

CWSC - Performance Squads Training Schedules

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		FRIDAY		SATURDAY	SUNDAY
Pool	Queen Mother	LAC		Queen Mother		Kensington		LAC	
Senior Performance	06:00-07:30	07:00-09:00		06:00-07:30		Swim: 07:30-09:00		08:00-10:00 *	
						Gym: 09:15-10:15			
	Kensington	Kensington	Kensington	LAC	Kensington	LAC	Kensington		
	Gym: 16:50-17:50	18:00-20:00 *	Gym: 16:50-17:50	14:00-16:30	18:00-20:00**	15:00-17:00	17:30-19:00 **	13:30-15:30 **	
	Swim: 18:00-20:00		Swim: 18:00-20:00						

Pool		LAC		Queen Mother		Kensington			
Senior Sprint		07:00-09:00		06:00-07:30		Swim: 07:30-09:00			
				LAC		Gym: 09:15-10:15			
				14:00-16:30					

(*) Selected swimmers

(**) If not attending the LAC session

(*) Selected swimmers

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pool		Kensington		Queen Mother		LAC	
Junior Performance 1		06:00-07:30		06:00-07:30		10:00-12:00 **	
		Kensington	Chelsea	Kensington	Kensington	Kensington	
		Gym: 16:50-17:50 Swim: 18:00-20:00	18:30-20:30	Gym: 16:50-17:50 (O) Swim: 18:00-20:00	Gym: 17:30-18:30 (S) 19:00-20:30	13:30-15:30 **	

Pool					Kensington	LAC	
Junior Performance 2					06:00-07:30	10:00-12:00 **	
			Chelsea	Kensington	Kensington	Kensington	Moberly
	18:00-20:00		18:30-20:30	Gym: 16:50-17:50 (O) Swim: 18:00-20:00	Gym: 17:30-18:30 (S)	13:30-15:30 **	18:00-20:00

(O) From October

(S) September only

(**) If not attending the LAC session

PLEASE NOTE:

DROP OFF - Swimmers should be poolside, ready to swim, 5 minutes before their session starts.

PICK UP - Swimmers should be picked up promptly. Coaches may not be able to wait and young swimmers should not be waiting unattended.

HYDRATION - Swimmers should drink water only during training sessions. No fizzy, sports or caffeinated drinks