

Braintree & Bocking Swimming Club

Training Time Table

Effective from 14th January 2020

<u>Regionals</u>	
Mon	06.00-07.00
Mon	18.00-20.00
Tuesday	06.00-07.00
Tuesday	18.10-20.10
Weds	06.00-07.00
Thursday	19.00-20.30
Friday	18.00-19.00
Sunday	16.00-18.00

<u>Regional Development</u>	
Mon	06.00-07.00
Mon	19.00-20.00
Tuesday	06.00-07.00
Tuesday	18.10-19.40
Weds	06.00-07.00
Thursday	19.00-20.30
Friday	18.00-19.00
Sunday	16.00-18.00

<u>County Youth</u>	
Monday	06.00-07.00
Monday	19.00-20.00
Tuesday	06.00-07.00
Tuesday	18.10-19.10
Weds	06.00-07.00
Thursday	19.00-20.30
Friday	18.30-20.00
Sunday	16.00-18.00

<u>County Age Group</u>	
Monday	06.00-07.00
Monday	19.00-20.00
Tuesday	06.00-07.00
Tuesday	18.10-19.10
Weds	06.00-07.00
Thursday	19.00-20.30
Friday	19.00-20.00
Sunday	16.00-18.00

<u>Performance Juniors</u>	
Mon	06.00-07.00
Tuesday	19.10-20.10
Wednesday	06.00-07.00
Thursday	19.00-20.30
Friday*	18.00-19.00 19.00-20.00
Sunday	16.00-18.00
*Session allocated by coach	

<u>Competition Squad</u>	
Monday	06.00-07.00
Tuesday	06.00-07.00
Tuesday	19.10-20.10
Weds	06.00-07.00
Thursday	19.00-20.30
Friday	19.00-20.00
Sunday	16.00-18.00

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

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

<u>Gold A</u>	
Monday	06.00-07.00
Monday	18.00-19.00
Tuesday *	19.40-20.10
Weds	06.00-07.00
Thursday	18.00-19.00
Sunday	07.30-09.00
*dives and turns	

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

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

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

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

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