



## Performance Pathway - Timetable - September 2022

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	Total training time
<b>Bronze.</b> Ages 11 to 12. Training and skills for competitive swimming.	7.00 to 8.20pm Hengrove	7.05 to 8.35pm Badminton		Land 7.10 to 7.50 pm and swim 8.00 to 9.00pm Badminton	6.15 to 7.15pm Henbury		2.45 to 3.45pm Henbury or 7.25 to 8.30pm Clifton College	5 swim and 1 land	5hrs 55m	40m	<b>6hrs 35m</b>
<b>Silver.</b> Ages 13 to 14. Training and skills for county and regional level swimmers.	6.00 to 7.15am Badminton	7.00 to 9.00pm Easton	Land 7.20 to 7.50 pm and swim 8.00 to 9.00pm Hengrove	6.00 to 7.15am Badminton and 6.00 to 7.10pm Easton	7.35 to 9.00pm Badminton		Land 3.25 to 3.55 pm and swim 4.00 to 6.00pm Hengrove	7 swim and 2 land	10hrs 5m	1hr	<b>11hrs 5m</b>
<b>Gold.</b> Ages 14+. Training and skills for county and regional level swimmers.	5.00 to 7.00pm Henbury	7.00 to 9.00pm Easton		6.00 to 8.00pm Easton	Land 6.30 to 7.20 pm and swim 7.30 to 9.00pm Easton		Swim 3.30 to 5.00 pm and land 5.15 to 6.00pm Hengrove	5 swim and 2 land	9hrs	1hr 35m	<b>10hrs 35m</b>
<b>Gold +.</b> Ages 14+. Training and skills for county, regional and national level swimmers.	6.00 to 7.15am Badminton and 5.00 to 7.00pm Henbury	7.00 to 9.00pm Easton	Swim 5.45 to 7.20 pm and land 7.30 to 8.15pm Badminton	6.00 to 7.15am Badminton and 6.00 to 8.00pm Easton	Land 6.30 to 7.20 pm and swim 7.30 to 9.00pm Easton		Swim 3.30 to 5.00 pm and land 5.15 to 6.00pm Hengrove	8 swim and 2 land	12hrs 55m	2hr 20m	<b>15hrs 15m</b>