

HIGH PERFORMANCE SQUADS - TRAINING TIMES

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
SENIOR PERFORMANCE	05.50 - 08.05		05.50 - 08.05		05.50 - 08.05	08.50 - 11.05	
18 Hours Pool Time	18.45 - 21.10	16.45 - 19.00	17.45 - 20.05	16.45 - 19.00	18.45 - 21.10		
4 Hours Dry Land Training		19.15 - 20.15	17.00 - 17.45	19.15 - 20.15		08.00 - 09.00	
JUNIOR PERFORMANCE		05.50 - 08.05		05.50 - 08.05		06.50 - 09.05	
16 Hours Pool Time	16.45 - 19.00	18.45 - 21.10	17.45 - 20.05	18.45 - 21.10	16.45 - 19.00		
3 Hours Dry Land Training	19.15 - 20.15				19.15 - 20.15	09.00 - 10.00	
SENIOR NATIONAL			05.50 - 08.00	05.50 - 08.05*		06.50 - 09.05	
14 Hours Pool Time		18.45 - 21.10	17.45 - 20.05	18.45 - 21.10	18.30 - 20.30 (CH)	or 15.45 - 18.05	
3 Hours Dry Land Training			17.00 - 17.45	17.30 - 18.30		09.00 - 10.00**	
AGE GROUP NATIONAL		05.50 - 08.05*				06.50 - 09.05	
14 Hours Pool Time	18.45 - 21.10	18.45 - 21.10	18.30 - 20.30 (CH)	18.45 - 21.10 (A)	18.45 - 21.10	or 15.45 - 18.05	
2 Hours Dry Land Training	17.30 - 18.30	17.30 - 18.30					
JUNIOR NATIONAL						06.50 - 09.05	06.50 - 09.05
12 Hours Pool Time		18.30 - 20.30 (CH)	18.45 - 21.10 (A)	18.45 - 21.10	16.45 - 19.00	or 15.45 - 18.05	
1 Hour Dry Land Training							09.00 - 10.00

All Sessions at SURREY SPORTS PARK unless specified

*By Invitation only **Dry Land Training only when pool training is 07.00 - 09.00

A = Aldershot

CH = Charterhouse School