



Plan by day/lane:

Day	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Sunday	Intro 1 : 4:30 - 5:15		Development : 4:40 - 6:00		Fitness : 4:35 - 5:20	
	Intro 2 : 5:20 - 6:05				Intro 1+ : 5:25 - 6:10	
	Intermediate : 6:10 - 7:55			Senior/Students/CV : 6:15 - 8:00		
Tuesday	Intro 2 : 7:10 - 7:50		Develeppment : 7:10 - 7:50		Senior/Students : 7:15 - 9:05	
	Intermediate : 7:55 - 9:10			CV : 8:05-9:05		
Friday	Intro 2 : 6:10 - 7:00		Intro 1+ : 6:15 - 7:05		Development : 6:15 - 7:25	
	Intermediate : 7:10 - 9:05			Senior/Students/CV : 7:30 - 9:10		

Plan by Training Group:

Group	Intro 1	Intro 1+	Intro 2	Development
Session 1	Sun : 4:30 - 5:15	Sun : 5:25 - 6:10	Sun : 5:20 - 6:05	Sun : 4:40 - 6:00
Session 2		Fri : 6:15 - 7:05	Tues : 7:10 - 7:50	Tues : 7:10 - 7:50
Session 3			Fri : 6:10 - 7:00	Fri : 6:15 - 7:25
Group	Intermediate	Senior/Students	CV	Fitness
Session 1	Sun : 6:10 - 7:55	Sun: 6:15 - 8:00	Sun: 6:15 - 8:00	Sun : 4:35 - 5:20
Session 2	Tues: 7:55 - 9:10	Tues : 7:15 - 9:05	Tues : 8:05 - 9:05	
Session 3	Fri : 7:10 - 9:05	Fri : 7:30 - 9:10	Fri : 7:30 - 9:10	