

1st cycle  
 Week commencing  
 03.10.05 1 Time Trial Stroke  
 10.10.05 2 Technique  
 17.10.05 3 Technique  
 24.10.05 4 Endurance  
 31.10.05 5 Endurance  
 07.11.05 6 Hard Endurance  
 14.11.05 7 Hard Endurance  
 21.11.05 8 speed

2nd Cycle  
 Week commencing  
 28.11.05 1 Time Trial Stroke  
 05.11.05 2 Technique  
 12.12.05 3 Technique

fallow Cycle  
 Week commencing  
 19.12.05 Technique  
 26.12.05 Technique  
 02.01.06 Technique

2nd Cycle (Cont'd)  
 Week commencing  
 09.01.06 4 Endurance  
 16.01.06 5 Endurance  
 23.01.06 6 Hard Endurance  
 30.01.06 7 Hard Endurance  
 06.02.06 8 Speed

3rd Cycle  
 Week commencing  
 13.02.06 1 Time Trial Stroke  
 20.02.06 2 Technique  
 27.02.06 3 Technique  
 06.03.06 4 Endurance  
 13.03.06 5 Endurance  
 20.03.06 6 Hard Endurance  
 27.03.06 7 Hard Endurance  
 03.04.06 8 speed

4th Cycle  
 Week commencing  
 10.04.06 1 Time Trial Stroke  
 17.04.06 2 Technique  
 24.04.06 3 Technique  
 01.05.06. 4 Endurance  
 08.05.06 5 Endurance  
 15.05.06 6 Hard Endurance  
 22.05.06 7 Hard Endurance  
 29.05.06 8 speed

05.06.06 Time Trial