

City of Leeds Swimming Club - Training and Competition Programme																		Age Group National Squad																																																														
Season	2009-2010																																																																															
Month	Sept 09				October 09				November 09				December 09				January 10				Feb 10			March 10			April 10			May 10			June 10			July 10																																												
Weeks	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49																															
Week Ending (Sun)	06/09	13/09	20/09	27/09	04/10	11/10	18/10	25/10	01/11	08/11	15/11	22/11	29/11	06/12	13/12	20/12	27/12	03/01	10/01	17/01	24/01	31/01	07/02	14/02	21/02	28/02	07/03	14/03	21/03	28/03	04/04	11/04	18/04	25/04	02/05	09/05	16/05	23/05	30/05	06/06	13/06	20/06	27/06	04/07	11/07	18/07	25/07	01/08	08/08																															
Weeks Out	15	14	13	12	11	10	09	08	07	06	05	04	03	02	01	00	08	07	06	05	04	03	02	01	00	00	05	04	03	02	01	08	07	06	05	04	03	02	01	08	07	06	05	04	03	02	01																																	
School Holidays																																																																																
Training Cycles	Cycle 1												Cycle 2						Cycle 3						Cycle 4						Cycle 5																																																	
Priority	Training												Racing		Recovery		Training						Racing		Training						Racing		Training						Racing																																									
Swim Meets	National Junior League - County Round - Leeds JCC				COL Junior Open Meet / Nats Junior League Northern Final				Yorkshire Winter Meet				NER Age Champs SC - Sunderland/ J.L National Final				Snow Frills Meet - Sheffield (1500m or 800m Fs only)				City of Leeds Xmas Cracker - JCC (50m)				City of Leeds B Grade Meet						Yorkshire Age Group Championships - Sheffield (50m)				Yorkshire Age Group Championships - Leeds (50m)				Yorkshire Age Group Championships / Team Events						City of Sheffield Premier Open Meet- 800m / 1500m only				Leeds National Qualifier Meet - JCC (50m)						Sport Aid Gala - JCC						Regional Championships				Regional Championships				National Age Group Championships - Sheffield (50m)				Welsh Summer Nationals				Welsh Summer Nationals			
Competition Targets	N.J.L Qualify for Northern Final				NERQT's / NQT's / Qualify N.J.L Nat Final				NERQT's / NQT's				TARGET MEET - NERQT's / NQT's				TARGET MEET - NERQT's / NQT's				TARGET MEET - NERQT's / NQT's				Race Rehearsal / NERQT's / NQT's						TARGET MEET - Finals/Podium/NERQT's/NQT's				TARGET MEET - Finals/Podium/NERQT's/NQT's				Finals / Podium / Relay Rehearsal						TARGET MEET - Aim NQT's				TARGET MEET - Finals/Podium/NERQT's/NQT's						Race Rehearsal / NERQT's / NQT's						TARGET MEET - L.TB/Finals/Podium/NQT's				TARGET MEET - L.TB/Finals/Podium/NQT's				TARGET MEET - L.TB/Finals/Podium				TARGET MEET - L.TB/Finals/Podium				TARGET MEET - L.TB/Finals/Podium			