

Age Group	Swim Focus	Meets	Events	Daily Volume-Ave	Specific Skills	Weekly Topic/Education	
Sept 1-7	Technique			2000	Streamlines	Start of Season	Meet Warmup-Meet Weeks
Sept 8-14	Technique			2200	UW kick-4	Workout structures	
Sept 15-21	Conditioning-Meet Prep	Dual Meet w/ VACA		2000	Meet Prep	Meet Prep-Warmups	200 free
Sept 22-28	Conditioning and Kick			2200	Breakouts	Goal Setting	4x50 kick/swim
Sept 29-Oct 5	Conditioning and Kick	Block Party Meet		2400	Dives	Workout structures	4x25 drill
Oct 6-12	Conditioning Build			2600	Turns	Workout structure/Nutrition	4x25 swim-increase effort
Oct 13-19	Speed and Race Prep	Dual Meet w/ Marlins		2000	Breakouts	Underwater Kicking	1x25 fast from a dive
Oct 20-26	Conditioning Build		Halloween Social	2200	Dives	Teamwork	
Oct 27-Nov 2	Speed and Race Prep	Dual Meet with VJO		2400	Turns and Finishes	Racing	
Nov 3-9	Conditioning Build			2600	Stroke Count	Stroke Count	
Nov 10-16	Conditioning Build			2600	Splits	Performance	
Nov 17-23	Speed and Race Prep	Block Party Meet		2000	Video work	Video Work	
Nov 24-30	Conditioning Build		Friendsgiving	2400	IM Turns	Leadership	
Dec 1-7	Conditioning Build			2200	Pacing	Race Pace Work	
Dec 8-14	Speed and Race Prep	Winter Champs		2000	Champs Prep	Swimming Fast	
Dec 15-21	Fun Week-End of Winter		Winter Social	2000	Fun	Stroke Technique	
Junior	Swim Focus	Meets	Events	Daily Volume-Ave	Specific Skills	Weekly Topic/Education	Meet Warmup-Meet Weeks
Sept 1-7	Technique			3000	Streamlines	Start of Season	
Sept 8-14	Technique			3200	UW kick-4	Workout structures	300 free
Sept 15-21	Conditioning-Meet Prep	Dual Meet w/ VACA		3000	Meet Prep	Meet Prep-Warmups	4x50 kick/swim
Sept 22-28	Conditioning and Kick			3200	Breakouts	Goal Setting	4x50 drill
Sept 29-Oct 5	Conditioning and Kick	Block Party Meet		3400	Dives	Workout structures	4x50 swim-increase effort
Oct 6-12	Conditioning Build			3600	Turns	Workout structure/Nutrition	2x25 fast from a dive
Oct 13-19	Speed and Race Prep	Dual Meet w/ Marlins		3000	Breakouts	Underwater Kicking	
Oct 20-26	Conditioning Build		Halloween Social	3400	Dives	Teamwork	
Oct 27-Nov 2	Speed and Race Prep	Dual Meet with VJO		3000	Turns and Finishes	Racing	
Nov 3-9	Conditioning Build			3400	Stroke Count	Stroke Count	
Nov 10-16	Conditioning Build			3600	Splits	Performance	
Nov 17-23	Speed and Race Prep	Block Party Meet		3000	Video work	Video Work	
Nov 24-30	Conditioning Build		Friendsgiving	3400	IM Turns	Leadership	
Dec 1-7	Conditioning Build			3600	Pacing	Race Pace Work	
Dec 8-14	Speed and Race Prep	Winter Champs		2800	Champs Prep	Swimming Fast	
Dec 15-21	Fun Week-End of Winter		Winter Social	3000	Fun	Stroke Technique	