DERBY PHOENIX TRAINING KEY 2007 - 2008

MACRO	MESO	MICRO	EMPHASIS	WEEK START	MON	TUES	WED	THURS		SUN	VOLUME
1	1	1		03/09/2007							20
1	1	2		10/09/2007							23
1	1	3		17/09/2007							25
1	1	4		24/09/2007		STEP TES					
1	1	5	Base	01/10/2007							
1	1	6	Endurance,	08/10/2007			TT			SPEEDO	
1	1	7	Strength,	15/10/2007							
1	1	8	Prep Phase	22/10/2007							26
1	1	9	No Taper	29/10/2007			STEP TEST				23
1	1	10		05/11/2007						SPEEDO	SPRINTS 23
1	1	11		12/11/2007							26
1	1	12		19/11/2007							26
1	1	13		26/11/2007						MIDLANDS	MIDLANDS 26
1	1	14		03/12/2007						SPEEDO	26
2	2	1	Adapt	10/12/2007					STEP TEST		25
2	1	2	End	17/12/2007			TT				27
2	1	3	End	24/12/2007							27
2	1	4	End	31/12/2007							25
2	1	5	End	07/01/2008							27
2	2	6	Adapt	14/01/2008		STEP TEST					25
2	3	7	Qual	21/01/2008							27
2	3	8	Qual	28/01/2008							27
2	3	9	Qual	04/02/2008							27
2	3	10	Sprint	11/02/2008							25
2	2	11	Sprint	18/02/2008							25
2	4	12	Sprint	25/02/2008						COUNTIES	COUNTIES 18
2	4	13	Sprint	03/03/2008						COUNTIES	COUNTIES 18
2	4	14	Sprint	10/03/2008						COUNTIES	COUNTIES 18
2	1	15	End	17/03/2008							27
2	1	16	End	24/03/2008							27
3	1	1	End	31/03/2008							27
3	2	2	Adapt	07/04/2008					STEP TEST		25
3	1	3	End	14/04/2008							27
3	1	4	End	21/04/2008							27
3	1	5	End	28/04/2008						MID YOUTH	MID YOUTH 27
3	1	6	End	05/05/2008	MID YOUTH						27
3	1	7	End	12/05/2008			TT				26
3	1	8	End	19/05/2008							27
3	2	9	Adapt	26/05/2008		STEP TEST					25
3	3	10	Qual	02/06/2008						MID AGE	MID AGE 24
3	3	11	Qual	09/06/2008						MID AGE	MID AGE 24
3	3	12	Qual	16/06/2008							24
3	4	13	Sprint	23/06/2008							23
3	5	14	Tech	30/06/2008							22
3	5	15	Tech	07/07/2008							22
3	5	16	Tech	14/07/2008							22
X	X	X	Maint	21/07/2008				NAT AGE	NAT AGE	NAT AGE	NAT AGE 22
X	X	X	Maint	28/07/2008		NAT YOUTH	NAT YOUTH	NAT YOUTH	NAT YOUTH	NAT YOUTH	NAT YOUTH 22
			HOLIDAY	04/08/2008							10
			HOLIDAY	11/08/2008							10
			HOLIDAY	18/08/2008							10
			HOLIDAY	25/08/2008							10
										TOTAL	1222

Basic speet test

Start and Tur

200M Time Trials to be built into session @ Lonsdale. Choose 2

National Speedo Lge. Rd 1 Cheslyn Hay

Stroke rat

Stroke len

7 x 200 Step test

T30 tes

County Sprints Ponds Forge

7 x 200 Step test

200M Time Trials to be built into session @ Lonsdale. Choose 2

7 x 200 Step test

7 x 200 Step test

Youth & Age Group Derbyshire County Championships

200M Time Trials to be built into session @ Lonsdale. Choose 2

7 x 200 Step test

7 x 200 Step test