

City of Leeds Swimming Club - Training and Competition Programme																		Junior National Squad (Youth)																																																							
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	15	14	13	12	11	10	09	08	07	06	05	04	03	02	01	15	14	13	12	11	10	09	08	07	06	05	04	03	02	01	00	00	00																								
School Holidays																																																																									
Training Cycles	Cycle 1													Cycle 2													Cycle 3																																														
Priority	Training												Racing	Recovery	Training												Racing	Training									Racing																																				
Swim Meets					Yorkshire Winter Meet									Snow Frills Meet (Distance 800/1500m Fs)																		City of Sheffield Premier Open Meet				British Championships / European Trials				Leeds National Qualifier Meet								NER Youth & Senior Championships								Open Meet Youth Swimmers Only - TBC								European Junior Championships - Helsinki Finland				National Youth Championships					
Competition Targets					Speed Development									TARGET MEET - Aim NQT's				TARGET MEET - Aim NQT's								Speed Development / Race Rehearsal				TARGET MEET - Aim NQT's				TARGET MEET - Aim NQT's				TARGET MEET - GB Team Selection				TARGET MEET - LTB/Finals/Podium								Race Rehearsal for Nationals								NQT's/Race Rehearsal for Nationals								TARGET MEET - LTB/Finals/Podium				TARGET MEET - LTB/Finals/Podium			