

FINAL Training timetable from Monday 25th February 2019 (v1)

KEY TO POOLS	WC =Winchester College	RP = Riverpark	ATR = Army Training Camp	StS = St Swithuns	R&F = Winchester Racquets and Fitness	K = Kings School	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Foundation						7.15-8.15am Kings	
			6.30-7.30pm Kings		6.05-7.05pm RP		4.00-5.00pm Kings
Development						7.00-8.00am WC	
		5.30-6.30pm ATR	7.30-8.30pm Kings		6.05-7.05pm RP		5.00-6.00pm Kings
Preparation				6.00-7.30am RP		7.00-8.00am WC	10.00-11.00am WC
		6.30-7.30pm ATR		7.00-8.00pm WC	6.00-7.30pm WC		
Academy				6.00-7.30am RP			10.00-11.00am WC
	6.30-7.15pm LT 7.30-9.00pm swim ATR	7.30-9.00pm ATR	6.30-7.15pm LT 7.30-9.00pm ATR		7.30-9.00pm ATR		
Aspire			6.00-7.30am RP		6.00-7.30am RP		
	6.30-7.15pm LT 7.30-9.00pm swim ATR	5.30-7.30pm ATR	7.30-9.00pm swim ATR	7.00-9.00pm WC	6.30-7.15pm LT 7.30-9.00pm swim ATR		
Aspire Plus			6.00-7.30am RP		6.00-7.30am RP	6.00-7.30am StSw	
	6.30-7.15pm LT 7.30-9.00pm swim ATR	5.30-7.30pm ATR	7.30-9.00pm swim ATR	7.00-9.00pm WC	6.30-1.15pm LT 7.30-9.00pm swim ATR		
Excel	6.00-7.30am RP	6.00-7.30am RP		6.00-7.30am RP		6.00-8.00am St Sw	
	5.30-7.30pm swim 7.45-8.30pm LT ATR	7.00-9.00pm WC	5.30-7.30pm swim 7.45-8.15pm LT ATR		5.30-7.00pm swim 7.15-8.00pm LT ATR		
Excel Plus	6.00-7.30am RP	6.00-7.30am RP		6.00-7.30am RP		6.00-8.00am St Sw	
	5.30-7.30pm swim 7.45-8.30pm LT ATR	7.00-9.00pm WC	4.10-5.10pm R&F 5.30-7.30pm swim ATR	7.00-9.00pm WC (Distance)	4.10-5.10pm R&F 5.30-7.30pm swim ATR		
Masters	6.00-7.30am RP (2 lanes)	6.00-7.30am RP (2 lanes)	6.00-7.30am RP (3 lanes)		6.00-7.30am RP (3 lanes)		
	8.00-9.00pm WC	8.05-9.05pm RP		8.30-10.00pm (3 lanes) RP			
Masters Fitness		8.05-9.05pm RP		8.30-10.00pm (3 lanes) RP			2.00-3.00pm Kings (3 lanes uncoached)
Junior Challenge						7.15-8.15am Kings	9.00-10.00am WC
	7.30-8.30pm Kings		8.00-9.00pm RP			6.30-7.30pm Kings	
Senior Challenge			6.00-7.30am RP				9.00-10.00am WC
	8.00-9.00pm WC	8.05-9.05pm RP	8.00-9.00pm RP				
Senior Challenge Plus			6.00-7.30am RP		6.00-7.30am RP		9.00-10.00am WC
	8.00-9.00pm WC	8.05-9.05pm RP	8.00-9.00pm RP		7.15-8.00pm L/T ATR		6.00-8.00pm RP (3 lanes only)