

**TRAINING TIMETABLE from 4<sup>th</sup> January 2017**

	<b>SQUAD 1</b>	<b>SQUAD 2</b>	<b>SQUAD 3</b>	<b>SQUAD 4</b>	<b>SQUAD 5</b>	<b>SQUAD 6</b>	<b>MASTERS</b>	<b>CLUB LINK</b>
<b>Monday</b>	Filton 7.00-8.00 – Land Training  8.00 - 9.35 – Swimming	Filton 6.50 - 8.05	Ridings 7.00 - 8.30	Filton 7.00 - 8.30	-	-	Filton 8.30 - 9.30	-
<b>Tuesday</b>	Badminton 7.30 - 9.20	Badminton 7.30 - 9.20	-	-	-	Badminton 7.40-9.15	-	-
<b>Wednesday</b>	Horfield 8.00 - 10.05	Filton 7.20-8.35	Filton 7.30- 8.30	Horfield 7.00 - 8.00	Horfield 7.00 - 8.00	-	Horfield 9.00 - 10.00	-
<b>Thursday</b>	Filton 6.50 - 8.35	-	Filton 7.00 - 8.30	-	-	Filton 7.00-8.00	-	-
<b>Friday</b>	Filton 6.50-9.05	Filton 6.50-9.05	-	Ridings 7.00-8.30	Ridings 7.00-8.00	-	-	-
<b>Saturday</b>	-	-	-	-	-	-	-	-
<b>Sunday</b>	Ridings 5.20 - 7.35	Ridings 5.20 - 7.35	Filton 6.15-7.45	-	Filton 6.15 - 7.15	-	Ridings 5.30-7.30	Filton 5.10 - 5.40 5.40 - 6.10 Or 5.10-6.10

<b>Totals</b>	Land Based = 1 ½ Hours Swimming (including dynamic warm ups and stretching) = 11 hours 45 mins Total = 13 ¼ hours	Land Based = 1 hour Swimming (including dynamic warm ups and stretching) = 10 hours 25 mins Total = 11 hours, 25 minutes	Swimming 5 ½ hours	Swimming 4 hours	Swimming 3 hours	Swimming 2 ½ hours	Swimming 4 hours	
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