

Training timetable from 22nd April 2019

1st April 2019 version

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
		7.00-8.00pm WC		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 9.00pm swim ATR	7.30-8.00pm WC	6.30-7.15pm LT 7.30-9.00pm ATR			7.00-8.15pm ATR	6.30-7.30pm	
Aspire			6.00-7.30am RP			6.00-7.30am RP		
	6.30-7.15pm LT 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 9.00pm swim ATR		
Performance Age	6.00-7.30am RP (Group 1)		6.00-7.30am RP (Group 2)	6.00-7.30am RP (Group 1)	6.00-7.30am RP (Group 2)	6.00-8.00am St Sw		
	5.30-7.30pm swim 7.45-8.30pm LT ATR	7.30-9.00pm ATR	5.30-7.30pm ATR		5.30-7.00pm swim 7:15-8pm LT			
Performance Youth	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	7.30-9pm ATR	5.30-7pm swim 7.15-8pm LT ATR		5.30-7.00pm swim 7.15-8.00pm LT ATR			
Elite	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	6.30-8.30pm ATR	4.10-5.10pm R&F 5.30-7.30pm swim ATR	7.00-9.00pm WC (Distance lane)	4.10-5.10pm R&F 5.30-7.30pm swim ATR	11-12:00 R&F (own session)		
Masters	6.00-7.30am RP	6.00-7.30am RP	6.00-7.30am RP		6.00-7.30am RP			
	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			4.30-5.30pm Kings		
Senior Challenge								9.00-10.00am WC
	8.00-9.00pm WC	8.00-9.00pm RP	8.00-9.00pm RP			5.30-6.30pm		
Competition Group 1		6.00-7.30am RP	6.00-7.30am RP					10.00-11.00am WC
	5.30-7.30 ATR	8.00-9.00pm RP	5.30-7.00pm ATR (7:15-8pm)			7.15-8.00pm LT 8.15-9pm ATR		6.00-8.00pm RP (3 lanes only)
Competition Group 2			6.00-7.30am RP			6.00-7.30am RP		10.00-11.00am WC
	8.00-9.00pm WC	8.00-9.00pm RP	8.00-9.00pm RP			7.15-8.00pm LT 8.15-9pm ATR		6.00-8.00pm RP (3 lanes only)
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