

PNSC SUMMER TRAINING PROGRAM

CHANGES TO BRONZE / CLUB DURING SCHOOL HOLIDAY BREAK

22nd JULY – 5th AUGUST (due to St Edmunds pool closure)

BRONZE SQUAD ALL training at MBC

Saturday 22nd July 3-5pm

Tuesday 25th July 7-8pm

Wednesday 26th July 4-5pm

Friday 28th July 7-8 pm

Saturday 29th July 3-5pm

Tuesday 1st August 7-8pm

Wednesday 2nd August 4-5pm

Friday 4th August 7-8pm

Saturday 5th August 3-5pm

Then off for two weeks, then skeleton programme (see below)

CLUB SQUAD ALL training at MBC

Tuesday 25th July 4-5pm

Thursday 26th July 4-5pm

Friday 28th July 8-9pm

Tuesday 1st August 4-5pm

Thursday 3rd August 4-5pm

Friday 4th August 8-9pm

Then off for two weeks, then skeleton programme (see below)

LAST WEEK OF TRAINING : Monday 31st JULY to Saturday 5th AUGUST

Senior Performance/Junior Performance/Gold – AM Mon/Wed/Fri/Sat 0530 - 0700

Senior Performance/Junior Performance - PM Monday & Thursday 1700 - 1900

Gold - Tuesday and Friday – PM 1700 - 1900

Silver - Mon/Fri/Sat 0530 - 0700 Wed/Friday 1600 - 1700

Triathlon 1600 - 1700 Tues/Thurs and Wed 0530 - 0700

Dolphins as normal

White/Red/Blue academy as normal

Masters as normal

FULL SHUT DOWN PERIOD : 6th – 20th AUGUST

FULL shut down period for ALL squads will be from Sunday 6th August to Sunday 20th August.

No training during this period.

SKELETON PROGRAMME PERIOD – 21st AUGUST to 3rd SEPTEMBER

Skeleton programme from Monday 21st August to Sunday 3rd September is as follows:
(NB No training Monday Bank holiday 28th August for any squads)

SENIOR PERFORMANCE / AGE GROUP PERFORMANCE / GOLD / SILVER SQUADS

MONDAY / WEDNESDAY & FRIDAY

5.30 TO 7AM Swim

BRONZE SQUADS , TRIATHLON & CLUB SQUAD

MONDAY & FRIDAY

7 TO 8AM Swim

MBC RED / WHITE / BLUE & EASTNEY ACADEMY

WED & SAT (Mountbatten Centre)

17.00 TO 18.00 Swim

DOLPHINS SQUAD

2 weeks shut down Sunday 7th August to Sunday 21st August, then back to normal (except bank holiday Monday 28th August no training)

MASTERS

MON / WEDNESDAY

18.00 – 19.00

SUNDAY

7.00 – 9AM

Masters swimmers may also attend the Mon/Wed/Fri morning sessions