

Performance Squad Plan

Week Beginning 5th Feb

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	5pm in performance gym	Poolside loosen and flex at end	Poolside loosen and flex at end	Off
Pool am	Off	Descending Aerobic FS	Off	Race Pace 400-600m	Aerobic mix	10-12pm @NSA	St Thomas Age Groups
Pool pm	MVO ²	Critical Speed	Broken FS 100s/200s	Swim-drill sets	Off	Off	Off

Intermediate Squad Plan

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Land	Poolside loosen and flex at end	Poolside loosen and flex at end	Off	5pm in small hall	Poolside loosen and flex at end	Off	8-9am in main hall
Pool	Technique	Aerobic maintenance	Off	Technique	Aerobic Endurance	Off	St Thomas Age Groups

Development and Development+ Squad Plan

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Land	Off	Off	Poolside loosen and flex at end	5pm in small hall	Poolside loosen and flex at end	Poolside loosen and flex at end	8-9am in main hall
Pool	Off	Off	Technique 6.30-7.30pm	5.45 Develop. 6.45 Develop+	Fly Day	Stroke technique	St Thomas Age Groups
Skills Squad	7.00-7.30pm	Off	Off	Off	Off	8.15-9.00am	10.30-11.00am