

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 Performance

9 Sessions

15 Hours Swimming; 1.5 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	Greenwich Centre 06:00-07:00 1 Hour Helen	X	X
P.M.	Thamesmere 19:30-21:00 1.5 Hours Gary	LAC 19:15-21:30 2.25 Hours *15 Minutes pre-swim Work Gary/Roy	Greenwich Centre 19:15-21:30 2.25 Hours *15 MIn Pre-swim work Gary	Eltham Centre 19:15-21:45 2.5 Hours Gary	Waterfront 19:00-21:30 2.5 Hours Gary	Eric Liddell 15:30-16:30 Landtraining 16:30-18:00 Swim 2.5 Hours Gary/Helen	X