City of Leeds Swimming Club - Training and Competition Programme

Junior National Squad (Age)

Season: 2009-2010

Weeks	Month	Week Ending (Sun)	Weeks Out	School Holidays	Training Cycles	Priority	Swim Meets	Competition Targets
01	Sept 09	06/09	15		Cycle 1	Training		
02		13/09	14					
03		20/09	13					
04		27/09	12					
05	October 09	04/10	11					
06		11/10	10				Yorkshire Winter Meet	NERQT's / NQT's
07		18/10	09					
08		25/10	08					
09	November 09	01/11	07					
10		08/11	06					
11		15/11	05					
12		22/11	04					
13		29/11	03			Racing	NER Age Championships SC - Sunderalnd (25m)	Speed Development / Race Rehearsal
14	December 09	06/12	02				Snow Frills Meet - Sheffield (1500m or 800m Fs only)	**TARGET MEET** - Aim NQT's
15		13/12	01					
16		20/12	00				City of Leeds Xmas Cracker - JCC (50m)	**TARGET MEET** - Aim NQT's
17		27/12	15		Cycle 2	Recovery		
18		03/01	14			Training		
19	January 10	10/01	13					
20		17/01	12					
21		24/01	11					
22		31/01	10				Burns Meet - Sheffield (50m)	Speed Development / Race Rehearsal
23		07/02	09				**Senior & Youth Yorkshire Championships**	**TARGET MEET** - Aim NQT's
24	Feb 10	14/02	08					
25		21/02	07			Racing	**Yorkshire Age Group Championships - Sheffield (50m)**	**TARGET MEET** - Aim NQT's
26		28/02	06				**Yorkshire Age Group Championships - Leeds (50m)**	**TARGET MEET** - Aim NQT's
27		07/03	05			Training		
28	March 10	14/03	04					
29		21/03	03				Yorkshire Age Group Championships - Teams	Finals / Podium / Relay Rehearsal
30		28/03	02				**City of Sheffield Premier Open Meet- 800m / 1500m only**	**TARGET MEET** - Aim NQT's
31		04/04	01			Racing	**British Championships / European Trials - Sheffield (50m)**	**TARGET MEET** - GB Team Selection
32	April 10	11/04	00				**Leeds National Qualifier Meet - JCC (50m)**	**TARGET MEET** - LTB/Finals/Podium
33		18/04	14		Cycle 3	Training		
34		25/04	13					
35		02/05	12					
36	May 10	09/05	11				Sport Aid Gala - **Non National Qualifiers only**	Qualify for Regional/National Championships
37		16/05	10					
38		23/05	09					
39		30/05	08					
40		06/06	07			Racing	Regional Championships	**TARGET MEET** - LTB/Finals/Podium / Relays
41	June 10	13/06	06				Regional Championships	**TARGET MEET** - LTB/Finals/Podium / Relays
42		20/06	05			Training		
43		27/06	04					
44		04/07	03					
45	July 10	11/07	02					
46		18/07	01					
47		25/07	00			Racing	National Age Group Championships	**TARGET MEET** - LTB/Finals/Podium
48		01/08	00					
49		08/08	00					