



Squads Training Timetable- 2018/2019

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM sessions open to listed groups, unless agreed with group coach	XXX	SE & JE = 4.40-7.00am AR & PW SP = 5.00-7.00am (50) AR Distance Masters 5.00-7.00am DM	SE = 4.40-7.00am AR Masters 5.00-7.00am (50) DM	JE 4.40-7.00 PW, JP & SS = 5.00-7.00 (50) JE Distance Masters 5.00-7.00am DM	SE = 4.40-7.00am AR SP = 5.15-7.00am (50) SB	SE = 4.40-7.00 AR Masters = 5.00-7.00am (50) DM	XXX
Senior Elite	XXX	3.45 pm Pre pool 4.00-6.00pm (50) AR Land-work 6.00-6.45pm AR	4.45pm pre pool 5.00-7.00pm (Uni) AR	3.45pm pre pool 4.00-6.00pm (50) PW	3.45pm pre pool 4.00-6.00pm (25) AR Land-work 6.00-6.45pm AR	3.45pm pre pool 4.00-6.00pm (25) AR	5.40-6.00am pre pool, 6.00-8.00am (50) AR Land-work 8.00-9.15am AR
Junior Elite	XXX	6.00-8.00pm (50) PW 5.15-6.00pm Land-work PW	4.15pm pre pool, 4.30-6.30pm (25) PW	5.45pm pre pool, 6.00-8.00pm (50) PW	6.00-7.30pm (25) PW 5.15-6.00PM land work	4.00-6.00pm (25) PW, 6.00-6.15pm post pool	5.40-6.00am pre pool, 6.00-8.00am (50) PW Land-work 8.00 – 9.00am PW
Senior Performance	6.00 -7.30pm (50) Land-work 5.00-5.45pm SB	8.00-9.30pm swim (50) SB Land-work 7.00-7.45pm SB	6.45-8.30pm (50) SB	4.00-6.00pm (50) PW	8.00-9.30pm (25) SB Land-work 7.00-7.45pm SB	4.00-6.00pm (25) SB	XXX
Senior Squad	4.15 -6.00pm (50) SF Land-work 6.15-7.00pm SF	8.00-9.30pm swim (50) SB Land-work 7.00-7.45pm SB	6.45-8.30pm (50) SB	5.00-7.00am (50) PW	XXX	4.00-6.00pm (25) SB	XXX
Junior Performance	4.15 -6.00pm (50) SF Land-work 6.15-7.00pm SF	6.45-8.30pm (CC) SF	6.45-8.30pm (50) SF	XXX	7.30-9.00pm (25) SF Land-work 7.00-7.30pm SF	7.00-8.15pm (25) SF	XXX
High Achievers (Ben)	3.00-4.30pm (50) SB	XXX	6.45-8.30pm (CC) BR	6.45-8.30pm (CC) BR	6.45-8.30 (CC) BR	7.00-8.15pm (25) BR	8.00-10.00am (50) BR Land-work 7.00-7.45am BR
High Achievers (Jess)	4.30-6.00pm (50) JF	XXX	6.45-8.30pm (CC) JF	6.45-8.30pm (CC) JF	6.45-8.30pm (CC) JF	7.00-8.15pm (25) JF	8.00-10.00am (50) JF Land-work 7.00-7.45am JF
Blue Achievers	3.00-4.15pm (50) BJ Land-work 4.30-5pm (BJ)	6.00-7.15pm (LH) BJ	XXX	6.00-7.00 (LH) BJ	XXX	6.00-7.00pm (25) BJ	XXX



Red Achievers	3.00-4.15pm (50) CH Land-work 4.30-5pm (CH)	6.30-7.30pm (FX) CH	XXX	XXX	6.15-7.30pm (LH) CH	6.00-7.00pm (25) CH	XXX
Reception Achievers 1	3.00-4.15pm (50) ARy	7.15-8.15pm (LH) ARy	XXX	7.00-8.00pm (LH) ARy	XXX	6.00-7.00pm (25) RG	XXX
Reception Achievers 2	3.00-4.15pm (50) RG	XXX	6.00-7.0pm (LH) RG	7.00-8.00pm (BL) RG	XXX	XXX	XXX
Masters	6.00-7.30pm (50) DM	XXX	8.30-9.30 pm (50) SB	6.00-7.30pm speed & 7.30-8.30pm (Uni) DM	XXX	7.00-8.30pm (Uni) DM or cover coach	XXX
Junior Club 1 (Younger)	XXX	6.45-7.45pm (CC) Josh F	7.00-8.00 pm (LH) RG	6.00-7.00pm (BL) RG	XXX	XXX	XXX
Junior Club 2 (Older)	XXX	7.45-8.45pm (CC) Josh F	8.30-9.30 pm (50) Josh F	6.00-7.00pm (BL) RG	XXX	XXX	XXX

Uni = University of Warwick

25 = Short Course Coventry Sports Centre

50 = Long Course Coventry Sports Centre

PW = Paul Wilson

BJ = Ben Jelley

SF = Sam Fairchild

CH = Colin Hall

BL = Bablake School

CC = Caludon Castle

AR = Adam Ruckwood

JF = Jess Ford

BR = Ben Ryder

Josh F = Joshua Fairchild

SB = Sandra Burgess

Fx = Foxford School

LH = Lyng Hall School

DM = Dave Moreton (Jelly)

RG = Rory Grealy

AR = Anita Ryder