

GUILDFORD CITY COUNTY 'A' TRAINING TIMES

All sessions @ Surrey
Sports Park

MON	TUES	WEDS	THURS	FRI	SAT	SUN
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COUNTY
11 hours pool time + 2 hours dry land training
Coach - Araceli Cruz Fernandez
Assistants - Sam Tierney

TRAINING	
LAND	
POOL	
TRAINING	19.00 - 21.00
LAND	
POOL	19.00 - 21.00 SC

06.00 - 08.00	
06.00 - 08.00 SC	
18.00 - 20.00	19.00 - 21.00
18.00 - 19.00	
19.00 - 20.00 SC	19.00 - 21.00 SC

07.00 - 09.00	08.00 - 11.00
	08.00 - 09.00
07.00 - 09.00 LC	09.00 - 11.00 SC