

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dolphins Red Sarah		17:30 – 18:30 St Edmunds					
Dolphins Blue Sarah		18:30 – 19:30 St Edmunds					
Academy Eastney Gary		17:00-18:00 Eastney		17:00-18:00 Eastney			
Academy Mountbatten Sam	16:00 – 17:00 MBC				16:00 – 17:00 MBC		
Junior 3 Ella			17:30 – 18:30 St Edmunds			16:30 – 17.15 LAND TRAINING 17.30 - 18:30 POOL MBC	
Junior 2 Sarah			18:30 – 20:00 St Edmunds			16:00 – 17.30 POOL MBC 17.30 - 18:30 LAND TRAINING	

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Junior 1 Sarah / Ella			18:30 – 20:00 St Edmunds		18:00 -19:00 HMS Temeraire	16:00 – 17.30 POOL MBC 17.30 - 18:30 LAND TRAINING	
Junior Development Chris	16:00 – 17:00 MBC		16:00 – 17:30 MBC	06:00 – 07:00 16:00 – 17:00 MBC	19:00 – 20:00 MBC		09:45 – 11:45 HMS Temeraire
Junior Competitive Sarah	16:00-18:00 HMS Temeraire	05:30-07:00 16:00-17:30 MBC		16:00-18:00 HMS Temeraire	16:00-18:00 MBC	05:15-07:00 SWIM MBC 07:15 – 08:00 LAND	
Junior Performance Lee	05:15-07:15 17:00-19:00	16:00-18:00 HMS Temeraire	05:15-07:15	16:00-18:00 MBC	16:00-18:00 HMS Temeraire	05:15-07:15 SWIM MBC 07:15 – 08:00 LAND	
Senior Performance/ National Squad Claudia (*Chris support)	05:15-07:15 17:00-19:00*	05:15-07:15 17:00-19:00	17:00-19:00 (National Swimmers only)	05:15-07:15 17:00-19:00	17:00-19:00*	05:15-07:15 SWIM MBC 07:30 – 08:30 LAND (Chris lead) 06:00 – 09:00 (National Swimmers only - Claudia)	

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Potential 1 James	05:15-07:00 MBC	17:30-19:00 MBC	05:15-07:15 16:00-18:00 HMS Temeraire		05:15-07:15 17:00 – 19:00 HMS Temeraire	05:15-07:00 SWIM MBC 07:15 – 08:00 LAND	
Potential 2 Madeleine			17:30-19:00 MBC		06:00-07:00 18:00 – 19:00 MBC	15:00 – 15.45 LAND MBC 16.00 – 17:30 POOL	
Club 1 Madeleine		19:00 – 20:00 MBC			20:00 – 21:00 MBC	17:30 – 18:30 MBC	
Club 2 Madeleine				18:00 – 19:00 MBC	19:00 – 20:00 MBC		
Masters Neil / Sam	19:00-20:00 MBC	19:00-20:00 MBC	05:30-07:00 19:00-21:00 MBC	05:30-07:00 MBC	05:30-07:00 20:00-21:00 MBC		07:00 – 09:00 MBC

