

GRSC Training timetable

Starting 8th May 2023 until further notice

Age Group Performance

8 Sessions

12 Hours

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
a.m.	Greenwich Centre 06.00-07.00 1 Hour	X	X	X	Greenwich Centre 06.00-07.00 1 Hour	X	LAC 08.00-10.00 2 Hours
p.m.	Thamesmere 19.30-21.00 1.5 Hours	Eltham Centre 20.00-21.30 1.5 Hours	X	Waterfront 19.00-21.00 2 Hours	Greenwich Centre 20.00-21.30 1.5 Hours	Eric Liddell 15.30-16.30 Land training 1 hour 16.30-18.00 Pool 1.5 Hours	X

* Tuesday PM - LAC 19.30-21.30, 2 Hours. Youth Performance session; Invitation only.

* Wednesday PM - Greenwich 19.30- 21.30. Youth performance session. Invitation only.