

Performance Squad Plan

Week Beginning 19th 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	5-5.30pm	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: Race Simulation	District Trials at Forfar
Pool pm	MVO ²	Critical Speed/ RP	Broken swims 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	Technique	Off	Aerobic Endurance	Aerobic Development	Off	District Trials/ 9.00-11.00am

Development and Development+ Squad Plan

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Land	Poolside loosen and flex at end	Off	Poolside loosen and flex at end	5-5.30pm in small hall	Poolside loosen and flex at end	Off	8-9am in main hall
Pool	5.30-6.30pm Development/ 6.30-7.30pm for Development+	Off	Technique 6.30-7.30pm	Off	Fly Day	Off	9.45-11.00am in pool
Skills Squad	Off	Off	Off	Off	Off	8.15-9.00am	8-9am for land/ 9-9.45 for pool