

NEW SQUADS WITH EFFECT FROM JANUARY 2010

	A	A	B	B	C	C	D	D	E	E	F	F	G	G	H	H	I	I	J	J
Mondays 7.00-7.45 pool	9		9		9		9		9								9			
Mondays 7.45-8.30 pool	9		9		9				9				9						9	
Monday 6.00 to 6.45 dry									9		9 (1hr)									
Monday 6.45 to 7.30 dry													9						9	
Monday 8.00 to 8.45 dry								9									9			
Tuesdays 7.30 to 8.15 pool	9		9		9		9		9		9									
Tuesdays 8.15 to 9.00 pool	9		9		9		9						9		9					
Tuesdays 6.30 to 7.15 dry		9		9																
Tuesdays 7.15 to 8.15 dry																	9		9	
Tuesdays 8.30 to 9.00 dry									9		9									
Wednesdays 6.30 to 7.30 dry		9		9		9														
Thursdays 7.30 to 8.30 pool	9		9		9		9		9											
Thursday 6.30 to 7.30 dry											9		9		9					
Fridays 7.30 to 8.30 pool	9		9		9		9		9		9									
Fridays 8.30 to 9.30 pool	9		9										9		9		9		9	
Fridays 6.15 to 7.15 dry		9				9														
Fridays 7.15 to 8.15 dry								9		9				9		9				
Fridays 8.45 to 9.15 dry								9		9										
Saturdays 12.30 to 1.30 pool	9		9		9		9		9											
Saturdays 1.30 to 2.30 pool	9		9		9		9		9				9							
Saturdays 2.30 to 3.15 pool	9										9		9		9		9		9	
Saturdays 3.15 to 4.00 pool	9										9		9		9		9		9	
Saturday 2.45 to 3.30 dry				9		9		9												
Sundays 12.00 to 1.00 pool	9		9		9		9				9				9					
Sundays 1.00 to 2.00 pool	9		9		9		9		9		9									
	A	A	B	B	C	C	D	D	E	E	F	F	G	G	H	H	I	I	J	J
HOURS	11,5	2,75	10,0	2,5	9,0	2,75	8,25	2,0	7,25	1,75	5,50	2,50	5,0	2,75	4,25	2,0	3,25	1,75	3,25	1,75
	wet	dry	wet	dry	wet	dry	wet	dry	wet	dry	wet	dry	wet	dry	wet	dry	wet	dry	wet	dry

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NB: MORNING TRAINING AT STOCKSBRIDGE - TUESDAYS 6.30AM UNTIL 8.00AM?? - THURSDAYS 6.30AM UNTIL 8.00AM -

Expected Training

	A		B		C		D		E		F		G		H		I		J
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if you want to stay in or improve your squad

Minimum Hours: pool

Minimum Hours: dry

	9.50	8.00	7.00	6.25	5.25	4.00	4.00	3.25	2.25	2.25								
	2.00	1.50	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00								

Expected galas per year

to include 200m+ swims

	6	6	6	5	5	4	4	3	3	3								
	2	2	2	2	2	1	1	1	1	1								