

Proposed Coaching Schedule for 2010 Season

			Notes:
O, W1	Base 60 – 70%	Open, Workout 1 (110 minutes = 1 hour, 50 minutes) <ul style="list-style-type: none"> • Warm Up (10 minutes) • 4 x 20 minutes, with 3 minute rest (89 minutes) • Cool Down (10 minutes) 	
O, W2	Base 60 – 70%	Open, Workout 2 (115 minutes = 1 hour, 55 minutes) <ul style="list-style-type: none"> • Warm Up (10 minutes) • 2 x 10 minutes, with 2 minute rest (23 minutes) • 3 x 20 minutes, with 3 minute rest (69 minutes) • Cool Down (10 minutes) 	
O, W3	Base 60 – 70%	Open, Workout 3 (90 minutes = 1 hour, 30 minutes) <ul style="list-style-type: none"> • Warm Up (10 minutes) • 20 x 1 minute, 30 second rest (30 minutes) • 10 x 2 minutes, 1 minute rest (30 minutes) • 20 x 30 seconds, 30 second rest (10 minutes) • Cool Down (10 minutes) 	
O, W4	Speed, Endurance 80 – 90%	Open Workout 4, (110 minutes = 1 hours, 50 minutes) <ul style="list-style-type: none"> • Warm Up (10 minutes) • 8 x 4 minutes , 2 second rest (33 minutes) • 2 Sets, 8 x 1 minute, 2 second rest (17 minutes) • 5 x 3 minutes, 3 x 5 minutes, 2 minute rest (40 minutes) • Finish practice with 5 x 20 second starts @ 100% • Cool Down (10 minutes) 	
O, W5	Speed, Endurance 90%	Open Workout 5, (?) <ul style="list-style-type: none"> • Warm Up (10 minutes) • 2 x 100 meters, active rest paddle 100 meters • 2 x 500 meters, active rest paddle for 500 meters • Finish practice with 5 x 20 second starts @ 100% • Cool Down (10 minutes) 	