

## Performance Squad Plan

Week Beginning 9<sup>th</sup> April

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	Off	Off	Off	Off
Pool am	Off	6.30-8.30am Speed Endurance	Off	6.30-8.30am MVO <sup>2</sup> 100+200	Aerobic Mix	10-12pm at NSA	Off
Pool pm	Aerobic capacity	Skills/ FS Double-Ups	IM Threshold	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	5-5.30pm in small hall	Poolside loosen and flex at end	Off	8-9am in main hall
Pool	Technique	Aerobic Maintenance	Off	Aerobic Development	Aerobic Endurance	Off	9-11am

## 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	6.30-7.30pm	Off	Fly Day	Off	9.45-11.00am
Skills Squad	Off	Off	6.30-7.30pm	Off	Off	Off	9.00-9.45am