# *WOKING SWIMMING SUMMER TRAINING WEEK 1*

| TRAINING GRID | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|---|
| **SQUAD 10** | **REEDS 13:00 - 13:45** | | | | | | |
| **SQUAD 9** | **REEDS 13:45 - 14:30** | | | | | | |
| **SQUAD 8** | **REEDS 14:30 - 15:30** | | | | | | |
| **SQUAD 7** | **REEDS 17:00 - 18:00** | | | | | | |
| **SQUAD 6** | | | | | **REEDS 17:00 - 18:00** | | |
| **SQUAD 5** | **REEDS 15:30-17:00** | | | | | | |
| **SQUAD 4** | | **REEDS 17:00 - 18:30** | | | **REEDS 18:00 - 19:30** | | |
| **SQUAD 3** | | | **REEDS 17:00 - 18:30** | | | **REEDS 18:00 - 19:30** | |
| **SQUAD 2** | | **REEDS 18:30-20:00** | | **REEDS 17:00-18:30** | | | |
| **SQUAD 1** | **REEDS 18:00 - 19:30** | | **REEDS 18:30-20:00** | **REEDS 18:30-20:00** | | | |