

UNIVERSITY OF SURREY SQUADS - TRAINING TIMES

MON	TUES	WEDS	THURS	FRI	SAT	SUN
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NATIONAL PERFORMANCE SQUAD 20 Hours Pool Time	05.50 - 08.00	05.50 - 08.00		05.50 - 08.00*	05.50 - 08.00	08.45 - 11.05
	16.45 - 19.10	16.45 - 19.10	13.15 - 15.30	16.45 - 19.10	18.45 - 21.10	
3 Hours Dry Land Training	08.00 - 09.00		16.00 - 17.00		17.30 - 18.30	

BUCS COMPETITIVE SQUAD 9.5 Hours Pool Time			08.00 - 09.00			11.30 - 13.00
	21.00 - 22.30	14.15 - 15.15	13.45 - 15.30	21.00 - 22.30	21.00 - 22.30	
1 Hour Dry Land Training		20.00 - 21.00				

BUCS SOCIAL SQUAD 6.5 Hours Pool Time			08.00 - 09.00			11.30 - 13.00
	21.00 - 22.30		12.30 - 13.30		21.00 - 22.30	

All sessions at SURREY SPORTS PARK

*By Invitation only