

# GRSC Training timetable

Starting: January 2024 until further notice NB From 17th Dec 2024 there will be a reduced training schedule over the Christmas period

## Age Group Performance

8/9 Sessions

11.5/13.5

Hours Swimming; 1.75 Hours Dry land/Pre Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>A.M.</b>	<b>Greenwich Centre</b> 06:00-07:00 1 Hour Helen	<b>X</b>	<b>X</b>	<b>X</b>	<b>Greenwich Centre</b> 06:00-07:00 1 Hour Helen	<b>X</b>	LAC When available 07:45-10:00 2.25 Hours 15 mins pre pool Helen/Roy
<b>P.M.</b>	Thamesmere 19:30-21:00 1.5 Hours Helen	Eltham 19:45-21:30 1.75 Hours 15 mins pre pool Helen	Thamesmere 19:30-21:00 1.5 Hours Helen	Waterfront 19:00-21:00 2 Hour Helen	Greenwich Centre 19:30-21:30 2.25 Hours 15 mins pre pool Helen	Eric Liddell 15:30-16:30 Landtraining 16:30-18:00 Swim 2.5 Hours Helen	<b>X</b>