

CITY OF LEICESTER SWIMMING CLUB LIMITED

TRAINING TIMES

BRAUNSTONE LEISURE CENTRE/LOUGHBOROUGH UNIVERSITY

CITY PODIUM SQUAD

LAND CONDITIONING

	AM	PM	
MONDAY	5.15am – 7.15am	4.30pm – 6.30pm	6.30pm – 7.00pm
TUESDAY	5.15am – 7.15am	4.30pm – 6.30pm	6.30pm – 7.00pm
WEDNESDAY *		3.45pm - 6.15pm	
THURSDAY	5.15am – 7.15am	4.30pm – 6.30pm	6.30pm – 7.00pm
FRIDAY	5.15am – 7.15am	4.30pm – 6.30pm	6.30pm – 7.00pm
SATURDAY**	6.00am – 8.30am		8.45am – 9.30am
SUNDAY**		6.00pm - 8.00pm	

Invitation by British Swimming only

** Alternate Saturdays Braunstone and Sundays Loughborough University dates subject to change**

CITY ELITE SQUAD

LAND CONDITIONING

	AM	PM	
MONDAY	5.15am – 7.15am	6.00pm – 8.00pm	5.30pm – 6.00pm
TUESDAY	5.15am – 7.15am	6.00pm – 8.00pm	5.30pm – 6.00pm
WEDNESDAY			
THURSDAY	5.15am – 7.15am	6.00pm – 8.00pm	5.30pm – 6.00pm
FRIDAY	5.15am – 7.15am	6.00pm – 8.00pm	5.30pm – 6.00pm
SATURDAY**	6.00am – 8.30am		8.45am – 9.30am
SUNDAY**		6.00pm - 8.00pm	

** Alternate Saturdays Braunstone and Sundays Loughborough University dates subject to change**

Loughborough University Long Course Training

September	N/A
October	10 th /24 th
November	28 th
December	12 th /19 th
January	16 th /23 rd
February	13 th /20 th /27 th
March	N/A
April	3 rd /10 th
May	8 th /15 th
June	5 th /12 th

CITY OF LEICESTER SWIMMING CLUB LIMITED

TRAINING TIMES

BRAUNSTONE LEISURE CENTRE/LOUGHBOROUGH UNIVERSITY

CITY PERFORMANCE SQUAD

LAND CONDITIONING

	AM	PM	
MONDAY	5.15am – 7.15am	6.30pm – 8.00pm	
TUESDAY		6.30pm – 8.00pm	6.00pm - 6.30pm
WEDNESDAY		6.00pm – 8.00pm	
THURSDAY		6.30pm – 8.00pm	6.00pm - 6.30pm
FRIDAY	5.15am – 7.15am	6.30pm – 8.00pm	
SATURDAY	6.00am – 8.30am		8.45am – 9.30pm
SUNDAY**		6.00pm - 8.00pm	

** Alternate Saturdays Braunstone and Sundays Loughborough University date subject to change**

CITY POTENTIAL SQUAD

LAND CONDITIONING

	AM	PM	
MONDAY	5.15am – 7.15am	4.30pm – 6.00pm	6.00pm - 6.30pm
TUESDAY		4.30pm – 6.00pm	
WEDNESDAY		4.30pm - 6.00pm	
THURSDAY		4.30pm – 6.00pm	
FRIDAY		4.30pm – 6.00pm	6.00pm - 6.30pm
SATURDAY	6.00am – 7.30am		7.45am - 8.30am
SUNDAY**		6.00am - 8.00pm	

** Loughborough University Long Course Training by Invitation Only**

Loughborough University Long Course Training

September	5 ^t /19 th /26 th
October	N/A
November	7 th /14 th /21 st
January	2 nd /9 th /30 th
February	6 th
March	20 th /27 th
April	24 th
May	1 st /22 nd /29 th
June	N/A