

Performance Squad Plan

Week Beginning 21st May

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 in studio	Poolside loosen and flex at end	Poolside loosen and flex at end	Off
Pool am	Off	Aerobic capacity	Off	Speed Endurance	Aerobic Mix GISM, Tollcross	10-12pm at NSA GISM, Tollcross	GISM, Tollcross
Pool pm	Aerobic capacity	MVO ₂ 100+200m swims	Anaerobic/RP training	Aerobic and speed	GISM, Tollcross	GISM, Tollcross	GISM, Tollcross

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	Poolside loosen and flex at end	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	Off	Off	Off	8.15-9.00am	9.00-9.45am