

CITY OF LEICESTER SWIMMING CLUB LIMITED

TRAINING TIMES (September – November)

**CITY PODIUM SQUAD 1**

**LAND CONDITIONING**

	<b>AM</b>	<b>PM</b>	
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

\*Loughborough University

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**CITY PODIUM SQUAD 2**

**LAND CONDITIONING**

	<b>AM</b>	<b>PM</b>	
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			
THURSDAY	5.15am – 7.15am	4.30pm – 6.30pm	6.30pm – 7.00pm
FRIDAY	5.15am – 7.15am	7.30pm – 9.00pm*	
SATURDAY			
SUNDAY		3.00pm – 5.00pm**	

\*Cossington Street    \*\*Loughborough University

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**CITY ELITE SQUAD**

**LAND CONDITIONING**

	<b>AM</b>	<b>PM</b>	
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	7.30pm – 9.00pm*	
SATURDAY			
SUNDAY		3.00pm – 5.00pm**	

\*Cossington Street    \*\*Loughborough University

CITY OF LEICESTER SWIMMING CLUB LIMITED

TRAINING TIMES

**CITY PERFORMANCE SQUAD**

**LAND CONDITIONING**

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

\*Cossington Street

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

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**CITY POTENTIAL SQUAD**

**LAND CONDITIONING**

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

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CITY OF LEICESTER SWIMMING CLUB LIMITED

2011/2012 SEASON

TRAINING TIMES

**COUNTY SENIOR TALENT SQUAD**

	<b>AM</b>	<b>PM</b>	<b>LAND CONDITIONING</b>
TUESDAY (DESFORD)		8.15pm – 9.45pm	
THURSDAY (COSSO)		8.00pm – 9.30pm	
SATURDAY (BLC)	7.30am – 8.30am		8.45am – 9.30am

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**COUNTY TALENT SQUAD**

	<b>AM</b>	<b>PM</b>	<b>LAND CONDITIONING</b>
MONDAY (N/A)			
TUESDAY (DESFORD)		6.45pm - 8.15pm	
WEDNESDAY (BLC)		6.30pm - 8.00pm	
THURSDAY (BLC)		6.30pm - 8.00pm	6.00pm – 6.30pm
FRIDAY (COSSO)		7.30pm - 9.00pm	
SATURDAY (BLC)	6.00am – 7.30am		7.45am – 8.30am

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**COUNTY DEVELOPMENT RED SQUAD**

	<b>AM</b>	<b>PM</b>	<b>LAND CONDITIONING</b>
WEDNESDAY (BLC)		6.30pm – 8.00pm	
SATURDAY (BLC)	6.30am - 8.00am		8.15am - 9.00am

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**COUNTY DEVELOPMENT BLACK SQUAD**

	<b>AM</b>	<b>PM</b>	<b>LAND CONDITIONING</b>
FRIDAY (BLC)		6.30pm - 8.00pm	
SATURDAY (DESFORD)	7.00am – 8.30am		8.45am – 9.30am

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DESFORD – Bosworth Community College

BLC – Braunstone Leicsure Centre

COSSO – Cossington Leisure Centre