Week Commencing	04/08/08	11/08/08	18/08/08	25/08/08	01/09/08	08/09/08	15/09/08	22/09/08	29/09/08	06/10/08	13/10/08	20/10/08	27/10/08	03/11/08	10/11/08	17/11/08	24/11/08	01/12/08	08/12/08	15/12/08	22/12/08	29/12/08	05/01/09	12/01/09	19/01/09	26/01/09	02/02/09	09/02/09	16/02/09	23/02/09	02/03/09	09/03/09	16/03/09	23/03/09	30/03/09	06/04/09	13/04/09	20/04/09	27/04/09	04/05/09	11/05/09	18/05/09	25/05/09	01/06/09	08/06/09	15/06/09	22/06/09	29/06/09	06/07/09	13/07/09	20/07/09	27/07/09
Competions/Camps ect																																																				
			1	2	3	4	5	6	7	8	9	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	50
MacroCycle			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	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Mesocycle			1	1	1	2	2	2	3	3	3	4	4	4	5	5	5	5	5	1	1	2	2	2	3	3	3	4	4	4	5	5	5	5	1	1	1	1	1	2	2	2	3	3	3	4	4	4	5	5	5	5
Type of work																																																			
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# of swim sessions**		6	7	10	10	10	10	10	10	10	10	10	10	10	10	10	10	8	8	10	10	10	10	10	10	10	10	10	10	10	9	8	7	6	6																	
TEST SETS																																																			
7 x 200 step																																																				
2000 timed																																																			
Starts																																																			
Turns																																																			
Heart Rate Test																																																		
T20																																																		
Kick 12 x 100 @V02																																																		
8 x 50 Efficiency test																																																		

**** Number of sessions attended and weekly volumes**

The club promotes and works towards long term athlete development (LTAD) the plan is based on a 18year old or older attending 10 sessions each week. However based on LTAD the number of sessions will very based on age and maturation.

Age 12-13 maximum sessions - 7-8, age 14-15 maximum sessions 8-9, age 16-18 maximum sessions 10-10, 18 + 8-11 sessions