

## UEA CITY OF NORWICH SWIMMING CLUB TRAINING SCHEDULE Jan 2017

		Performance Squads		Competitive Squads					Development Squads				
		National Yth/Sen	National Age	Masters	Regional Yth/Sen	Regional Age	County Yth/Sen	County Age	City	JD1	JD2	JD3	Aqua Academy
Monday	AM	5.30-7.30	5.30-7.00*	5.30-7.00	5.30-7.00								
	Land	16.00-16.45	16.00-16.45			18.00-18.20							
Tuesday	PM	17.00-19.00	17.00-18.30*		20.30-21.30	18.30-19.30	20.30-21.30	19.30-20.30		17.00-18.30	17.00-18.30	18.30-19.30	18.30-19.30
	Land	16.00-16.45	16.00-16.45										
Wednesday	PM	17.00-19.00	17.00-19.00*	19.00-20.00		17.00-19.00	19.00-20.00	16.00-17.00	19.30-20.30	16.00-17.00	16.00-17.00		
	AM	5.30-7.30	5.30-7.00	5.30-7.00	5.30-7.00								
Thursday	PM	17.30-19.30	17.30-19.30*		19.30-21.30					17.00-18.30	17.00-18.30	18.30-19.30	18.30-19.30
	Land	16.00-16.45	16.00-16.45			18.30-19.00							
Friday	PM	17.00-19.00	17.00-18.30*	20.30-21.30	20.15-21.30	19.00-20.15	20.00-21.30			18.30-20.30	19.30-20.30	18.30-19.30	
	AM	5.30-7.00	5.30-7.00*			5.30-7.00							
Saturday	PM	17.00-19.00	16.30-18.30*		18.30-19.30	17.00-18.30		20.00-21.00	20.00-21.00	18.30-20.00	18.30-20.00	17.30-18.30	
	AM	6:30-8:30	6:30-8:00	6:30-8:30	8:30-10:30	8:30-10:00	11:30-13:00**	10.00-11.30**		7.30-9.00	7.30-9.00		9.00-10.00
Sunday	Land	8.45-9.30	8.15-9.00		7:30-8:15	7:30-8:15							
	AM							10:30-11:30					

UEA Sportspark	Riverside	Taverham Hall (Term time)
Hewett	Town Close	Norwich High School

\*sessions have an additional 15 minutes following the pool session in order to complete post pool land conditioning programme \*\* see squad rep note for details