Blue Group Winter 2009-2010 PLAN

DATES	MONTHS	SEPT				OCT					NOV				DEC					JAN				FEB				MAR							
	MICROCYCLE	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	50	51	52
	WEEK BEGINS	31-Aug	7-Sep	14-Sep	21-Sep	28-Sep	5-Oct	12-Oct	19-Oct	26-Oct	2-Nov	9-Nov	16-Nov	23-Nov	30-Nov	7-Dec	14-Dec	21-Dec	28-Dec	4-Jan	11-Jan	18-Jan	25-Jan	1-Feb	8-Feb	15-Feb	22-Feb	1-Mar	8-Mar	15-Mar	22-Mar	29-Mar			
MEETS	LOCATION							SSC Swimfest			Donner Sprint Invite		IM Xtreme Challenge			Indy Fins Invite				ICAC MOC Meet/ Mid-States Quad			CGAC Invite	Indy Fins Invite			LST Bearcat Invite	Divisional Champs		Age-Group State					
PERIODIZATION	TRAINING PHASE	ENDURANCE											Specific Endurance					ANAEROBIC				MIXED					TAPER		IR/TAPER					
	Anaerobic/ Aerobic Mix																																		
	ENDURANCE																																		
	SPEED																																		
	Anaerobic																																		
	General Dryland	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	NO	NO	NO	NO					
TESTING DATES																																			
VOLUME		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	50	51	52
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