

Pool and Land Training Schedule and Coaching Organisation for 2011-2012 Swimming Season

Squad	Session Logistics		Monday			Tuesday	Wednesday		Thursday	Friday		Saturday		Sunday		Total Hours				
			City Baths		Christleton	City Baths	City Baths		City Baths	City Baths		City Baths	Manchester	City Baths		am	pm	Total		
			am	pm	pm	pm	am	pm	pm	am	pm	am	am	am	pm					
Level 1	Pool	Time	0545-0730 DB	1745-1945 LH		1800-2015 LH	0545-0730 LH		1700-1900 LH	0545-0730 LH	1615-1815 LH	0700-0900 LH/DB	1000-1200 LH/DB							
		Hours	1.75	2.00		2.25	1.75		2.00	1.75	2.00	2.00	2.00				5.25	10.25	15.50	
	Land	Time		1630-1730 FB		1700-1800 LH			1600-1645 FB		1830-1930 LH	*Extra session TBC								
		Hours		1.00		1.00			0.75		1.00	1.00							4.75	4.75
Level 2	Pool	Time	0545-0730 DB	1615-1745 DB+ LH			0545-0730 LH	1730-1900 DB	1900-2000 DB	0545-0730 LH	1815-1945 DB	0700 -0900 LH/DB	1000-1200 LH/DB	0930-1100 DB						
		Hours	1.75	1.50			1.75	1.50	1.00	1.75	1.50	2.00	2.00	1.50				5.00	7.50	12.50
	Land	Time		1800-1900 FB					1800-1845 FB		1700-1800 DB									
		Hours		1.00					0.75		1.00									2.75
Level 3	Pool	Time	0545-0730 DB			1600-1700 LH	1615-1730 DB	1600-1700 DB + LH	0545-0730 LH			1100 -1200 SR		0800-0930 DB						
		Hours	1.75			1.00	1.25	1.00	1.75			1.00		1.50				4.25	3.25	7.50
	Land	Time		1900-2000 FB					1715-1800 FB			1215-1315 FB								
		Hours		1.00					0.75			1.00								2.75
Level 4	Pool	Time			1800-1900 IS		1800-1900 IS					1000 - 1100 IS								
		Hours			1.00		1.00					1.00						1.00	2.00	3.00
	Land	Time										1115-1215 FB								
		Hours										1.00								1.00
Level 5	Pool	Time				1900-2000 SR						0900-1000 IS		1100-1200 L.Hodkinson						
		Hours				1.00						1.00		1.00					3.00	3.00
	Land	Time										1015-1115 FB								
		Hours										1.00								1.00
Northgate												1200-1300 HP								
												1.00								1.00
Total	Pool	Hours	1.75	3.50	1.00	4.25	1.75	3.75	4.00	1.75	3.50	3.00	2.00	4.00						
	Land	Hours		3.00		1.00		0.00	2.25		2.00	4.00								

Notes:

1. The training schedule covering both pool and land will be implemented week beginning Tuesday 30th August 2011 -Start of 2011/2012 Season.
2. Level 2 should aim for TWO out of the THREE am sessions. Level 3 should ONLY do the am sessions on Monday and/or Friday.
3. Level 5 will have three 1 hour sessions, they are expected to attend two out of three. The Tuesday pm session is in the Pacific as is the Level 4 Wednesday session.
4. LH will routinely cover the long course training at Manchester. Attendees will be Level 1 plus selected Level 2 swimmers and on every 1st Saturday of the month Level 3 swimmers.
5. The Saturday City Baths session 0700-0900 is a replacement for any long course session that is cancelled for one reason or another and LH or DB will cover.
6. A session for the Northgate pre competitive group coached by Harry Peacock is available at the City Baths at 1200-1300 on Saturday.