



SUMMER TRAINING PROGRAMME

ALL SQUADS,

City of Southampton Swimming Club will run a full Training Programme **until 31st July** then due to coaching constraints, ie National Championships, Coaches Summer Holidays etc, will conduct the following reduced Training Programme.

Summer Training Programme 1st August – 31st August 2010

Junior National Regional Squad

Monday 5:45am-7:30am

Tuesday 5:45pm-7:30pm

Wednesday 4:45pm-6:45pm

Thursday 5:45am-7:30am

Friday 4:15pm-6:15pm

Swimmers to be on pool deck ready to Skip & Dynamic Stretch at times above

Senior Performance & Senior Training Squads

Monday 5:45am-7:30am

Tuesday 5:45pm-7:30pm

Wednesday 4:45pm-6:45pm

Thursday 6:45am-8:30am

Friday No Training

Swimmers to be on pool deck ready to Skip & Dynamic Stretch at times above

Club Squad 2

Monday 4:00pm-5:30pm

Tuesday 5:45pm-7:30pm

Wednesday 5:45am-7:30am

Thursday No Training

Friday 4:15pm-6:15pm

Swimmers to be on pool deck ready to Skip & Dynamic Stretch at times above

Junior County Potential & Club Squad 1

Monday 4:00pm-5:30pm

Tuesday No Training

Wednesday 5:45am-7:30am

Thursday 6:45pm-8:30pm

Friday No Training

Swimmers to be on pool deck ready to Skip & Dynamic Stretch at times above

Piranhas & Development Squads

Tuesday 4:45pm-6:00pm

Thursday 5:45pm-7:00pm

Masters Squad

Training as per normal (2 sessions a week)

Full Training Programme will Re-Commence on Wednesday 1st September 2010.

David Terry
Head Coach

Tuesday

5:00pm-6:00pm Piranhas & Development Squad
6:00pm-7:30pm Senior Performance & Training Squads, Junior
National Regional

Wednesday

5:45am-7:30am Club Squad 1, Club Squad 2, Junior County
Potential
5:00pm-6:30pm Senior Performance & Training Squads, Junior
National Regional

Thursday

5:45am-7:30am Senior Performance & Training Squads, Junior
County Potential
6:00pm-7:00pm Piranhas & Development Squad
7:00pm-8:00pm Junior County Potential & Club Squad 1

Friday

4:15pm-6:15pm Junior National Regional Squad & Club Squad 2

Masters Sessions as per Normal - James Mactavish coaching