

Summer Term Training Grid 2022 - 19 April - 24 July 2022

TRAINING GRID	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Academy 1 (0.75 hrs)	WOKING TEACHING POOL 16:15 - 17:00						
Academy 2 (0.75 hrs)	WOKING TEACHING POOL 16:15 - 17:00						
Academy 3 (1.5 hrs)	WOKING TEACHING POOL 17:00 - 17:45					WOKING TEACHING POOL 18:30 - 19:15	
Academy 4 (1.5 hrs)	WOKING TEACHING POOL 17:00 - 17:45					WOKING TEACHING POOL 19:15 - 20:00	
Academy 5 (1.75 hrs)	WOKING TEACHING POOL 17:45 - 18:45		WOKING TEACHING POOL 18:30 - 19:15				
Academy 6 (2 hrs)	WOKING TEACHING POOL 18:45 - 19:45		WOKING TEACHING POOL 19:15 - 20:15				
Senior Academy (2.5 hrs)	WOKING COMP POOL 07:30 - 09:00					Eastwood Centre 18:00-19:00	
Bronze Development (4 hrs)	WOKING COMP POOL 07:30 - 09:00			Eastwood Centre 18:00-19:30		Eastwood Centre 19:00-20:00	
Bronze (6.75 hrs)							REEDS 07:00 - 08:30
	WOKING COMP POOL 16:30 - 18:00	GHS 19:00-20:30			REEDS 18:30 - 19:45	Eastwood Centre 18:00-19:00	
Silver Development (9 hrs)							REEDS 07:00 - 08:30
		Pirbright 19:00 -21:00	Pirbright 19:00 -21:00	Pirbright 19:00 -21:00	Eastwood Centre 20:00-21:30		
Silver (Up to 10 hrs plus Land Training)					WOKING COMP POOL 06:00 - 07:30 2 lanes	Land Training 1845-1945 Eastwood Centre	
	WOKING COMP POOL 16:30 - 18:00	Eastwood Centre 20:00-21:30	Eastwood Centre 20:00-21:30		Pirbright 19:00 -21:00	Eastwood Centre 20:00-22:00	
White Gold (Up to 12 hrs plus Land Training)			Land Training 1830-1930 Woking Leisure Centre				Eastwood Centre 07:00-09:00
	WOKING COMP POOL 18:00-20:00	Eastwood Centre* 18:00-20:00	WOKING COMP POOL 19:45 - 21:45	Pirbright 19:00 -21:00		Eastwood Centre 19:00-21:00	
Pure Gold (Up to 13.5 hrs plus Land Training)			Land Training 1830-1930 Woking Leisure Centre			WOKING COMP POOL 06:00 - 07:30* 2 lanes	Eastwood Centre 07:00-09:00 (invitation only)
	WOKING COMP POOL 18:00-20:00	Aldershot* 1900-2100 2 lanes	WOKING COMP POOL 19:45 - 21:45	Eastwood Centre 19:30-21:30	Eastwood Centre 18:00-20:00	Aldershot 1900 -2100 2 lanes	
Masters 1 (9.5 hours)		WOKING COMP POOL 06:00 - 08:00 2 lanes		WOKING COMP POOL 06:00 - 08:00 2 lanes		Egham* 06:00 - 08:00 3 lanes	Eastwood Centre* 07:00-09:00
		GHS* 19:00-20:30					
Masters 2 and 2 Plus (5.5 hours and 7.5 hours)		WOKING COMP POOL 06:00 - 08:00* 2 lanes		WOKING COMP POOL 06:00 - 08:00* 2 lanes		Egham* 06:00 - 08:00 3 lanes	Eastwood Centre* 07:00-09:00
		GHS* 19:00-20:30					

Important Notes*

1. Eastwood Centre sessions are three lanes per squad.
2. White Gold and Pure Gold swap locations every first Monday of a month. White Gold swims at Aldershot and Pure Gold swims at Eastwood Centre.
3. Please refer to the separate additional Saturday long course pool sessions at Aldershot document that will be published shortly.
4. All morning sessions at PITP for junior squads start at 6am and finish at 7:30am with all attending swimmers expected to complete the session.
5. Specific room/location details for Land Training will be advised by the squad coach.
6. Masters 1 and 2 share three lanes at GHS, Egham and Eastwood Centre.
7. Saturday morning sessions for Pure Gold are invitation only.
8. Masters 2 swim three sessions: GHS, Egham and Eastwood Centre only.
9. Masters 2 Plus swim four sessions: same as Masters 2 and either a Monday or a Wednesday morning at Woking Comp Pool (fixed for the term).