

Land Training

	Mon	Coach	Tue	Coach	Wed	Coach	Thur	Coach	Fri	Coach	Sat	Coach	Sun	Coach
Tue Uttox 6.30 - 7.15	National 6 Lanes		5 Lanes		6 Lanes		6 Lanes		PM 4 Lanes 33.3			6 Lanes QLC		
Fri Moorways TBC	AM 5-7am (Rep)	Ryan	7.30 - 9pm (U)		Mel	5-7am (Rep)	Ryan	5-7am (Rep)	Ryan	5.15 - 7.00am (Rep)	Ryan	6-8pm (Q)		Danny + Nicky O
	PM				7.15 - 8.45pm (For)	Ryan	6.30 - 8.30pm (M)	Ryan						
Fri Lboro 7.30-8.30	Midland 3 lanes 33.3		6 Lanes Mix Groups		3/6 lanes 33.3		6 Lanes 33.3		6 Lanes 25M					
	AM		5.15 - 7.00am (Rep)		Grace	6.45 - 8.45pm (M)	Paula	7.30pm - 9.00pm (M)	Grace	9-10pm (LB)	Grace	6-8pm (Rep)	Paula	
	PM	6.45 - 8.45pm (M)	Grace											
Fri Lboro 7.30-8.30	Mid Dev 3 lanes 33.3		am 6 Lanes Mix Groups pm 3 Lanes 33.3				3 Lanes 33.3		6 Lanes 25M			3 lanes gala pool		
	AM		5.15 - 7.00 (Rep)		Grace									
	PM	7.45 - 9pm (M)	Rich T	6.30 - 7.30pm (M)	Jamie		6.30 - 7.30 (M)	Rich T	9-10pm (LB)	Paula	6-8pm (Rep)	Paula	5-6pm	Rich T
Fri Lboro 7.30-8.30	Dev 1 3 lanes 33.3		3 lanes 33.3		3 lanes 33.3		3 Lanes 33.3					3 lanes gala pool		
	AM													
	PM	6.45 - 7.45(M)	Mark B	6.30 - 7.30pm (M)	Mark B	6.45 - 7.45(M)	Mark B	6.30 - 7.30 (M)	Mark B	9-10pm (LB)	Paula		4-5pm (G)	Mark B
Sat	Nemos								5 Lanes (gala pool)			7-9am (Rep) Rich P		
	AM										7.30 - 9.00am (G)	Sarah		
	PM				6.30 - 8pm (TP)	RP								
	Sen + M		6 lanes QLC Gala		6 lanes Mix Groups		6 lanes QLC		3 lanes 33.3			1 Lane (gala pool)		
	AM		8.30 - 10pm (G)		Jamie	9-10pm (Rep)	Di	9-10pm (G)	Rich P	8-9.30pm	Rich P/Charlotte	7.30-9am (G)	7-8am(Rep)	Rich P
	PM	9-10pm (Rep)	Di											
	Crocs											7.30-9am (TP) Maria		
	AM													
	PM													

M = Moorways
 LB = Lboro
 Rep = Repton
 Q= QLC
 For = Foremark
 U= Uttoxeter
 G= Gala Pool
 TP = Teaching pool (QLC)

Junior Coaching			QLC
Level 1	4.00-4.45pm	Sunday	TP
Level 2	4.45-5.30pm	Sunday	TP
Level 3	5.30-6.30pm	Sunday	TP
Level 4	6.00-7.30pm	Monday	TP

TOTALS

14.5 Pool 1.5 Gym 8 Sessions

Step Ups Mid - Nat
Sunday PM
Wed AM + PM
Monday AM instead of Mon PM
Anyone on step up to attend these sessions

10.25 + 1 Hour land 6 sessions (significant step up time available)

Mid Dev Step Ups to Mid
Thur PM + Sat PM

9.25 + 1 hour land 6 sessions

Dev 1 - Mid Dev Step Ups
Tue AM
Wed PM

6.25 + 1 hour land 6 sessions

5 hours

8.5 hours

3 hours