2008 -2009 MCSC SEASONAL PLAN

Plan For:

DATES	MONTHS	SEPT				OCT					NOV				DEC					JAN				FEB				MAR					APR				MAY				JUN					JUL				AUG				
	MICROCYCLE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53
	WEEK BEGINS	1-Sep	8-Sep	15-Sep	22-Sep	29-Sep	6-Oct	13-Oct	20-Oct	27-Oct	3-Nov	10-Nov	17-Nov	24-Nov	1-Dec	8-Dec	15-Dec	22-Dec	29-Dec	5-Jan	12-Jan	19-Jan	26-Jan	2-Feb	9-Feb	16-Feb	23-Feb	2-Mar	9-Mar	16-Mar	23-Mar	30-Mar	6-Apr	13-Apr	20-Apr	27-Apr	4-May	11-May	18-May	25-May	1-Jun	8-Jun	15-Jun	22-Jun	29-Jun	6-Jul	13-Jul	20-Jul	27-Jul	3-Aug	10-Aug	17-Aug	24-Aug	31-Aug
	LOCATION																																				Festa May Meters		Princeton	Rutgers BAC		Festa Sharks	MBS Trial				Rutgers & Festa	Rutgers 13&O	Rutgers LC JO		LC Zones			
PERIODIZATION	TECHNQUE																																																					
	STRENGTH																																																					
	ENDURANCE																																																					
	SPEED																																																			Break		
	DRYLAND																																																					
VOLUME (000)		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53
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Objectives	Short Course	Long Course
Free		
Back		
Breast		
Fly		
IM		

Periodization Key (Choices): Rehab, Maintain, Building, Power (Max). **Volume Key** Yellow is the Level Goal, Use Green for Swimmer Plan, Color in Red for Actual.