

Performance Squad Plan

Week Beginning 27th Aug

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	Poolside loosen and flex at end	Poolside loosen and flex at end	Poolside loosen and flex at end	Poolside loosen and flex at end
Pool am	Off	Aerobic Endurance	Off	Off	Aerobic capacity	NSA 10-12pm	District Sprints
Pool pm	Aerobic capacity	Aerobic capacity	Aerobic technique	Aerobic and speed	Off	Off	District Sprints

Skills Squad Plan

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