

Dist and National Squad Plan

Week beg 23 Jan

Day	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28	Sunday 29
Land	Off	Core Body Core gym	Core Body Squash Court	Core Body gym	Off	Off	Aerobic
Pool am	Off	aerobic	Off	Anaerobic	Aerobic	Off Schools	Aerobic
Pool pm	Anaerobic	Aerobic +spd	Aerobic	Aerobic +spd	Off	Off Schools	Off

Int and Jnr Plan

Land	Off	Core Body Flexibility Gym Int(Dist)	Off	Core Body Gym	Off	Off	Aerobic
Pool am	Off	Int/Jnr Aerobic tech fc/bk	Off	Int tech brs/fly 8-9	Tech 6.30-8.00	Technique jnr	Aerobic
Pool pm	Aerobic Int Kick	Aerobic Int	Tech jnr	Aerobic IM Int/Jnr	Off	Off	Off

Dev

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool	Off	Off	Technique	Off	Off	Technique	Technique am

Bring all equipment to poolside/gym :- skipping rope/tennis ball/thera band/snorkels/fins/paddles/full water bottle/2 pairs of goggles/log book.