



Masters - Timetable - from September 2023

Skills and training for club level adult swimmers



Squad / Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Sessions	Training time
Masters Competitive A* . Ages 18+. Training and skills for club level adult swimmers.	8.20 to 9.30pm Hengrove			9.00 to 10.00pm Badminton			Land 7.05 to 7.35 pm** and swim 7.45 to 9.00pm Easton	3 or more*	3hrs 25m swim and 30m land
Masters Competitive B* . Ages 18+. Training and skills for club level adult swimmers.		6.15 to 7.30am Easton		6.15 to 7.30am Easton			Land 7.05 to 7.35 pm** and swim 7.45 to 9.00pm Easton	3 or more*	3hrs 45m swim and 30m land
Masters . Ages 18+. Training and skills for adult swimmers.	8.20 to 9.30pm Hengrove	6.15 to 7.30am Easton or 8.45 to 9.45pm Badminton		6.15 to 7.30am Easton or 9.00 to 10.00pm Badminton	8.10 to 9.00pm Easton		8.00 to 9.00pm Easton	1, 2 or 3	1 to 3hrs
Adult Swim for Fitness . Ages 18+. Training and skills for adult swimmers without a club swimming background.		8.45 to 9.45pm Badminton						1	1 hr

* Masters Competitive can select additional sessions from Masters and can swim up to 6 times a week. Must be requested by emailing Polly.Mullen@bristolpenguins.com

** Land training will be self led.