



City of Southampton Swimming Club

Basic Training Schedule for September

Squad		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National / Regional	AM	05:15 - 07:15	05:15 - 07:15	05:15 - 07:15	05:15 - 07:15	05:15 - 07:15	06:00 - 08:00 08:00 - 08:25 LT Post pool
	PM	18:30 - 20:30	-	- 18:00 - 19:00 (Remote Gym)	16:30 - 18:30 18:30 - 18:55 (LT Post pool)	-	-
Junior County	AM	05:15 - 07:15	05:15 - 07:15	-	05:15 - 07:15	-	08:00 - 09:00 07:00 - 07:45 Quays Studio
	PM	-	-	18:45 - 19:45	16:30 - 18:30	19:15 - 20:15	-
Development	AM	-	05:15 - 07:15	-	05:15 - 07:15	-	08:00 - 09:00
	PM	-	19:00 - 20:15 (Jubilee Pool)	-	18:30 - 19:30	-	-
Piranhas	AM	-	-	-	-	06:00 - 07:00	07:00 - 08:00
	PM	-	18:30 - 19:30	-	18:30 - 19:30	-	-
Senior Training	AM	05:15 - 07:15	05:15 - 07:15	-	05:15 - 07:15	-	06:00 - 08:00
	PM	18:30 - 20:30	-	- 18:00 - 19:00 Remote Gym	16:30 - 17:30	-	-
Masters	PM	-	19:30 - 20:30	-	19:30 - 20:30	20:15 - 21:15	-

Additional Notes

Remote Gym = Land training session at 'Testlands Hub' studio, Green Lane, Southampton, SO16 9FQ. TBC

LT Post Pool = Mats, Therabands, Foam rollers (poolside)