

## Year planning 2017 - 2018

	20-nov	27-nov	4-dec	11-dec	18-dec	25-dec
Stroke	ES	ES	ES	SS/BC	VL/RC	BC/WS
Main focus:	More meters	Terror	Sprints	Recovery	Technique	

ES	Own stroke
BC	Free style
RC	Backstroke
SS	Breaststroke
WS	Medley
VL	Butterfly
St-Kp	Starts + Turns

*Begining swimmers*

1-jan	8-jan	15-jan	22-jan	29-jan	5-feb	12-feb	19-feb	26-feb
ES/WS	ES	ES	ES	BC/RC	SS/VL	BC	RC	WS
Technique + meters	Technique	Build-up (more speed)	Meters and speed	More meters	Tempo + technique	Terror	Sprints	Recovery

5-mar	12-mar	19-mar	26-mar	2-apr	9-apr	16-apr	23-apr	30-apr
SS	VL	ES	ES	ES	ES	ES	ES	RC
Tempo + Meters	Technique + meters	More meters + speeding up	Tempo	Meters at high phase	Tempo + recovery	Terror	Sprints	Recovery