



## Squads 'Return to Training' Training Timetable- April 2021

(Please note all sessions are at Alan Higgs unless stated elsewhere, L= No. of lanes)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM sessions open to listed groups, unless agreed with group coach</b>	XXX	Senior Elite (4L) & Masters (4L) 5.00 - 7.00am (50m)	Masters 5.00 – 7.00am (50m)	Senior Elite & Senior Perf & Sen. Squad 5.00-7.00am (50m)	Junior Elite & Jun Perf 5.00 - 7.00am (50m)	Masters & Senior Elite 5.00 - 7.00am (50m)	XXX
<b>Senior Elite</b>	XXX	AM & 4.15-5.45pm (4L 25m)	4.00pm – 5.45pm (4L 25m)	AM only	4.00-5.45pm (4L 25m)	AM & 4.00pm – 5.30pm (25m)	5.00am – 6.45am(25m)
<b>Junior Elite</b>	XXX	4.15-5.45pm	4.00-5.45pm	4.00pm – 5.30pm (4L 25m)	AM & 4-5.45pm 4L Pm	5.45-7.15pm (25m)	5.00am – 6.45am (23.5m)
<b>Senior Performance</b>	XXX	7.30-9.00pm (25m)	6.45-8.30pm Caludon	AM & 4.00 - 5.30pm (3L 25m)	7.30pm – 9.00pm (25m)	4.00pm – 5.30pm (3L 25m)	7.00am – 8.30am (25m) /
<b>Senior Squad</b>	XXX	7.30-9.00pm (25m)	7.30-8.30pm (25m)	AM only	7.30-9.00pm (25m)	4.00-5.30pm (2L 25m)	7.00am – 8.30am (23.5m)
<b>Junior Perform</b>	5.15-7.00pm (8L 23.5m)	6.45-8.30pm (Caludon)	XXX	6.45-8.30pm (Caludon)	AM and 6.45-8.30 (CC)	XXX	7.00-8.30am (23.5m)
<b>High Achievers (Ste)</b>	3.15-5.00pm (4L 23.5m) SB	6.00 – 7.15pm (25m) SB	6.00-7.15pm (25m) SB	5.45-6.45pm (25m) Weeks 1 & 3 SB	6.00 – 7.15pm (25m) SB	XXX	8.45am - 10.00am (23.5m)
<b>High Achievers (Jess)</b>	3.15-5.00pm (4L 23.5m)	6.00pm – 7.15pm (25m)	6.00-7.15pm (25m)	5.45-6.45pm (25m) weeks 2 & 4 SB	6.00 – 7.15pm (25m)	XXX	8.45am - 10.00am (25m)
<b>Blue Achievers</b>	3.00pm - 4.00pm (2L 25)	XXX	XXX	7.00-8.00pm (25m)	XXX	7.30-8.30pm (25m)	XXX
<b>Red Achievers</b>	3.00-4.00pm (2L 25m)	XXX	XXX	7.00-8.00pm (25m)	XXX	7.30-8.30pm (25m)	XXX
<b>Reception Achievers 1</b>	4.15-5.15pm (3L 25m) y	XXX	XXX	7.00-8.00pm (25m)	XXX	7.00-8.00pm (25m)	XXX
<b>Reception Achievers 2</b>	4.15-5.15pm (3L 25m)	XXX	XXX	5.45-6.45pm (25m)	XXX	5.45-6.45pm (25m)	XXX
<b>Masters</b>	5.30-7.00pm (25m) [OPEN SESSION]	■	■	■	■	■	■
<b>Junior Club – Both Groups</b>	XXX	XXX	7.30-8.30pm (25m)	XXX	XXX	XXX	8.45-10.00am (23.5m)
<b>Pathways – Both Groups</b>	3.00-4.00pm (4 Lanes 25m) & 4.15-5.15pm (2L 25m)	XXX	XXX	XXX	XXX	6.15-7.00pm & 7.15-8.00pm (23.5m)	XXX

Please note: There will be no pre/post pool land work, the above times e swim times only. For the morning sessions we will close the doors 10mins before the scheduled start time as per pre lockdown. For Afternoon/evening sessions & Sunday sessions the doors will be open for 10 mins prior to the



scheduled start time. We are continuing with the 15minute changeover between sessions to allow swimmers time to depart before the next sessions swimmers will be permitted entry, therefore swimmers will need to be off poolside within 5 mins of their session scheduled finishing time.