

Season plan - Junior national team 2017/2018

	Month	Week	National activities							National junior team activities		Comments	
			Mon	Tue	Wed	Thu	Fri	Sat	Sun				
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			
		38	7	18	19	20	21	22	23	24		West/East junior/senior SC	Individual evaluation of World Junior LC 2017
	October	39	8	25	26	27	28	29	30	1			
		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			
	November	43	12	23	24	25	26	27	28	29			
		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			
December	47	16	20	21	22	23	24	25	26				
	48	17	27	28	29	30	1	2	3				
	49	18	4	5	6	7	8	9	10		Nordic junior/senior SC, Reykjavik	Selection for Euro Meet LC	
	50	19	11	12	13	14	15	16	17		European Short Course Championships, Copenhagen	Selection through "2020 Development – Prospects"	
Mese cycle 2	December	51	1	18	19	20	21	22	23	24			
		52	2	25	26	27	28	29	30	31			
	January	1	3	1	2	3	4	5	6	7			
		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		Event Camp (Technical), Euro Meet LC, Luxembourg	Theme: Technical (small group) - 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, Bergen	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		Glasgow International Swim Meet, Glasgow	European junior LC-team
	June	22	7	28	29	30	31	1	2	3			
		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	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).