

Training Structure

NK	SWIM
LCHS	SWIM
Custom Fitness	WEIGHT TRAINING
Poolside	Pre/Post Pool Workout
LCHS - Gymnasium Hall	Mobility/Strength Training

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			07:00	08:30	1:30			0:00	1:30:00	
	Swim	18:00	19:00	1:00			0:00	17:45	18:45	1:00			0:00					0:00			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			0:00	0:40:00	
		Richard			Richard (Dave Gym)			Paula/Amy			Sue			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			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	0:00:00	
		Richard			Richard (Dave Gym)			Paula/Amy			Sue			Ass Coach/Keith									
Youth Elite	Swim			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/ Mobility or Pre/Post Pool			0:00	19:30	20:30	1:00	17:45	18:40	0:55			0:00			0:00	11:45	12:45	1:00		0:00	2:55:00	
		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			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/ Mobility or Pre/Post Pool	18:00	18:20	0:20	05:30	06:30	1:00	17:45	18:40	0:55			0:00			0:00	11:45	12:45	1:00	11:30	12:30	1:00	4:15:00
		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			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/ Mobility or Pre/Post Pool	18:00	18:20	0:20	05:30	06:30	1:00	17:45	18:40	0:55	19:30	21:00	1:30			0:00	10:30	11:45	1:15	11:30	12:30	1:00	6:00:00
		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			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			0:00			0:00	18:55	19:15	0:20			0:00		0:00	0:40:00	
	Strength/ Mobility or Pre/Post Pool	18:00	18:20	0:20	05:30	06:30	1:00	17:45	18:40	0:55	19:30	21:00	1:30			0:00	10:30	11:45	1:15	11:30	12:30	1:00	6:00:00
		Richard			Richard (Dave Gym)			Richard			Dave			Ass Coach/Keith/Dave-gym									
Masters Plus	Swim			0:00			0:00			0:00			0:00			08:30	10:00	1:30			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		0:00			0:00	6:00:00	
	DRY			0:00	05:30	06:30	1:00	17:45	18:40	0:55			0:00			10:30	11:45	1:15			0:00	3:10:00	
		Richard			Richard (Dave Gym)			Richard			Dave			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			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			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 - Swimmers to confirm each week- 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	0:40:00	0:00:00	0:00:00
Strength/ Mobility or Pre/Post Pool				2:55:00	3:55:00	5:40:00	5:40:00	3:10:00	0:00:00
Total	4:10:00	6:55:00	4:15:00	10:05:00	11:35:00	13:35:00	15:35:00	9:10:00	4:00:00