# City of Leeds Swimming Club - Training and Competition Programme

## Regional Youth Squad

| Season | 2009-2010 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 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 (Age) | 12 | 11 | 10 | 09 | 08 | 07 | 06 | 05 | 04 | 03 | 02 | 01 | 00 | 00 | 00 | 00 | 08 | 07 | 06 | 05 | 04 | 03 | 02 | 01 | 00 | 00 | 05 | 04 | 03 | 02 | 01 | 08 | 07 | 06 | 05 | 04 | 03 | 02 | 01 | 08 | 07 | 06 | 05 | 04 | 03 | 02 | 01 | | |
| Weeks Out (Yth) | 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 | | | | | | | |
| Priority | Training | | | | | | | | | | | | Racing | | | | Recovery | Training | | | | | Racing | | | | Training | | | | | Racing | | | | Training | | | | Racing | | Training | | | | | Racing | | |
| Swim Meets | | National Junior League - County Round - Leeds JCC | | | COL Junior Open Meet / Nats Junior League Northern Final | Yorkshire Winter Meet | Lincoln Vulcans Open Meet - **Youth only** | Harrogate Junior Open Meet | | | | | NER Age Champs SC - Sunderalnd/ J.L National Final | Snow Frill Meet - Sheffield (1500m or 800m Fs only) | City of Bradford Xmas Meet | City of Leeds Xmas Cracker | | | | | City of Leeds B Grade Meet - Age Only | | Senior & Youth Yorkshire Championships | | Yorkshire Age Group Championships - Sheffield | Yorkshire Age Group Championships - Leeds | | | Yorkshire Age Group Championships Team Events | City of Sheffield Premier Open Meet | | Leeds National Qulifier Meet | | Harrogate A / B Grade Open Meet | NER Youth & Senior Championships | Sport Aid Gala | | | Open Meet for Youth Swimmers only- TBC | Regional Championships | Regional Championships | | Yorkshire B Grade Series - TBC | | | | National Age Group Championships | Welsh Summer Nationals | Welsh Summer Nationals / National Youth Champs |
| Competition Targets | | NJL Qualify for Northern Final | | | NERQT/NQT / Qualify NJL Nat Final | Qualify for Regional/National Championships | Qualify for National Championships | Qualify for County/Regional/National Championships | | | | | **TARGET MEET** - LTB's/Finals/Podium | **TARGET MEET** - LTB's/Finals/Podium | **TARGET MEET** - LTB's/Finals/Podium | **TARGET MEET** - LTB's/Finals/Podium | | | | | Race Rehearsal / NERQT/NQT | | **TARGET MEET** - Finals/Podium/NERQT/NQT | | **TARGET MEET** - Finals/Podium/NERQT/NQT | **TARGET MEET** - Finals/Podium/NERQT/NQT | | | **TARGET MEET** - Finals/Podium/NERQT/NQT | **TARGET MEET** - Aim NQT's | | **TARGET MEET** - Finals/Podium/NERQT/NQT | | Qualify for Regional/National Championships | **TARGET MEET** - Finals/Podium/NQT | Qualify for Regional/National Championships | | | Qualify for National Championships | **TARGET MEET** - LTB's/Finals/Podium/NQT | **TARGET MEET** - LTB's/Finals/Podium/NQT | | Race Rehersal for ASA/WASA Nationals | | | | **TARGET MEET** - LTB/Finals/Podium | **TARGET MEET** - LTB/Finals/Podium | **TARGET MEET** - LTB/Finals/Podium |