

Day	Session	Venue	Squad/Swimmer	Coach	Comments/Notes
Monday 31 July 17	05:30 - 07:00 17:30 - 19:00	West View West View	Top National Group Sprint - World Masters	Jess Wilkie Steve Heaps	Samir in Sheffield Steve in Sheffield on 2nd August
Tuesday 1 August 17	20:00 - 21:00	Fulwood	Sprint - World Masters	Steve Heaps	
Wednesday 2 August 17	18:00 - 20:00	West View	Sprint - World Masters & National Group	TBC	
Thursday 3 August 17	20:00 - 21:00	Fulwood	Sprint - World Masters	Steve Heaps	
Friday 4 August 17					
Saturday 5 August 17	NO TRAINING				Samir & Steve in Sheffield
Sunday 6 August 17	NO TRAINING				
Monday 7 August 17	17:00 - 19:00	West View	Top & Sprint	Samir & Steve	
Tuesday 8 August 17	20:00 - 21:00	Fulwood	Top & Sprint	Samir & Steve	
Wednesday 9 August 17	18:00 - 20:00	West View	Top & Sprint	Samir & Steve	
Thursday 10 August 17	18:00 - 20:00 20:00 - 21:00	West View Fulwood	Top & Sprint	Samir Steve	
Friday 11 August 17	05:30 - 07:00 17:00 - 19:00	West View West View	Top & Sprint	Samir & Steve	
Saturday 12 August 17	06:00 - 08:00 16:00 - 18:00	West View West View	Top & Sprint	Samir	
Sunday 13 August 17	NO TRAINING				
Monday 14 August 17	05:30 - 07:00 17:00 - 19:00	West View West View	Top & Sprint	Samir	
Tuesday 15 August 17	20:00 - 21:00	Fulwood	Top & Sprint	Samir	
Wednesday 16 August 17	18:00 - 20:00	West View	Top & Sprint	Samir	
Thursday 17 August 17	18:00 - 20:00	West View	Top & Sprint	Samir	
Friday 18 August 17	05:30 - 07:00 17:00 - 19:00	West View West View	Top & Sprint	Samir	
Saturday 19 August 17	06:00 - 08:00 16:00 - 18:00	West View West View	Top & Sprint	Samir	
Sunday 20 August 17	NO TRAINING				
Monday 21 August 17	See below				Jess Wilkie returns

Summer Timetable 2017								
Development Squads (Pre MDS, D, C & B)								
Week Commencing		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
21st August	AM	OFF	No Training	No Training	No Training	No Training	No Training	OFF
	PM	OFF	No Training	20:00-21:00 FLC	No Training	18:30-19:30 WV	No Training	OFF
28th August	AM	BANK HOLIDAY - NO TRAINING	No Training	No Training	No Training	No Training	No Training	OFF
	PM		No Training	20:00-21:00 FLC	18:00-19:00 WV	18:30-19:30 WV	TBC - Ahead of MicroLeague Final	TBC - Ahead of MicroLeague Final
Please note: Last session of the season is Friday 28/07/17 in the evening. Skeleton programme starting on w/c 21st August with normal training schedule for all Development groups resuming full training on Monday 04/09/17.								

Summer Timetable 2017

Age Group Squads (A1 & A2)								
Week Commencing		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
21st August	AM	OFF	05:00-7:00 WV	No Training	OFF	No Training	OFF	OFF
	PM	OFF	No Training	18:00-20:00 WV	No Training	16:30-18:30 WV	OFF	OFF
28th August	AM	BANK HOLIDAY - NO TRAINING	05:00-7:00 WV	No Training	05:00-7:00 WV	No Training	06:00-08:00 Pool + Land Training 09:30	OFF
	PM		No Training	18:00-20:00 WV	No Training	16:30-18:30 West View	No Training	OFF
<p style="text-align: center;">Please note:</p> <p>Last session of the season is Friday 28/07/17 in the evening. Any age group swimmers competing at the Nationals should consult with Jess Wilkie for training arrangements to confirm preparation for these event/s.</p> <p style="text-align: center;">programme for the new season commences on Tuesday 29th August.</p> <p style="text-align: right;">Normal</p>								

Summer Timetable 2017								
Youth & Senior Squads (Top & Sprint)								
Week Commencing		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
21st August	AM	05:30 - 07:00 West View	05:00-7:00 West View	No Training	OFF	No Training	06:00-08:00 West View	OFF
	PM	17:00 - 19:00 West View	No Training	18:00-20:00 West View	18:00 - 20:00 West View	16:30-18:30 West View	OFF	OFF
28th August	AM	BANK HOLIDAY - NO TRAINING	05:00-7:00 West View	No Training	05:00-7:00 West View	No Training	06:00-08:00 Pool West View	OFF
	PM		No Training	18:00-20:00 West View	18:00 - 20:00 West View	16:30-18:30 West View	No Training	OFF
<p style="text-align: center;">Please note:</p> <p>Last session will be on Wednesday 2nd August 2017. Summer programme for Top Squad as above.</p> <p>Full training programme for Sprint Squads will resume in the new season from Monday 04/09/17. A more detailed plan for September will be sent to Top Squad following the British Summer Nationals.</p>								