

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dolphins Red		16:15 – 17:00				
Dolphins Blue				16:15 – 17:00		
Academy Eastney		17:00-18:00 Eastney		17:00-18:00 Eastney		
Academy Mountbatten	16:00 – 17:00				16:00 – 17:00	
Foundation Blue			16:00 – 17:30			16:30 – 17:15 LAND TRAINING 17.30 - 18:30 POOL
Foundation Red			17:30 – 19:00			16:30 – 17:15 LAND TRAINING 17.30 - 18:30 POOL

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bronze		17:30-18:30 ST EDS	17:30-18:30 ST EDS		19:00 – 20:00 MBC	15:00 – 15:45 LAND 16:00 – 17:30 POOL
Silver	16:00 – 17:00	05:30-07:00	17:00 – 19:00		17:30-19:00 ST EDS	05:30-07:00 SWIM 07:15 – 08:00 LAND
Gold	16:00-18:00 HMS Temeraire	05:30-07:00 16:00-17:30		05:30-07:00 16:00-18:00 HMS Temeraire	16:00-18:00 MBC	05:30-07:00 SWIM 07:15 – 08:00 LAND
Junior Performance	05:15-07:15 17:00-19:00	16:00-18:00 HMS Temeraire	05:15-07:15	17:00-19:00	16:00-18:00 HMS Temeraire	05:15-07:00 SWIM 07:15 – 08:00 LAND
Senior Performance	05:15-07:15 17:00-19:00	05:15-07:15 17:00-19:00		05:15-07:15 17:00-19:00	05:15-07:15 17:00-19:00	05:15-07:15 SWIM 07:30 – 08:30 LAND

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Potential 1	05:15-07:00	17:30-19:00 MBC	05:15-07:15 16:00-18:00 HMS Temeraire		05:15-07:15 18:00 – 20:00 MBC	07:00 – 09:00
Potential 2		18:30-19:30 ST EDS	18:30-19:30 ST EDS		06:00-07:00 19:00 – 20:00 MBC	15:00 – 15:45 LAND 16:00 – 17:30 POOL
Club		19:00 – 20:00 MBC	19:30-20:30 ST EDS		20:00 – 21:00	
Triathlon		17:45 – 18:45 LAND 19:00 – 20:00 POOL MBC	05:30-07:00 POOL		18:45-19:45 LAND 20:00 – 21:00 SWIM	14:00- 16:00
Masters	05:30-07:00 19:00-20:00	19:00-20:00	05:30-07:00 19:00-21:00		05:30-07:00 20:00-21:00	SUNDAY 07:00 – 09:00