

City of Leeds Swimming Club - Training and Competition Programme																		Regional Senior 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	14	13	12	11	10	09	08	07	06	05	04	03	02	01	00	00	06	05	04	03	02	01	12	11	10	09	08	07	06	05	04	03	02	01	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						Cycle 4				Cycle 5																							
	Training												Racing	Recovery	Training						Racing	Training						Racing	Training				Racing	Training												Racing						
Swim Meets														Snow Frills Meet	City of Bradford Xmas Meet	City of Leeds Xmas Cracker							Burns Meet - Sheffield (50m)	Senior & Youth Yorkshire Championships							City of Sheffield Premier Open Meet	British Championships / European Trials							NER Youth & Senior Championships	Sport Aid Gala	Yorkshire Opem Masters Championships			Open Meet - TBC							Welsh Summer Nationals	Welsh Summer Nationals / National Youth Champs
Competition Targets														TARGET MEET - Aim NQT's	TARGET MEET - Aim NQT's/NER QT's	TARGET MEET - Aim NQT's/NERQT's							Speed Development / Race Rehearsal	Qualify for Regional/National Championships							TARGET MEET - Aim NQT's	TARGET MEET - GB Team Selection							TARGET MEET - LTB/Finals/Podium/NQT's	Qualify for National Championships	Qualify for National Championships			Qualify for National Championships							TARGET MEET - LTB's/Finals/Podium	TARGET MEET - LTB's/Finals/Podium