



Performance Pathway - Timetable - from September 2023

Skill Development and training for those aiming for or achieving county, regional and national qualification

| Squad / Day | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Sessions | Swimming time | Additional Dedicated Land Training | Total training time |
|---|---|------------------------------------|--|--|---|--|--|-------------------|---------------|------------------------------------|---------------------|
| Bronze. Ages 10 to 13. Training and skills for competitive swimming | 7.00 to 8.20pm Hengrove Park LC | 7.05 to 8.40pm Badminton School | 6.00 to 7.15am Badminton School | Land 7.10 to 7.50 pm and swim 8.00 to 9.00pm Badminton School | 6.45 to 7.45pm Henbury LC | | Swim 3.30 to 5.00 pm and land 5.15 to 6.00pm Hengrove Park LC | 6 swim and 2 land | 7hrs 40m | 1hr 25 | 9hrs 05m |
| Silver. Ages 12 to 14. Training and skills for county and regional level swimmers | 6.00 to 7.15am Badminton School | 7.00 to 9.00pm Easton LC | Land 7.20 to 7.50 pm and swim 8.00 to 9.00pm Hengrove Park LC | 6.00 to 7.15am Badminton School and 6.00 to 7.10pm Easton LC | 6.55 to 8.35pm Badminton School | Land 9.50 to 10.20 am and swim 10.30am to 12.30 pm Hengrove Park LC | | 7 swim and 3 land | 10hrs 20m | 1hr | 11hrs 20m |
| Gold. Ages 14+. Training and skills for county, regional and national level swimmers | 6.00 to 7.15am Badminton School and 5.00 to 7.00pm Henbury LC | 7.00 to 9.00pm Easton LC | Swim 5.45 to 7.25 pm and land 7.40 to 8.10pm Badminton School | 6.00 to 7.15am Badminton and School and 6.00 to 8.00pm Easton LC | Land 6.30 to 7.20 pm and swim 7.30 to 9.00pm Easton LC | Swim 6.15 to 7.45 am and land 8.00 to 8.30am Badminton School | | 8 swim and 3 land | 13hrs 10m | 1hrs 50m | 15hrs |