

Croydon Amphibians SC



Diamond & Platinum Squads Age Group Varied 24 Week Macrocycle – 1st Macrocycle 2009/2010 Season

WEEK	DATE	MESOCYCLE	EMPHASIS	TOTAL METRES	POOL TIME	COMP
1	30/08/09 – 06/09/09	1	Preparation	20,000m	10	
2	07-13/09/09	1	Preparation	20,000m	10	
3	14-20/09/09	1	Preparation	24,000m	10	Ken Deeley
4	21-27/09/09	1	Endurance	30,000m	10	Octopus G5
5	28/09-04/10/09	2	Quality	28,000m	10	Club Champs
6	05-11/10/09	2	Mixed	28,000m	10	Arena Rnd 1
7	12-18/10/09	2	Endurance	32,000m	10	Octopus G6
8	19-25/10/09	3	Quality	28,000m	10	Club Champs
9	26/10-01/11/09	3	Mixed	32,000m	10	
10	02-08/11/09	3	Endurance	45,000m	10	W Regionals

Note – Week 10 – CASC Winter Training Camp to Lignano, Italy

C.A.S.C. Chief Coach – Mr Christopher J.F. Hatton

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11	09-15/11/09	4	Quality	30,000m	10	Arena Rnd 2
12	16-22/11/09	4	Mixed	30,000m	10	Crawley
13	23-29/11/09	4	Endurance	34,000m	10	Club Champs
14	30/11 – 06/12/09	5	Quality	30,000m	10	Horsham
15	07-13/12/09	5	Mixed	30,000m	10	Arena Rnd 3
16	14-20/12/09	5	Endurance	36,000m	10	Plymouth
17	21-27/12/09	6	Quality	32,000m	10	XMAS
18	28/12 – 03/01/10	6	Mixed	32,000m	10	
19	04-10/01/10	6	Endurance	38,000m	10	
20	11-17/01/10	7	Quality	32,000m	10	Surrey Dev
21	18-24/01/10	7	Mixed	32,000m	10	
22	25-31/01/10	7	Mixed/Taper	26,000m	10	Surrey Dev
23	01-07/02/10	7	Taper	26,000m	10	
24	08-14/02/10	7	Taper	26,000m	10	

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