

City of Leeds Swimming Club - Training and Competition Programme																		Competition Squads																																																																				
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	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	09	08	07	06	05	04	03	02	01	00	00	02	01	00	10	09	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	Training						Racing																																												
Swim Meets	National Junior League - County Round - Leeds JCC				Leeds Junior Open Meet / National Junnior League Northern Final				Yorkshire Winter Meet				Harrogate Junior Open Meet				NER Age Group Champs SC - Sunderland/ J.L National Final				City of Bradford Xmas Meet				City of Leeds Xmas Cracker				City of Derby Open Meet - Sheffield				City of Leeds B Grade Meet				Yorkshire Age Group Championships - Sheffield				Yorkshire Age Group Championships - Leeds				Yorkshire Age Group Championships / Team Events				Leeds National Qualifier Meet				Harrogate A / B Grade Open Meet				City of Leeds Regional Time Trial & Development Meet				Sport Aid Gala				Regional Championships				Regional Championships				Yorkshire B Grade Series - TBC						Welsh Summer Nationals				Welsh Summer Nationals			
Competition Targets	N.J.L Qualify for Northern Final				Qualify for County/Regional Championships				Qualify for County & Regional Championships				Qualify for County/Regional Championships				TARGET MEET - Qualify for NER/County/WASA				TARGET MEET - Qualify for NER/County/WASA				TARGET MEET - Qualify for NER/County/WASA				Qualify for County/Regional/WASA Championships				Qualify for County/Regional/WASA Championships				TARGET MEET - Finals/Podium/NERQT's/WASA				TARGET MEET - Finals/Podium/NERQT's/WASA				TARGET MEET - Finals/Podium/NERQT's NQT's				TARGET MEET - Finals/Podium/NERQT's/WASA				NERQT's/Welsh Summer National QT's				NERQT's/Welsh Summer National QT's				NERQT's/Welsh Summer National QT's				TARGET MEET - L.TB/Finals/Podium/WASA QT's				TARGET MEET - L.TB/Finals/Podium/WASA QT's				Race Rehearsal for Welsh Nationals						TARGET MEET - L.TB's/Finals/Podium				TARGET MEET - L.TB's/Finals/Podium			