

New Structure

NK	SWIM
LCHS	SWIM
Custom Fitness	WEIGHT TRAINING
Poolside	Pre/Post Pool Workout

Squad	AM/PM/ DRY	Mon			Tue			Wed			Thu			Fri			Sat			Sun			Total Duration	
		Start Time	Finish Time	Duration	Start Time	Finish Time	Duration	Start Time	Finish Time	Duration	Start Time	Finish Time	Duration	Start Time	Finish Time	Duration	Start Time	Finish Time	Duration	Start Time	Finish Time	Duration		
Junior Development	Swim			0:00			0:00			0:00			0:00					0:00			0:00		1:30:00	
	Swim	18:00	19:00	1:00			0:00	17:45	18:45	1:00			0:00					07:00	08:30	1:30			0:00	2:00:00
	Post/Pre Pool	17:40	18:00	0:20			0:00	18:45	19:05	0:20			0:00										0:00	0:40:00
		Richard						Paula/Amy						Ass Coach/Keith										
Junior Elite	Swim	18:00	19:00	1:00			0:00	17:45	18:45	1:00	18:15	19:30	1:15			0:00	07:00	08:30	1:30			0:00	4:45:00	
	Swim			0:00	17:30	19:00	1:30			0:00			0:00			0:00						0:00	1:30:00	
	Post/Pre Pool	17:40	18:00	0:20			0:00	18:45	19:05	0:20			0:00			0:00						0:00	0:40:00	
		Richard			Richard (Dave Gym)			Paula/Amy			Sue			Ass Coach/Keith										
Youth Development	Swim			0:00			0:00			0:00			0:00					07:00	08:30	1:30			0:00	1:30:00
	Swim			0:00	17:30	19:00	1:30			0:00	18:15	19:30	1:15			0:00						0:00	2:45:00	
	DRY			0:00			0:00						0:00									0:00	0:00:00	
		Richard (Dave Gym)			Richard (Dave Gym)			Paula/Amy			Sue			Ass Coach/Keith										
Youth Elite	Swim			0:00			0:00			0:00			0:00			0:00	10:00	11:15	1:15			0:00	1:15:00	
	Swim	19:00	20:30	1:30	17:30	19:00	1:30			0:00	17:00	18:15	1:15	18:15	19:15	1:00			0:00			0:00	5:15:00	
	Post/Pre Pool	18:40	19:00	0:20			0:00			0:00			0:00	19:15	19:35	0:20			0:00			0:00	0:40:00	
	Strength/ Conditioning			0:00	19:30	20:30	1:00			0:00			0:00			0:00	11:45	12:45	1:00			0:00	2:00:00	
		Richard			Richard (Dave Gym)			Sue			Richard			Ass Coach/Keith/Dave-gym										
Senior Elite	Swim	16:15	18:00	1:45			0:00			0:00			0:00			0:00	10:00	11:15	1:15			0:00	3:00:00	
	Swim	19:00	20:30	1:30	19:00	21:00	2:00			0:00	17:00	18:15	1:15	18:15	19:15	1:00			0:00			0:00	5:45:00	
	Post/Pre Pool	18:40	19:00	0:20			0:00			0:00			0:00	19:15	19:35	0:20			0:00			0:00	0:40:00	
	Strength/ Conditioning	18:10	18:30	0:20	05:30	06:30	1:00			0:00			0:00			0:00	11:45	12:45	1:00	11:30	12:30	1:00	3:20:00	
		Richard			Richard (Dave Gym)			Sue			Richard			Ass Coach/Keith/Dave-gym										
National Performance Transition	Swim	16:15	18:00	1:45			0:00			0:00			0:00			0:00	10:00	11:15	1:15			0:00	1:45:00	
	Swim	19:00	20:30	1:30	19:00	21:00	2:00			0:00	17:00	18:15	1:15	18:15	19:15	1:00	08:30	10:00	1:30			0:00	7:15:00	
	Post/Pre Pool	18:40	19:00	0:20			0:00			0:00			0:00	19:15	19:35	0:20			0:00			0:00	0:40:00	
	Strength/ Conditioning	18:10	18:30	0:20	05:30	06:30	1:00			0:00	19:30	21:00	1:30			0:00	10:30	11:45	1:15	11:30	12:30	1:00	5:05:00	
		Richard			Richard (Dave Gym)			Sue (Dave Gym)			Richard			Ass Coach/Keith/Dave-gym										
National Performance	Swim	16:15	18:00	1:45			0:00			0:00			0:00			0:00	08:30	10:00	1:30			0:00	1:45:00	
	Swim	19:00	20:30	1:30	19:00	21:00	2:00	18:45	20:45	2:00			0:00	19:15	21:15	2:00	08:30	10:00	1:30			0:00	9:00:00	
	Post/Pre Pool	18:40	19:00	0:20			0:00	18:25	18:45	0:20			0:00	18:55	19:15	0:20			0:00			0:00	1:00:00	
	Strength/ Conditioning	18:10	18:30	0:20	05:30	06:30	1:00			0:00	19:30	21:00	1:30			0:00	10:30	11:45	1:15	11:30	12:30	1:00	5:05:00	
		Richard			Richard (Dave Gym)			Richard			Dave			Richard			Ass Coach/Keith/Dave-gym							
Masters Plus	Swim			0:00			0:00			0:00			0:00			0:00						0:00	0:00:00	
	Swim	20:30	21:30	1:00	19:00	21:00	2:00			0:00	19:30	21:00	1:30			0:00	08:30	10:00	1:30			0:00	6:00:00	
	DRY			0:00	05:30	06:30	1:00			0:00			0:00			0:00	10:30	11:45	1:15			0:00	2:15:00	
		Richard			Richard (Dave Gym)			Richard			Dave			Richard			Ass Coach/Keith/Dave-gym							
Masters	Swim			0:00			0:00			0:00			0:00			0:00						0:00	0:00:00	
	Swim	20:30	21:30	1:00	19:00	20:30	1:30			0:00	19:30	21:00	1:30			0:00						0:00	4:00:00	
	DRY			0:00			0:00			0:00			0:00			0:00						0:00	0:00:00	
		Richard			Richard (Dave Gym)			Richard			Dave			Richard			Ass Coach/Keith/Dave-gym							

Monday will be mixed sessions - Head Coach will confirm which swimmers in each session

Junior Elite Gym on Tuesday will be for selected older swimmers - Head Coach to confirm who.

Junior Elite will have the Option of a Monday or Wednesday session on top of the other three sessions they have - Head Coach to confirm

Sunday Gym Session - Start Date to be confirmed - Booking required as max number is 30

	Junior Development	Junior Elite	Youth Development	Youth Elite	Senior Elite	National Performance Transition	National Performance	Masters Plus	Masters
Swim	3:30:00	6:15:00	4:15:00	6:30:00	7:00:00	7:15:00	9:15:00	6:00:00	4:00:00
Pre/Post Pool	0:40:00	0:40:00	0:00:00	0:40:00	0:40:00	0:40:00	1:00:00	0:00:00	0:00:00
Strength & Conditioning				2:00:00	3:00:00	4:45:00	4:45:00	2:15:00	0:00:00
Total	4:10:00	6:55:00	4:15:00	9:10:00	10:40:00	12:40:00	15:00:00	8:15:00	4:00:00