

CWSC - Performance Squads Training Schedules

	MONDAY	WEDNESDAY	THURSDAY		FRIDAY	SATURDAY		SUNDAY
Pool	Moberly	Chelsea	Queen Mother	Kensington	Kensington	LAC*	Kensington	Chelsea
Regional Performance	18:30-20:30	18:30-20:30	05:40-07:30	18:00-20:00	Land: 18:00-18:50 Swim: 19:00-20:30	08:00-10:00	14:00-15:30	17:00-19:00

* Selected swimmers

	MONDAY		TUESDAY	WEDNESDAY	THURSDAY		FRIDAY	SATURDAY	
Pool	Queen Mother	Kensington	Kensington	Kensington	Queen Mother	Kensington	Kensington	LAC*	Kensington
National Performance	05:40-07:30	Land: 17:00-17:50 Swim: 18:00-20:00	18:00-20:00	18:00-20:00	05:40-07:30	Land: 17:00-17:50 Swim: 18:00-20:00	17:30-19:00	10:00-12:00	14:00-15:30

* Selected swimmers

PLEASE NOTE:

DROP OFF - Swimmers should be poolside, ready to swim, 5 minutes before their session starts.

PICK UP - Swimmers should be picked up promptly. Coaches may not be able to wait and young swimmers should not be waiting unattended.

HYDRATION - Swimmers should drink water only during training sessions. No fizzy, sports or caffeinated drinks