COLSC Perfomance & Potential Competition/Training Plan Sept 2010 - Aug 2011

Months	September					October				November					December				January					February				March				April				May					June				July				August			
Week Comm	30	6	13	20	27	4	11	18	25	1	8	15	22	29	6	13	20	27	3	10	17	24	31	7	14	21	28	7	14	21	28	4	11	18	25	2	9	16	23	30	6	13	20	27	4	11	18	25	1	8	15	22
Competitions										(6th & 7th) - Regional Short Course Champs - Corby (25m) *				(3rd/4th/5th) COLSC Distance Licenced Meet - Braunstone (25m)						**(15th/16th) Burns Open Meet (50m) * & (14th/15th/16th) Cambridge Open Meet (25m)**	**(22nd) City of Leeds Meet - Leeds (50m)**	**(29th & 30th) Midlands Zonal Meet (50m) ***	(6th) Midlands Distance Time Trials - Coventry (50m) *					(5th & 6th) LASA's - Loughborough (50m) **** (5th-12th) British Championships - Ponds Forge (50m)				(12th/13th) LASA County Age Group Championships - Loughborough (50m) ****			(25th/26th/27th) LASA County Age Group Championships - Braunstone (25m) ****	(2nd & 3rd) Nuneaton and Bedworth Open Meet (25m)					(15th/16th/17th) COLSC Age Group Licenced Meet (25m)				(8th) Distance Time Trials - Loughborough (50m) *			(21st & 22nd) Meet of Legends - Millfield (50m) **?	(28th & 29th) No Frills Licenced Open Meet - Ponds Forge (50m) **?	**(4th & 5th) - Regional Age Group Championships - Coventry (50m)**		**(11th & 12th) - Regional Age Group Championships - Coventry (50m)**					**(21st-25th) National Age Group Championships - Ponds Forge (50m)**			**(25th-29th) National Youth Championships - Ponds Forge (50m)**	**(1st-5th) Welsh Summer Nationals - Swansea (50m)**			
Micro Cycle Emphasis Codes: **P** = Preparation - **E** = Endurance - **Q** = Quality - **M** = Mix **T** = Taper - **C** = Competition																																																					
Macro Cycle	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	3	3	3	3	3	3	3	3	3			
Weeks to Comp	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	8	7	6	5	4	3	2	1			
Micro Emphasis	P	P	P	P	P	P	M	E	Q	E	M	Q	E	M	Q	E	M	Q	E	Q	M	M	Q	E	Q	M	M	Q	M	E	M	Q	M	E	Q	E	Q	M	E	T	T	Q	E	E	Q	Q	T	T	T			

*invitation only

**** entry via base club

**? The May meet for National qualifiers will either be Millfield or No Frills, this will be confirmed once more information has become available