**	**1 x**	**1 x**	Using	**6 x**
4 min L2	5 min L2	5 min L2	14 min L2	28 min L2	60 min L2	2 min L2	28 min L2	2 min L2	60 min L2	2 min L2	28 min L2	4 min L2	resistance	28 min L2	60 min L2	28 min L2	resistance	2 min L2
2 min rest	1 min rest	1 min rest	1 min rest	2 min rest	including	1 min L3	2 min rest	1 min L3	including	1 min L3	2 min rest	2 min L3	**2 x**	2 min rest	including	2 min rest	**2 x**	2 min L3
including	**2 x**	including	including	including	recovery	2min L2	including	2min L2	ballet	2min L2	including	2 min rest	3 min L2	**1 x**	ballet	**1 x**	3 min L2	2 min L4
correct	5 min L3	stroke &	catch	exit	technique	1 min L3	exit &	1 min L3	reach &	1 min L3	ballet	then	1 min L1	28 min L3	reach &	28 min L3	1 min L1	2 min rest
seating	1 min rest	timing	technique	technique		1 min rest	recovery	1 min rest	rotation	1 min rest	reach &	**2 x** race	2 min rest	2 min rest	rotation	2 min rest	2 min rest	
and	**3 x**	technique				including	technique	then	through	including	rotation	starts	then	including		then	**2 x**	
stroke	5 min L2					catch		**2 x** race	out	power			**2 x**	exit &		**1 x**	3 min L3	
technique	1 min rest					technique		starts		phase			3 min L3	recovery		race	1 min L1	
	2 x							at the		technique			1 min L1	technique		start	2 min rest	
	5 min L3							end					2 min rest					
	1 min rest																	