

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

Youth Competitive

7 Sessions

10 Hours swimming; 1.75 hours dry land/pre pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M.	X	Greenwich Centre 06:00-07:00 1 Hour Gary	X	Greenwich Centre 06:00-07:00 1 Hour Gary	X	X	X
P.M.	Thamesmere 19:30-21:00 1.5 Hours Gary	LAC 19:15-21:30 15 mins pre pool 2.25 Hours Gary/Roy	X	Eltham Centre 20:00-21:45 15 mins pre pool 1.75 Hours Kai	Waterfront 19:45-21:30 15 mins pre pool 1.75 Hours Gary/Jake	Eric Liddell 15:30-16:30 Landtraining 16:30-18:00 Swim 2.5 Hours Helen/Gary	X