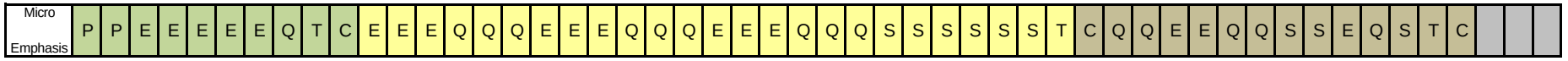
CITY OF LEICESTER TRAINING & COMPETITION PLAN SEPTEMBER 2009 - AUGUST 2010

YOUTH ELITE & PERFORMANCE SQUAD

Months	September						October				November				December				January				February				March					April				May					June				July				August			
Week Comm	24	31	7	14	21	28	5	12	19	26	9	16	23	30	7	14	21	28	4	11	18	25	1	8	15	22	1	8	15	22	29	5	12	19	26	3	10	17	24	31	7	14	21	28	5	12	19	26	2	9	16	23
Competitions								17th Lincoln Vulcans Licenced Meet - Ponds Forge (50m)		**7th & 8th - Regional Short Course Champs - Corby (25m)**				4th/5th/6th Leicester Distance Licenced Meet - Braunstone (25m)				19th & 20th City of Leeds Christmas Cracker - John Charles (50m)				9th & 10th City of Derby Licensed Meet - Ponds Forge (50m)				30th - 31st Burns Licensed Meet - Ponds Forge (50m)				27th & 28th LASA County Age Group Championships - Loughborough (50m)				6th & 7th LASA County Age Group Championships - Loughborough (50m)				19th/20th/21st LASA County Age Group Championships - Braunstone (25m)				**29th -3rd British Long Course Championships (50m)**				23rd/24th/25th Leicester Age Group Licenced Meet (25m)	**1st & 2nd Regional Youth Championships - Coventry (50m)**				29th & 30th No Frills Licenced Open Meet - Ponds Forge (50m)																			**3rd - 7th ASA National Youth Championships - Ponds Forge (50m)**			
Micro Cycle Emphasis Codes: **P** = Preparation - **E** = Endurance - **Q** = Quality - **S** = Specific - **A** = Adaptation - **T** = Taper - **C** = Competition																																																							
Swimmers Competing in British Long Course Championships and going on to ASA National Youth Championships																																																						
Macro Cycle	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	2	2	2	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3			
Weeks to Comp	10	9	8	7	6	5	4	3	2	1	21	21	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1			
Micro Emphasis	P	P	E	E	E	E	E	Q	T	C	E	E	E	Q	Q	Q	E	E	E	Q	Q	Q	E	E	E	S	S	S	T	T	C	E	E	E	E	Q	Q	Q	E	E	E	Q	Q	S	S	S	S	T	C			
Swimmers Competining in ASA Regional Championships & going on to ASA National Youth Championships																																																					
Macro Cycle	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	2	2	2	2	2	2	2	3	3	3	3	3	3	3	3	3	3	3	3	3	3			
Weeks to Comp	10	9	8	7	6	5	4	3	2	1	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	14	13	12	11	10	9	8	7	6	5	4	3	2	1			


Micro
Emphasis
P P E E E E E Q T C E E E Q Q Q E E E Q Q Q E E E Q Q Q S S S S S S T C Q Q E E Q Q S S E Q S T C