

Age Group Performance

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M.	X	Greenwich Centre 06:00-07:00 1 Hour Gary	X	X	X	X	X
P.M.	Downham 19:00-21:00 2 Hours Sam	LAC 19:30-21:30 2 Hours Sam	Thamesmead 19:30-21.00 1.5 Hours Sam	Eltham 20:30-21:30 1.0 Hours Sam	Waterfront 19.00-21.00 2 Hour Sam	Eric Liddell Land Training 15:30-16:30 Pool Training 16:30-18:00 2.5 Hours Sam	X