

Training Timetable - March 2023

| Squad | | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|---|------|----------------------------|---------------------------|---------------------------|---------------------------|---------------------------|-----|---------------------------|
| Senior Performance 15.5 Hours + 3 Land | AM | 6:00 - 7:30 Garrison | | 6:00 - 7:30 Lido | | 6:00 - 7:30 Garrison | | |
| | PM | 19:00 - 21:00 Camberley | 19:30 - 21:00 Garrison | 19:00 - 21:00 Garrison | 17:30 - 19:00 Garrison | 19:00 - 21:00 Garrison | | 19:00 - 21:00 Garrison |
| | LAND | | | | 19:00 - 20:00 Garrison | 17:30 - 18:30 Garrison | | 17:30 - 18:30 Garrison |
| Age Group Performance 11.5 Hours + 1 Land | AM | | | 6:00 - 7:30 Lido | | 6:00 - 7:30 Garrison | | |
| | PM | 19:00 - 21:00 Garrison | 18:30 - 19:30 Garrison | 19:00 - 21:00 Garrison | | 17:30 - 19:00 Garrison | | 17:00 - 19:00 Garrison |
| | LAND | | | | | | | 16:00 - 17:00 Garrison |
| Age Group Potential 10 Hours + 1 Land | AM | | | 6:00 - 7:30 Lido | | | | |
| | PM | 19:00 - 21:00 Garrison | 18:30 - 19:30 Garrison | 19:00 - 21:00 Garrison | | 17:30 - 19:00 Garrison | | 17:00 - 19:00 Garrison |
| | LAND | | | | | | | 16:00 - 17:00 Garrison |

Pre & Post Pool should take place before/after the displayed session times

Senior Performance: AM = 5 Mins Pre/Post Pool
 Age Group Performance: AM = 5 Mins Pre/Post Pool
 Age Group Potential: AM = 5 Mins Pre/Post Pool

PM = 20 Mins Pre/Post Pool
 PM = 15 Mins Pre/Post Pool
 PM = 15 Mins Pre/Post Pool

Training Timetable - March 2023

| Squad | | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|--|------|---------------------------|------|----------------------------|-------------------------|----------------------------|-----|---------------------------|
| Senior Competitive 9.5 Hours + 1 Land | AM | | | | 6:00 - 7:30 Garrison | | | |
| | PM | 19:15 - 21:15 St Neots | | 19:00 - 21:00 Camberley | | 19:00 - 21:00 Camberley | | 19:00 - 21:00 Garrison |
| | LAND | | | | | | | 17:30 - 18:30 Garrison |
| Age Group Competitive 9 Hours + 1 Land | AM | | | | 6:00 - 7:30 Garrison | | | |
| | PM | 19:15 - 21:15 St Neots | | 17:30 - 19:00 Garrison | | 19:00 - 21:00 Camberley | | 17:00 - 19:00 Garrison |
| | LAND | | | | | | | 16:00 - 17:00 Garrison |

Pre & Post Pool should take place before/after the displayed session times

Senior Competitive: PM = 10 Mins Pre/Post Pool
 Age Group Competitive: PM = 10 Mins Pre/Post Pool



Training Timetable - March 2023

| Squad | | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|--|----|-----|---------------------------|----------------------------|-------------------------|----------------------------|-----|---------------------------|
| Juniors 6.5 Hours | AM | | | | | | | |
| | PM | | 19:00 - 21:00 St Neots | 19:00 - 20:00 Camberley | | 19:30 - 21:00 Lido | | 18:00 - 20:00 Garrison |
| Competitive Development 3.5 Hours | AM | | | | | | | |
| | PM | | 18:00 - 19:00 St Neots | | | 18:00 - 19:30 Lido | | 17:00 - 18:00 Garrison |
| Masters 3 Hours | AM | | | | | | | |
| | PM | | | 20:00 - 21:00 Camberley | | 20:00 - 21:00 Lido | | 20:00 - 21:00 Garrison |
| Senior Club A CHOICE OF 3 SESSIONS Must be prior approved by Lead Coach & Head Coach | AM | | | | 6:00 - 7:30 Garrison | | | |
| | PM | | | 19:00 - 21:00 Camberley | | 19:00 - 21:00 Camberley | | 19:00 - 21:00 Garrison |

Pre & Post Pool should take place before/after the displayed session times

Juniors: PM = 5 Mins Pre/Post Pool
 Comp Dev: PM = 5 Mins Pre/Post Pool