Hythe Aqua - Training Plan 2009

		January				February				March				April				May				June				July				August				September				October				November				December			
Competition		Week				Week				Week				Week				Week				Week				Week				Week				Week				Week				Week				Week			
		1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
Ice Breaker																																																
Kent Championships																																																
Teaching Group Time Trials																																																
Squad Galas																																																
Summer Break																																																
German Visit																																																
East Invicta Masters																																																
Club Championships																																																
South East Regional Championships																																																
Kent Masters																																																
East Invicta Championships																																																
National Speedo League																																																

Training Peaks																																																
Mini Peak																																																
Tapering																																																
Sprints - Lactate Tolerance, max effort - substantial rest																																																
Sprints - Lactate Production, max effort - less rest																																																
Technique - Fly																																																
Technique - back																																																
Technique - breastroke																																																
Technique - free																																																
Basic Endurance - 75% MHR																																																
Threshold Endurance - 85% MHR																																																
Overload Endurance - 95% MHR																																																