



Tuesday 2nd Jan until Saturday 6th Jan 2018

Morning sessions are as normal.

All sessions are held at the Mountbatten Centre.

Day	Junior Performance	Potential 1	Gold	Silver	Bronze/ Pot 2	Club/Tri
Tues 2 nd Jan	Swim 17:30- 19:00	Swim 17:30- 19:00	16:00-17:30			17.45-18.45 (land work for triathlon squad only) 19:00-20:00 Swim Tri & Club
Wed 3 rd Jan	N/A	16:00-17:30	N/A	17:30-19:00	06:00-07:00	
Thur 4 th Jan	Class/Landwork 17:00-17:30 Swim 17:30- 19:00		Swim 16:00- 17:30 Landwork 17:30-18:30			
Fri 5 th Jan	Landwork 16:00-17:00 Swim 17:00- 18:30	Class/Landwork 18:00-18:30 Swim 18:30- 20:00	Swim 16:00- 17:00 Landwork 17:00-18:00	Swim 16:00-17:00 Landwork 17:00-18:00	06:00-07:00 19:00-20:00	18.45-19.45 (land work for triathlon squad only) 20:00-21:00 Swim Tri & Club
Sat 6 th Jan	05:15-08:00	07:00-09:00	05:15-08:00	05:15-08:00	15:00-17:30	

ALL OTHER SQUADS TRAIN AS NORMAL DURING THIS PERIOD