**COPS New training timetable – April 2023**

**Performance Squad – The changes explained…**

Due to the insurmountable increases in pool hire COPS executive and coaching team have had to look at best available practise for all squads to ensure that each squad still receives full support in the programme, but we now do this within a more cost effective structure to offer best value high performance swimming support for our members. This has had impactful changes for all squads, but actually led to what we believe is a better programme for all.

As of Monday 3rd April COPS training timetable for Performance Squad will switch to the following:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Performance** | | | | | | | |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **AM** | 5.30-7.30am Swim RFSC | 5.30-7.30am Swim RFSC | 5.30-7.30am Swim RFSC | 5.30-7.30am Swim RFSC | 5.30-7.30am Swim RFSC | 7.00-8.30am Swim 9.00-10.00am S&C Swim OUN |  |
| **PM** | 4.15-5.00pm S&C 5.00-7.00pm Swim JHSP | 4.30-6.30pm Swim 6.40-7.15pm S&C STAN |  | 4.30-6.30pm Swim 6.40-7.15pm S&C STAN | 5.00-7.00pm Swim WMLC |  |  |

RFSC – Regional Fitness and Swimming Centre

JHSP – Jack Hunt School Pool

STAN – Stanground Sports Centre

WMLC – Whittlesey Manor Leisure Centre

OUN – Oundle School Sports Centre

Key changes

* Tuesday evenings now at Stanground Sports Centre – Swim out of 3 lanes at 4.30-6.30pm, plus 30 mins mobility based S&C on deck
* Thursday evenings move to 3 lanes at Stanground Sports Centre – S&C in the spinning studio at Stanground Sports Centre. Members will need S&C apparel for after swim session
* Saturday AM Swim session moves to 6 lanes in 25m pool format. This will mean that our members will need to be more impactful with their stroke efficiency to race effective long course events, but will not impact overall outcome if done effectively.
* Saturday AM S&C session – for those in the ‘upper-tier’ of strength and conditioning there will be an additional 30 minutes of time with Callum, finishing S&C at 10.30am. This is not published as it is an additional benefit to the squad members that wish to take advantage of this opportunity.
* Benefits to our members:
  + The latest finish time now in the programme is 7.15pm, giving clear quality time for homework, family time and rest after training
  + More sessions are Peterborough town centric
  + More quality strength and conditioning time
  + Additional support session still available, should members require it.
  + Time post Thursday evening for individual or team meetings

We are excited to be able to offer you these improved changes but understand changes can have implicated challenges for some members. Should you have any issues with the changes in timetable that you need support with please do not hesitate to communicate with our coaching team.