

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

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

Advanced swimmers

1-jan	8-jan	15-jan	22-jan	29-jan	5-feb	12-feb	19-feb	26-feb
ES/St-Kp	ES	ES	ES	BC/SS	RC/VL	BC	SS	WS
Recovery	Build-up	Build-up	Meters speed	More meters	Tempo + meters	Terror	Sprints	Recovery

5-mar	12-mar	19-mar	26-mar	2-apr	9-apr	16-apr	23-apr	30-apr
VL	BC	ES	ES/St-Kp	ES	ES	ES	ES	
Tempo + Meters	Maintain speed + Recovery	More meters	Meters and Tempo	Tempo	Tempo	Terror	Sprints	Recovery









