

CoStA City of St Albans Amateur Swimming Club



Training Schedule from Monday 22nd December- 6th January

		Pre-Club Sarah	J1 Skills Debbie	J1 Squad Debbie	J2 Lara	Development 1 Bradley	Development 2 Bradley	Junior Performance James	County Paul	Performance 2 Keelan	Performance 1 Keelan	Masters Josie
MONDAY 22nd	AM				07:00-08:30 (SAS)			07:00-08:30 (SAS)		07:00-08:30 (SAS)	07:00-08:30 (SAS)	
	PM				18:30-19:30 (SAS)	19:15-20:10 (WL)	20:15-20:55 Land 19:15-20:10 Swim (WL)	19:15-21:05 Swim (WL)	19:10-20:00 Land 20:10-21:05 Swim (WL)	19:10-20:00 Land 20:10-21:05 Swim (WL)	19:30-21:00 (Nuff)	21.05-22:00 (WL 8 Lanes)
TUESDAY 23rd	AM					07:00-8:30 (SAS)	07:00-08:30 (SAS)		07:00-08:30 (SAS)			07:00-08:30 (SAS)
	PM			18:30-19:30 (SAS)	18:30-19:30 Invitational ££ (SAS)			19:00-19:25 Pre-pool 19:30-21:00 Swim (SAS)	19:00-19:25 Pre-pool 19:30-21:00 Swim (SAS)	19:00-19:25 Pre-pool 19:30-21:00 Swim (SAS)	19:00-19:25 Pre-pool 19:30-21:00 Swim (SAS)	
24 th /25 th /26 th	PM	No training										
SATURDAY 27th	AM									07:40-10:00 LC training (INS)	07:40-10:00 LC training (INS)	
SUNDAY 28th	AM						07:40-10:00 LC training (INS) (Invite only)	07:40-10:00 LC training (INS)	07:40-10:00 LC training (INS)			
	PM		16:30-17:30 (SAS)	16:30-17:30 (SAS)		17:30-18:30 (SAS)	17:30-18:30 (SAS)	18:30-20:00 (SAS)	18:30-20:00 (SAS)	18:30-20:00 (SAS)	18:30-20:00 (SAS)	20:00-21:00 (SAS)
MONDAY 29th	AM				07:00-08:30 (SAS)			07:00-08:30 (SAS)		07:00-08:30 (SAS)	07:00-08:30 (SAS)	07:00-08:30 (SAS)
	PM				18:30-19:30 (SAS)							

All swimmers are reminded that these are session start times. We ask that all swimmers **arrive at least 5 minutes before their session start**.
 WL = Westminster Lodge INS = Inspire, Luton, SAS = St Albans School, HS = St Albans High School for Girls, Nuff = Nuffield Health.

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		Pre-Club Sarah	J1 Skills Debbie	J1 Squad Debbie	J2 Lara	Development 1 Bradley	Development 2 Bradley	Junior Performance James	County Paul	Performance 2 Keelan	Performance 1 Keelan	Masters Josie
TUESDAY 30th	AM	No Training AM										
	PM		17:30-18:30 (SAS)	17:30-18:30 (SAS)		18:30-19:30 (SAS)	18:30-19:30 (SAS)	19:00-19:25 Pre-pool 19:30-21:00 Swim (SAS)	19:00-19:25 Pre-pool 19:30-21:00 Swim (SAS)	19:00-19:25 Pre-pool 19:30-21:00 Swim (SAS)	19:00-19:25 Pre-pool 19:30-21:00 Swim (SAS)	
31 st / 1 st	PM	No Training										
FRIDAY 2nd	AM	No AM Training										
	PM					18:30-19:30 (SAS)	18:30-19:30 (SAS)		19:30-21:00 (SAS)	19:30-21:00 (SAS)	19:30-21:00 (SAS)	
SATURDAY 3rd	AM									07:40-10:00 LC training (INS)	07:40-10:00 LC training (INS)	
SUNDAY 4th	AM						07:40-10:00 LC training (INS) (Invite only)	07:40-10:00 LC training (INS)	07:40-10:00 LC training (INS)			
	PM	18:15-19:00 or 19:00-19:45 (WL-TP)	18:00-19:00 (WL)	19:00-20:00 (WL)	18:00-19:00 (WL)	18:00-19:00 (SAS)	19:00-20:30 (SAS)	16:30-18:00 (SAS)	19:00-20:30 (SAS)	16:30-18:00 (SAS)	16:30-18:00 (SAS)	19:00-20:00 (WL 6 Lanes)
MONDAY 5th	AM				06:00-07:30 (SAS)			06:00-07:30 (SAS)		06:00-07:30 (SAS)	06:00-07:30 (SAS)	
	PM				18:30-19:30 (SAS)	19:15-20:10 (WL)	20:15-20:55 Land 19:15-20:10 Swim (WL)	19:15-21:05 Swim (WL)	19:10-20:00 Land 20:10-21:05 Swim (WL)	19:10-20:00 Land 20:10-21:05 Swim (WL)	19:30-21:00 (Nuff)	21.05-22:00 (WL 8 Lanes)
TUESDAY 6th	AM					06:00-07:30 (SAS)	06:00-07:30 (SAS)		06:00-07:30 (SAS)			06:00-07:30 (SAS)
	PM			18:30-19:30 (SAS)	18:30-19:30 Invitational ££ (SAS)			19:00-19:25 Pre-pool 19:30-21:00 Swim (SAS)	19:00-19:25 Pre-pool 19:30-21:00 Swim (SAS)	19:00-19:25 Pre-pool 19:30-21:00 Swim (SAS)	19:00-19:25 Pre-pool 19:30-21:00 Swim (SAS)	

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