

# Braintree & Bocking Swimming Club

## Training Time Table

Effective from 01<sup>st</sup> September 2018

<u>Regionals</u>		<u>Regional Development</u>		<u>County Youth</u>	
Mon	06.00-07.00	Mon	06.00-07.00	Monday	06.00-07.00
Mon	17.45-19.45	Mon	18.45-19.45	Monday	18.45-19.45
Tuesday	06.00-07.00	Tuesday	06.00-07.00	Tuesday	06.00-07.00
Tuesday	18.05-20.05	Tuesday	18.05-19.35	Tuesday	18.05-19.05
Weds	06.00-07.00	Weds	06.00-07.00	Weds	06.00-07.00
Thursday	19.00-20.30	Thursday	19.00-20.30	Thursday	19.00-20.30
Friday	18.00-19.00	Friday	18.00-19.00	Friday	18.30-20.00
Sunday	16.00-18.00	Sunday	16.00-18.00	Sunday	16.00-18.00

<u>County Age Group</u>		<u>Performance Juniors</u>		<u>Competition Squad</u>	
Monday	06.00-07.00	Mon	06.00-07.00	Monday	06.00-07.00
Monday	18.45-19.45	Tuesday	19.05-20.05	Tuesday	06.00-07.00
Tuesday	06.00-07.00	Wednesday	06.00-07.00	Tuesday	19.05-20.05
Tuesday	18.05-19.05	Thursday	19.00-20.30	Weds	06.00-07.00
Weds	06.00-07.00	Friday*	18.00-19.00	Thursday	19.00-20.30
Thursday	19.00-20.30		19.00-20.00	Friday	19.00-20.00
Friday	19.00-20.00	Sunday	16.00-18.00	Sunday	16.00-18.00
Sunday	16.00-18.00		*Session allocated by coach		

<u>Seniors</u>
3 morning sessions
3 evening sessions

<u>Masters</u>
Tuesday 06.00-07.00
Thursday 06.00-07.00
Saturday 06.30-07.45

<u>Fitness</u>
Sunday 16.00-18.00
Weekday session to be allocated by coach

<b><u>Platinum</u></b>	
Monday	06.00-07.00
Monday	17.45-18.45
Weds	06.00-07.00
Thursday	18.00-19.00
Friday	18.00-19.00
Sunday	07.30-09.00

<b><u>Gold A</u></b>	
Monday	06.00-07.00
Monday	17.45-18.45
Tuesday *	19.35-20.05
Weds	06.00-07.00
Thursday	18.00-19.00
Sunday	07.30-09.00
*dives and turns	

<b><u>Gold B</u></b>	
Monday	06.00-07.00
Monday	17.45-18.45
Thursday	18.00-19.00
Sunday	07.30-09.00

<b><u>Silver A</u></b>	
Monday	17.45-18.45
Thursday	18.00-19.00
Sunday	07.30-09.00

<b><u>Silver B</u></b>	
Thursday	18.00-19.00
Sunday	07.30-09.00

<b><u>Bronze</u></b>	
Thursday	18.00-19.00
Sunday	08.00-09.00

<b><u>Rookies</u></b>	
Thursday	18.00-19.00
Friday	18.00-18.30 (Dives and turns)