Week	28		29		30		31		32		33		34	
Week commencing	07-Apr		14-Apr		21-Apr		28-Apr		05-May		12-May		19-May	
Dates	07-Apr 08-Apr 09-Apr 10-Apr 11-Apr 12-Apr 13-Apr		14-Apr 15-Apr 16-Apr 17-Apr 18-Apr 19-Apr 20-Apr		21-Apr 22-Apr 23-Apr 24-Apr 25-Apr 26-Apr 27-Apr		28-Apr 29-Apr 30-Apr 01-May 02-May 03-May 04-May		05-May 06-May 07-May 08-May 09-May 10-May 11-May		12-May 13-May 14-May 15-May 16-May 17-May 18-May		19-May 20-May 21-May 22-May 23-May 24-May 25-May	
Days	M T W T F S S		M T W T F S S		M T W T F S S		M T W T F S S		M T W T F S S		M T W T F S S		M T W T F S S	
	Mon	Weights	Mon	Weights	Mon	Weights	Mon	Weights	Mon	Weights	Mon	Weights	Mon	Weights
	Tues	Speed ladder	Tues		Tues	Plyos	Tues	Plyos	Tues		Tues		Tues	
	SS	4x120m @100% WB		3x3x60m @100%	SS	200m@100%, 4x50m Turns @100%, 200m @100% 15' recovery	SS	5x75m @100% 10'	SS		SS			
	LS	4x200@24/28 2'			LS	3x400@62/66 w 90", 2x200+200+600@26/30 2'&15'	LS	5x150m @100% 10'	LS		LS			
	Weds	Home weights	Weds	Home weights	Weds	Home weights	Weds	Home weights	Weds	Home weights	Weds	Home weights	Weds	Home weights
	Thurs	Plyos	Thurs	Plyos	Thurs	Speed ladder	Thurs	Plyos	Thurs		Thurs		Thurs	
	SS	4x100m practice			SS	3x100 @11.5 1' rec	SS		SS		SS			
	LS	2x400m THW		Off	LS	3x200 @23/26 2'	LS	3x3x150 @95% 2' and 15'	LS		LS			
	Fri	Stretch	Fri	Stretch	Fri	Stretch	Fri	Stretch	Fri	Stretch	Fri	Stretch	Fri	Stretch
	Sat	3x2x75m @100%	Sat	SAL	Sat	6x200@ (2nd 2 of 4 pace) with 5/4/3/2/1' recovery	Sat		Sat		Sat		Sat	COUNTY CHAMPS
		Weights				Weights		Weights		Weights		Weights		Weights
	Sun	Swim	Sun	Swim	Sun	Wessex League	Sun	Swim	Sun	Swim	Sun	Swim	Sun	Swim