

STOCKSBRIDGE PENTAQUA TRAINING PROGRAMME - JANUARY 2010

POOL TIME

SQUADS		Nos 90	A	B	C	D	E	F	G	H	I	J
		9	9	9	9	9	9	9	9	9	9	9
WET												
.75	Mondays 7.00-7.45	54	9	9	9	9	9				9	
.75	Mondays 7.45-8.30	54	9	9	9		9		9			9
.75	Tuesdays 7.30 to 8.15	54	9	9	9	9	9	9				
.75	Tuesdays 8.15 to 9.00	54	9	9	9	9			9	9		
1	Thursdays 7.30 to 8.30	45	9	9	9	9	9					
1	Fridays 7.30 to 8.30	54	9	9	9	9	9	9				
1	Fridays 8.30 to 9.30	54	9	9					9	9	9	9
1	Saturdays 12.30 to 1.30	45	9	9	9	9	9					
1	Saturdays 1.30 to 2.30	54	9	9	9	9	9		9			
.75	Saturdays 2.30 to 3.15	54	9					9	9	9	9	9
.75	Saturdays 3.15 to 4.00	54	9					9	9	9	9	9
1	Sundays 12.00 to 1.00	54	9	9	9	9		9		9		
1	Sundays 1.00 to 2.00	54	9	9	9	9	9	9				
HOURS AVAILABLE			11.5	10	9	8.25	7.25	5.25	5	4.25	3.25	3.25

Morning Training	
Pool:Stocksbridge	
Tuesday: 6.30--8.00am(?)	
Thursday: 6.30--8.00am	

A B C D E F G H I J

Expected Minimum

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

Training Hours:

2hr dry 1.5hr dry 1hr dry 1hr dry 1hr dry 1hr dry 1hr dry 1hr dry 1hr dry 1hr dry