

Performance Squad Plan

Week Beginning 19th Aug

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Land	Poolside loosen and flex at end	Poolside loosen and flex at end	Poolside loosen and flex at end	Poolside loosen and flex at end	Poolside loosen and flex at end	Off	Off
Pool am	Off	Aerobic Development	Off	Aerobic Development	Off	Off	Sponsored Swim
Pool pm	Base Aerobic Technique	Base Aerobic Technique	Base Aerobic Technique	Base Aerobic Technique	Off	Off	Off