

Performance Squad Plan

Week Beginning 22nd Oct

| 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 | 5pm in studio | Poolside loosen and flex at end | Poolside loosen and flex at end | Off |
| Pool am | Off | Aerobic capacity | Off | Aerobic Capacity | Aerobic mix | Broken Swims/ DCA Meet | DCA Meet |
| Pool pm | Threshold+MVO ² | Anaerobic/RP training | Critical Speed/MVO ² | Speed Endurance | Off | DCA Meet | DCA Meet |

Skills Squad Plan

| Day | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------|--------|---------|-----------|------------------|--------|---------------------------------|--------------------|
| Land | Off | Off | Off | 5pm in small gym | Off | Poolside loosen and flex at end | 8-9am in main hall |
| Pool | Off | Off | Off | Off | Off | Stroke technique | Aerobic mix |
| Skills Squad | Off | Off | Off | Off | Off | 8.15-9.00am | 9.15-10.00am |