

Season plan - Junior national team 2017/2018

	Month	Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	National activities	National junior team activities	Comments	
Mese cycle 1	August	32	1	7	8	9	10	11	12	13		Individual evaluation of EJC and EYOF 2017	Meeting; swimmer, personal coach and talent manager
		33	2	14	15	16	17	18	19	20		Individual evaluation of EJC and EYOF 2017	Meeting; swimmer, personal coach and talent manager
		34	3	21	22	23	24	25	26	27		World junior LC	Meeting; swimmer, personal coach and talent manager
		35	4	28	29	30	31	1	2	3		Individual evaluation of EJC and EYOF 2017	Meeting; swimmer, personal coach and talent manager
	September	36	5	4	5	6	7	8	9	10		Event Camp	EJC-swimmers
		37	6	11	12	13	14	15	16	17		Individual evaluation of World Junior LC 2017	Meeting; swimmer, personal coach and talent manager
		38	7	18	19	20	21	22	23	24	West/East junior/senior SC	Event Camp (Technical) (TBC)	Small number of selected swimmers and coaches (TBC)
		39	8	25	26	27	28	29	30	1			
	October	40	9	2	3	4	5	6	7	8	Danish team championships SC		
		41	10	9	10	11	12	13	14	15			
		42	11	16	17	18	19	20	21	22			
		43	12	23	24	25	26	27	28	29			
	November	44	13	30	31	1	2	3	4	5	Danish junior SC		Selection for Nordic junior SC
		45	14	6	7	8	9	10	11	12	Danish SC		Selection for European Short Course Championships
		46	15	13	14	15	16	17	18	19			
		47	16	20	21	22	23	24	25	26			
December	48	17	27	28	29	30	1	2	3		Nordic junior/senior SC, Reykjavik	Selection for Euro Meet LC	
	49	18	4	5	6	7	8	9	10				
	50	19	11	12	13	14	15	16	17		European Short Course Championships, Copenhagen	Selection through "2020 Development – Prospects"	
	51	1	18	19	20	21	22	23	24				
Mese cycle 2	December	52	2	25	26	27	28	29	30	31			
		1	3	1	2	3	4	5	6	7			
	January	2	4	8	9	10	11	12	13	14			
		3	5	15	16	17	18	19	20	21			
		4	6	22	23	24	25	26	27	28		Euro Meet LC, Luxembourg	Theme: Recovery/cool down
	February	5	7	29	30	31	1	2	3	4			
		6	8	5	6	7	8	9	10	11			
		7	9	12	13	14	15	16	17	18			
		8	10	19	20	21	22	23	24	25			
	March	9	11	26	27	28	1	2	3	4			
		10	12	5	6	7	8	9	10	11			
		11	13	12	13	14	15	16	17	18	West/East junior/senior LC		
		12	14	19	20	21	22	23	24	25			
	April	13	15	26	27	28	29	30	31	1			
		14	16	2	3	4	5	6	7	8			
		15	17	9	10	11	12	13	14	15	Danish Open LC		Selection for European and Nordic junior LC
Mese cycle 3	April	16	1	16	17	18	19	20	21	22			
		17	2	23	24	25	26	27	28	29		European junior Kick-off training Camp	European junior LC-team
	May	18	3	30	1	2	3	4	5	6			
		19	4	7	8	9	10	11	12	13			
		20	5	14	15	16	17	18	19	20			
		21	6	21	22	23	24	25	26	27			
	June	22	7	28	29	30	31	1	2	3		Vienna International Swim Meet	European junior LC-team
		23	8	4	5	6	7	8	9	10			
		24	9	11	12	13	14	15	16	17			
		25	10	18	19	20	21	22	23	24			
	July	26	11	25	26	27	28	29	30	1	Danish age group LC		Selection for Nordic junior LC (only age group)
		27	12	2	3	4	5	6	7	8	Danish age group LC + Danish junior LC	European junior LC, Helsinki + Nordic junior LC, Norway	Selection for Nordic junior LC (only age group)
		28	13	9	10	11	12	13	14	15	Danish LC		
		29	14	16	17	18	19	20	21	22			
	August	30	15	23	24	25	26	27	28	29			
		31	16	30	31	1	2	3	4	5			
32		17	6	7	8	9	10	11	12		Individual evaluation of European junior LC 2018	Meeting; swimmer, personal coach and talent manager	
33		18	13	14	15	16	17	18	19		Individual evaluation of European junior LC 2018	Meeting; swimmer, personal coach and talent manager	
34		19	20	21	22	23	24	25	26		Individual evaluation of European junior LC 2018	Meeting; swimmer, personal coach and talent manager	
35	20	27	28	29	30	31	1	2		Individual evaluation of European junior LC 2018	Meeting; swimmer, personal coach and talent manager		

Dates and activities may be subject to change. Please keep track of any updates (updated versions published on svoem.org).