

AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP
2 FC	6 FC	4 FC	1 FC	6 FC	3 FC	7 FC	7 FC	4 FC	2 FC	6FC	4 FC	1 FC	5 FC
9 BR	13 BR	11 BR	8 BR	13 BR	10 BR	14 BR	14 BR	11 BR	9 BR	13 BR	11 BR	8 BR	12 BR
16 BK	20 BK	18 BK	15 BK	20 BK	17 BK	21 BK	21 BK	18 BK	16 BK	20 BK	18 BK	15 BK	19 BK
23 FLY	27 FLY	25 FLY	22 FLY	27 FLY	24 FLY	28 FLY	28 FLY	25 FLY	23 FLY	27 FLY	25 FLY	22 FLY	26 FLY
30 IM			29 IM		31 IM				30 IM				

Week	Phase	Intensity	Swim meterage	Abbreviations
	Stroke & Drills	Low-med	Medium	DDSC CC = Club Championships
	Basic conditioning	Low-med	Med-High	DDG=Denbighshire Development Gala
	Endurance base	Med-high	High	BD =Bangor Diddy
	Quality training	High-very high	Very High	GD =Geoff Drew
	Speed work	Med-high	Low-med	NWC =North Wales Champioships
	Speed Race Pace	Med-high	Low-med	WAGC =Welsh Age Group Champioships
	Taper	Low	Low	DDFC=Denbigh Dragons Fun Gala
				CA = Cath Ankers