

City of Leeds Swimming Club - Training and Competition Programme																		Development 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	01	03	02	01	08	07	06	05	04	03	02	01	00	01	00	00	08	07	06	05	04	03	02	01	0	0	07	06	05	04	03	02	01	00	00	00	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 Junior League Northern Final				Yorkshire Winter Meet				Harrogate Junior Open Meet				Development Gala - TBC				Sheffield City B Grade - Sheffield / J.L National Final				City of Bradford Xmas Meet				Development Gala - TBC				City of Leeds B Grade Meet				Yorkshire Age Group Championships - Sheffield				Yorkshire Age Group Championships - Leeds				Yorkshire Age Group Championships Team Events				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 Emphasis	NJL Qualify for Northern Final				Qualify for County/Regional Championships				Qualify for County/Regional Championships				Qualify for County/Regional Championships				LTB's/Podium/County QT's				County QT's/Qualify for National J.L Final				TARGET MEET - County QT's/NERQT's				LTB's/Podium/County QT's/NERQT's				Qualify for County Championships				TARGET MEET - LTB's/Finals/Podium/NERQT's				TARGET MEET - LTB's/Finals/Podium/NERQT's				TARGET MEET - LTB's/Finals/Podium/NERQT's				Qualify for Regional/WASA Championships						Qualify for Regional/WASA Championships						Qualify for Regional/WASA Championships						Target Meet - LTB's/Finals/Podium/WASA QT's						Target Meet - LTB's/Finals/Podium/WASA QT's						Race Rehearsal for Welsh Nationals						TARGET MEET - LTB's/Finals/Podium						TARGET MEET - LTB's/Finals/Podium					