Month	April				May								June								July								August			
Weekly Dates	4-14 to 4-21		4-22 to 4-28		4-29 to 5-4		5-5 to 5-11		5-12 to 5-18		5-19 to 5-25		5-26 to 6-1		6-2 to 6-8		6-9 to 6-15		6-16 to 6-22		6-23 to 6-29		6-30 to 7-6		7-7 to 7-13		7-14 to 7-20		7-21 to 7-27		7-28 to 8-3		8-4 to 8-10	
Meets							**Distance Time Trials**		**Dual vs HOT**		**Irish Aquatics Memorial Day Invite**		**CPSC Spring Splash Invitational**				**Tri Meet vs DUNE & LDSC**		**Yorktown Muncie Mayor IMX**		**Quad Meet vs LSO / HTS GARY**				**NWISC Conference**		**WTSC Invitational** / **USA Sectionals**		**Senior State**		**Age Group State**		**Central Zones**	
Training Phase	General Endurance												Specific Endurance								Competition								Taper			Maint.
Specific Emphasis During Period	- Stroke Techinique - Starts & Turns - Endurance (Kick & Swim) - Breath Control												- Stroke Techinique - Starts - Distance Stroke - Dryland Power								- Speed - Water Power - Turns - Pace - Threshold towards end								- REST - Pace - Threshold			
Timed Sets or Test Sets							T-30		8 x 200 on 8:00 Free		3000 for Time		8 x 200 on 8:00 Major		T-30		8 x 100 on 4:00 Free		8 x 100 on 4:00 Major		3000 for Time		8 x 50 on 4:00 Choice		T-30							
Dryland	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
M		ND		AB/S		S/C		B		AB		BM		VJ		DC		B	ND	BM	ND	B	**NP**	**NP**	ND	BM	ND	VJ	ND	ND	ND	ND	**NP**	ND
T		**NP**		AB/S		S/C		B		C		S/C		UB		S		S	ND	S/C	ND	S	ND	AB	ND	S/C	ND	UB	ND	ND	ND	ND	**NP**	ND
W		ND		AB/S		S/C		RN/P		RN/P		RN/P		RN/P		RN/P	ND	RN/P	ND	RN/P	ND	RN/P	ND	RN/P	ND	RN/P	ND	RN/P	ND	ND	ND	ND	**NP**	**NP**
TH		ND		AB/S		S/C		B		DC		HE		TM		S	ND	**NP**	ND	HE	ND	**NP**	ND	AB	ND	HE	ND	TM	ND	ND	ND	ND	**NP**	**NP**
F		ND		AB/S		S/C		**NP**		B		**NP**		**NP**		AB	ND	R	**NP**	**NP**	ND	R	**NP**	**NP**	**NP**	**NP**	**NP**	**NP**	ND	ND	**NP**	**NP**	**NP**	**NP**
Sa	**NP**		ND		ND		ND		**NP**		**NP**		**NP**		**NP**		**NP**		**NP**		**NP**		**NP**		**NP**		**NP**		**NP**		**NP**		**NP**	

Intensity: High / Low

Yardage: 80K, 70K, 60K, 50K, 40K, 30K, 20K, 10K

Approx. Season's Mileage: 275.8 Miles

Dryland Legend: **NP = NO Practices, CM = Coach / Swimmer Meeting, RN = Running, S = Stretch Cords, C = Carts, AB = Abdominal & Back Strength, B = Balance, BM = Body Awareness & Movement Control, DC = Dryland Circuit, TM = Timing, UB = Upper Body Strength, VJ = Vertical Jump ND = NO Dryland, D = Distance, HE = Hand-Eye Coordination, M = Memory, R = Rhythm, ST = Speed & Tempo, TW = Team Work,**

This is just a general guideline and is subject to changed at ANY time!