

Elite						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	05:00-07:00			05:00-07:00	05:00-07:00	05:15-07:15
Land						07:30-08:30
PM	16:30-18:15	16:30-18:30	16:30-18:30	18:00-20:00	16:30-18:30	
Land	18:30-19:00			17:00-17:45		
Performance						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	05:00-07:00			05:00-07:00	05:00-07:00	05:15-07:15
Land						07:30-08:30
PM	19:00-21:00	19:00-20:30		16:30-18:15	18:30-20:30	
Land				18:30-19:00		
National Age Group						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	05:00-07:00			05:00-07:00		05:15-07:15
Land						
PM	16:30-18:15	16:30-18:30		16:30-18:15	16:30-18:30	
Land	18:30-19:00	18:40-19:10		18:30-19:00		
Regional 1						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		05:00-07:00		05:00-07:00		05:15-07:15
Land						07:30-08:15
PM	18:30-20:00		19:00-20:45	18:30-20:00	18:30-20:00	
Land	17:00-18:00					
Regional 2						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		05:00-07:00				07:15-08:45
Land						06:15-07:00
PM	18:30-20:00		16:30-18:30	18:30-20:00	18:30-20:00	
Land	17:00-18:00					
Development						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM						07:15-08:45
Land						09:00-09:30
PM		18:30-20:00	18:30-20:00			
Land						

Key
BLC
DMU

Notes

Swimmers are to arrive 15mins before the start of the pool session to conduct their dry land warm ups.

The earliest any swimmer may leave the morning session is 06:45. Any queries please speak with your squad Coach.

All swimmers must bring after session drinks and snacks to aid the recovery process. Any questions on nutrition please speak to your squad Coach.

Please notify your squad Coach of any absences from sessions with the detail/reason for the missed session.

Individual programmes within the parameters of the squad timetables will be issued if the Coaching Staff deem it necessary.

Training resumes Tuesday 29th August 2017, first week will be evenings only. Any queries please speak with your squad Coach.