

Croydon Amphibians SC



Diamond & Platinum Squads
Age Group Varied 24 Week Macrocycle – 2nd Macrocycle 2009/2010 Season

WEEK	DATE	MESOCYCLE	EMPHASIS	TOTAL METRES	POOL TIME	COMP
1	15-21/02/10	1	Preparation	20,000m	10	Surreys
2	22-28/02/10	1	Preparation	20,000m	10	Surreys
3	01-07/03/10	1	Preparation	24,000m	10	
4	08-14/03/10	1	Endurance	30,000m	10	Surreys
5	15-21/03/10	2	Quality	28,000m	10	Boroughs 1
6	22-28/03/10	2	Mixed	28,000m	10	Surreys
7	29/03 – 04/04/10	2	Endurance	32,000m	10	
8	05-11/04/10	3	Quality	28,000m	10	Boroughs 2
9	12-18/04/10	3	Mixed	28,000m	10	Crawley
10	19-25/04/10	3	Endurance	32,000m	10	Littlehampton

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11	26/04 – 02/05/10	4	Quality	30,000m	10	Regionals Yth
12	03-09/05/10	4	Mixed	30,000m	10	Beck Open & Boroughs 3
13	10-16/05/10	4	Endurance	34,000m	10	Rotherham
14	17-23/05/10	5	Quality	30,000m	10	Bracknell
15	24-30/05/10	5	Mixed	30,000m	10	
16	31/05 – 06/06/10	5	Endurance	36,000m	10	Regionals B's
17	07-13/06/10	6	Quality	32,000m	10	Regionals B's
18	14-20/06/10	6	Mixed	32,000m	10	Boroughs 4
19	21-27/06/10	6	Endurance	38,000m	10	
20	28/06 – 04/07/10	7	Quality	32,000m	10	
21	05-11/07/10	7	Mixed	32,000m	10	Haslemere
22	12-18/07/10	7	Mixed/Taper	26,000m	10	
23	19-25/07/10	7	Taper	26,000m	10	ASA Nationals
24	26/07 – 01/08/10	7	Taper	26,000m	10	ASA Nationals

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