

## UNIVERSITY OF SURREY TRAINING TIMES

All sessions @ Surrey Sports Park

		MON	TUES	WEDS	THURS	FRI	SAT	SUN
<b>Scholarship Squad</b>	20 hours pool time + 6 hours dry land training Coach - Lee Spindlow Assistants -David Hailey & Will Condron	<b>LAND</b>					08.00 - 09.00	
		<b>POOL</b>	05.50 - 08.00 LC	05.50 - 08.00 LC		05.50 - 08.00 LC	05.50 - 08.00 LC	09.00 - 11.05 LC
		<b>LAND</b>	19.15 - 20.15	19.15 - 20.15		19.15 - 20.15	17.30 - 18.30	
		<b>POOL</b>	16.45 - 19.10 SC	16.45 - 19.10 SC	14.00 - 16.00	16.45 - 19.10 SC	18.45 - 21.10 SC	
<b>Performance Squad</b>	20 hours pool time + 3 hours dry land training Coach - Lee Spindlow Assistants -David Hailey & Will Condron	<b>LAND</b>					11.00 - 12.00	
		<b>POOL</b>	05.50 - 08.00 LC	05.50 - 08.00 LC		05.50 - 08.00 LC	05.50 - 08.00 LC	09.00 - 11.05 LC
		<b>LAND</b>		20.00 - 21.00			17.30 - 18.30	
		<b>POOL</b>	16.45 - 19.10 SC	16.45 - 19.10 SC	14.00 - 16.00	16.45 - 19.10 SC	18.45 - 21.10 SC	
<b>BUCS Squad</b>	10 hours pool time + 1 hours dry land training Coach - Lee Spindlow Assistants -David Hailey & Will Condron	<b>LAND</b>		19.15 - 20.15				
		<b>POOL</b>	16.45 - 19.10 SC	16.45 - 19.10 SC	14.00 - 16.00	16.45 - 19.10 SC	18.45 - 21.10 SC	
<b>Social Squad</b>	5 hours pool time Coach - Adam Toy	<b>LAND</b>						
		<b>POOL</b>	21.00 - 22.30		14.00 - 16.00	21.00 - 22.30		