

Performance Squad Plan

Week Beginning 7th Jan

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	Off
Pool am	Off	Aerobic capacity	Off	Aerobic Capacity	Aerobic mix	NSA 10-12pm	Off
Pool pm	Threshold+ MVO ²	Anaerobic/RP training	Critical Speed/MVO ²	Speed Endurance	Off	Off	Off

Skills Squad Plan

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Land	Off	Off	Off	Off	Off	Poolside loosen and flex at end	8-9am in hall
Pool	Off	Off	Off	Off	Off	8.15-9.00am	9.00-9.45am