

STOCKSBRIDGE PENTAQUA NEW TRAINING PROGRAMME - JANUARY 2010

LAND TRAINING

DRY		A	B	C	D	E	F	G	H	I	J
.75	Monday 6.00 to 6.45	18				9	9 (1hr)				
.75	Monday 6.45 to 7.30	18						9			9
.75	Monday 8.00 to 8.45	18			9					9	
.75	Tuesdays 6.30 to 7.15	18	9	9							
.75	Tuesdays 7.15 to 8.15	18								9	9
.50	Tuesdays 8.30 to 9.00	18				9	9				
1	Wednesdays 6.30 to 7.30	27	9	9	9						
1	Thursday 6.30 to 7.30	27					9	9	9		
1	Fridays 6.15 to 7.15	18	9		9						
1	Fridays 7.15 to 8.15	18						9	9		
	Fridays 8.45 to 9.15	18			9	9					
.75	Saturday 2.45 to 3.30	27		9	9	9					
HOURS AVAILABLE		2.75	2.5	2.75	2	1.75	2.5	2.75	2	1.75	1.75

A B C D E F G H I J

**Expected Minimum
TrainingHours**

9.5hr pool 8hr pool 7hr pool 6.25hr pool 5.25hr pool 4hr pool 4hr pool 3.25hr pool 2.25hr pool 2.25hr pool
2hr dry 1.5hr dry 1hr dry 1hr dry 1hr dry 1hr dry 1hr dry 1hr dry 1hr dry 1hr dry

