

Performance Squad Plan

Week Beginning 11th June

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	10-12pm at NSA	Off
Pool pm	Aerobic capacity	MVO ₂ 100+200m swims	Anaerobic/RP training	Aerobic and speed	Off	Off	Off

Skills Squad Plan

Land	Off	Off	Off	Off	Off	Poolside loosen and flex at end	8.00-9.00am in main hall
Pool	Off	Off	Off	Off	Off	8.15-9.00am	9.00-9.45am

Upper 1:

Monday 5.30-7.30pm/ Tuesday 6.30-8.00am/ Thursday 5.45-6.45pm/ Friday 6.30-8.00am/ Sunday 9.00-11.00am

Upper 2:

Wednesday 5.30-7.30pm/ Thursday 6.30-8.00am/ Thursday 5.45-7.45pm/ Friday 6.30-8.00am/ Sunday 9.00-11.00am

Middle:

Monday 5.30-7.30pm/ Thursday 5.45-6.45pm/ Friday 6.30-8.00am/ Sunday 9.00-11.00am

Middle Skills:

Monday 5.30-7.30pm/ Wednesday 5.30-6.30pm/ Thursday 5.45-7.45pm/ Sunday 9.45-11.00am

Lower:

Monday 6.30-7.30pm/ Tuesday 5.30-6.30pm/ Wednesday 6.30-7.30pm/ Sunday 9.00-11.00am

Lower Skills:

Monday 5.30-6.30pm/ Tuesday 5.30-6.30pm/ Wednesday 6.30-7.30pm/ Thursday 6.45-7.45pm/ Sunday 9.45-11.00am