

Swimming Session Plan 2009

Month	Week	No.	Ref.	Session	Aim
January	01/01/2009	99	99	No Swim	No Swim
	08/01/2009	3	SS02	200m 100m 50m	Stamina Sets
	15/01/2009	99	99	No Swim	No Swim
	22/01/2009	9.2	HY01	Hypoxic Session	Hypoxic
	29/01/2009	99	99	No Swim	No Swim
February	05/02/2008	34	SM01	20 Min Timed Swim	Stamina
	12/02/2008	99	99	No Swim	No Swim
	19/02/2008	40	SP01	Short Swims	Speed
	26/02/2009	23	ST01	100m T-Shirts	Stamina
March	05/03/2009	8	K01	Vertical Kicking with 100's	Kick
	12/03/2009	99	99	No Swim	No Swim
	19/03/2009	38	T01.2	Technique	Technique
	26/03/2009	28	SS05	400m Pyramid	Stamina Sets
April	02/04/2009	42	HY02	Hypoxic Session	Hypoxic
	09/04/2009	34	SM01	20 Min Timed Swim	Stamina
	16/04/2009	46	T02	Technique	Technique
	23/04/2009	39	SS07	200m Every 3rd	Stamina Sets
	30/04/2009	44	M01	Mixed Set	Mixed