

AMERSHAM SWIMMING CLUB : TRAINING TIMETABLE – EFFECTIVE 1ST FEBRUARY 2026

Squads	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior Elite	0530–0700 L:1800–1900 1900–2030	1800-2000	0530-0700 Xfit:1700-1800 1900-2030	1800-2000	0530-0700 1800-2000		0800-1000 @ LC* 1700-1900 @ P
Senior Performance	L:1800–1900 1900-2000	2000-2100	0530-0700 1900-2030	Xfit:1700-1800	0530-0700 1800-2000		0800-1000 @ LC* 1700-1900 @ P
Senior Competitive	0530–0700	2000-2100		0530-0700	1815-1930 @ MG	0800-1000	1700-1830 @ P
Intermediate Elite	0530–0700 L:1800-1900 1900-2000	1800-2000	0530-0700 Xfit:1700-1800	1800-2000	0530-0700 1800-2000		0800-1000 @ LC* 1700-1900 @ P
Intermediate Performance	0530-0700 1900-2000		0530-0700	L:1800-1900 1900-2000	1815-1930 @ MG	0630-0830	0800-1000 @ LC* 1700-1900 @ P
Intermediate Competitive		2000-2100		0530-0700 L:1800-1900	0530-0700 1815-1930 @ MG	0800-0900	1830-1930
New Junior Performance	0530-0700 1800-1900		L:1700-1745 1800-1900	0530-0700	1815-1930 @ MG	0630-0800	1730-1930
Junior Competitive		1900-2000	1700-1800		1930-2030 @ MG	0800-0900	1830-1930
Technical Excellence	1800-1900		1700-1800	0600-0700	1930-2030 @ MG	0900-1000	L:1500-1545 1600-1730
Technical Development			1800:1900		1900-2000	1000-1100	1600-1730
New Junior Development					1800-1900	0730-0815 @ MG	1600-1730
Academy 1		1700-1800			1800-1900	0730-0815 @ MG	1730-1830
Academy 2		1700-1800				1000-1100	1800-1900
Academy 3					1700-1730	0815-0900 @ MG	1700-1800
Academy 4					1730-1800		1600-1700
Youth Fitness					1930-2030 @ MG		1900-2000
Junior Fitness					1930-2030 @ MG		1730-1830
Fitness Development					1700-1800		

Squads	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Masters	2000-2100		0530-0700	2000-2100	0530-0700		1930-2100

LEGEND :

L = land training

Xfit = Crossfit. These sessions must be registered for directly with Chiltern Crossfit. Please contact your coach if you have any questions.

LC* = Luton Long Course training for registered swimmers

MG = Maltman's Green School

P = Pipers Corner School