

Gold Squad

AM Training

	8.00-8.30	8.30-9.00	9.00-9.30	9.30-10.00	10.00-10.30
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

PM Training

	6.30-7.00	7.00-7.30	7.30-8.00	8.00-8.30	8.30-9.00
Monday					
Tuesday					
Wednesday		Land Training TBC			
Thursday					
Friday					
Saturday					
Sunday					

Coach: Head Coach - Joanne

Swimmers should be at least N&D County standard and NER potential swimmers.

Swimmers are expected to train 4 times per week and attend 10 meets per year, 4 of which are Level 1 meets.

Land Training

Wednesday evening workout session: 7pm-8pm - TBC.

- Team Work.
- Stamina.
- Circuit for strength & conditioning workout.
- Exercises to improve stroke.

The fees for these sessions are not included in monthly training fees.

NB: Movement between squads will be made by the Head Coach.