

**Squad Training Schedule - Revised Schedule for 2009/2010 (Version 4)**

Day	Time	Activity	NRS		SCS		TAG		AGDS-G	AGDS-S	AGDS-B		Dolphins
			University	City Baths	University	City Baths	University	City Baths	City Baths	City Baths	City Baths	Christleton	City Baths
Monday	am	Pool	0600-0730 Don		0600-0730 Don		0600-0730 Don						
	pm	Land				1715-1815 Craig							
	pm	Pool		1615-1815 Barry		1815-1945 Craig					1800-1900 Irene		
Tuesday	pm	Land		1600-1700 Craig		1745-1845 Craig							
	pm	Pool		1700-1900 Barry		1900-2015 Craig	1830-1930 Don						2015-2115 Sue
Wednesday	am	Pool	0600-0730 Barry		0600-0730 Barry								
	pm	Land		1615-1700 Craig(1)		Rest Night			1715-1745 Craig				
	pm	Pool		1615-1800 Barry					1800-1900 Craig		1800-1900 Irene		
Thursday	pm	Land						1600-1645 Barry					
	pm	Pool		1800-2000 Barry	1830-1930 Don			1700-1800 Barry		1600-1700 Don			2000-2100 Sue
Friday	am	Pool	0600-0730 Barry		0600-0730 Barry		0600-0730 Barry						
	pm	Land						1715-1745 Craig					
	pm	Pool	1700-1900 Barry		1700-1900 Barry			1745-1945 Craig	1615-1745 Don				
Saturday	am	Pool		0630-0830 Coach(2)				0830-1030 Craig		1030-1200 Craig			
	pm	Pool											
Sunday	am	Pool		0630-0830 Coach(2)				0830-1000 Don	1000-1100 Don	1100-1200 Don			
	pm	Pool		1200-1400 Coach(2)									
Sunday (Manchester Aquatics)	pm	Pool											

Notes:

1. Land based session identified for Wednesday evening will be specifically aimed at those NRS swimmers whose competitive focus are the sprint events. Their session will be 45 minutes land work followed by a 60 minute pool session.
  2. These sessions are suggested alternatives in the event that there is no Long Course Training session at Manchester.
- This training schedule will take effect from Thursday 1st October 2009. The situation will be reviewed at the end of 2009.**