

Modernian Swimming Club - Weekly Training Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6.00-7.30AM		6.00-7.30AM		6.00-7.30AM		8.00-10.00AM
	AGP 1		HP		HP		HP
	ACAD		AGP 1		ACAD		ACAD
	(TAL)		(TAL)		(TAL)		(LUTON)
PM	5.45-7.15PM	7.15-8.15PM		6.30-7.30PM (BGS)	6.00-7.00PM (TAL)	3.30-5.30PM	5.30-6.30PM (BS)
	HP	AGP 1		AGP 3	AGP 2	AGP 1	AGP 3
	AGP 2	8.15-9.15PM		7.30-8.30PM (BGS)	6.00-8.00PM (ROB)	ACAD	6.30-7.30PM (BS)
	(TAL)	ACAD		AGP 2	HP	(TAL)	AGP 2
		7.15-9.15PM		7.15-9.00PM (BS)	ACAD		5.30-7.30PM (BS)
		HP		AGP 1			AGP 1
		(TAL)		HP			
	LAND TRAINING (LUTON)					POOL TIME	
	HP	SUNDAY	10.10-10.45AM			HP	12 Hours 15
	ACAD	SUNDAY	10.10-10.45AM			ACADEMY	10 Hours
						AGP 1	9 Hours 45
						AGP 2	4.5 Hours
						AGP 3	2 Hours