

# 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

## Platinum (Academy)

7/8 Sessions

9.5/11.5 Hours, 0.5 hours dry land/pre pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M.	<b>Greenwich Centre</b> 06:00-07:00 1 Hour Helen	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	LAC When available 07:45-10:00 2.25 Hours 15 mins pre pool Helen/Roy
P.M.	<b>X</b>	<b>Eltham Centre</b> 19:45-21:30 15 mins pre pool 1.75 Hours Chanel	<b>Thamesmere</b> 19:30-21:00 1.5 Hours Chanel	<b>Shooters Hill</b> 20:00-21:00 1 Hours Chanel/Andrew	<b>Greenwich Centre</b> 19:30-21:30 2 Hours Helen	<b>Eric Liddell</b> 15:30-16:30 Landtraining 16:30-18:00 Swim 2.5 Hours Gary/Helen	Eric Liddell 18:00-19:00 1 Hour Chanel