

## Senior Squad

### Training Schedule

DAYS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING						
VENUE	<b>Epsom</b>	<b>Epsom</b>		<b>Epsom</b>		<b>Epsom</b>
SWIMMING TIMES	5.30-7.00am	5.30-7.00am		5.30-7.00am		6.00-7.30am
AFTERNOON						
VENUE	<b>Epsom</b>	<b>Newmarket</b>	<b>Epsom</b>	<b>Newmarket</b>	<b>Newmarket</b>	
DRY LAND TIMES	5.00-5.45pm <sup>(2)</sup>	5.00-6.00pm		5.00-6.00pm	4.30-5.30pm	
SWIMMING TIMES	6.00-7.30pm	6.15-8.00pm <sup>(1)</sup>	5.00-7.00pm	6.15-8.00pm <sup>(1)</sup>	5.45-7.30pm	

- (1) The Swimmers in this squad can swim all of the above sessions, except on a Tuesday and Thursday afternoon where instead they will swim either the Tuesday evening or Thursday evening session as determined by the coach. The Tuesday session will be a freestyle only session and the Thursday session will have separate backstroke and breaststroke lanes.
- (2) Swimmers in this squad are expected to regularly attend at least 7 pool sessions per week
- (3) Dry land at EGGs will be in the Old Gym

## Gold Squad

### Training Schedule

DAYS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING						
VENUE			<b>Epsom</b>		<b>Epsom</b>	<b>Epsom</b>
SWIMMING TIMES			5.30-7.00am		5.30-7.00am	7.30-9.00am
AFTERNOON						
VENUE	<b>Newmarket</b>	<b>Epsom</b>	<b>Newmarket</b>	<b>Epsom</b>		
DRYLAND TIMES	5.45-6.15pm		5.45-6.15pm			
SWIMMING TIMES	6.30-8.00pm	5.30-7.00pm	6.30-8.00pm	6.00-7.30pm		

1. Swimmers in this squad may swim all sessions and are expected to regularly attend at least 6 pool sessions per week. On Monday and Wednesday afternoon some swimmers from this squad may be invited to swim with the Senior squad.

## Silver Squad

**Swimming sessions:** Can swim a maximum of 5 sessions per week from a choice of 6 available sessions

**Minimum attendance:** Swimmers in this squad are expected to regularly attend at least 4 pool sessions per week

### Training Schedule

DAYS	Monday	Tuesday	Wednesday <sup>(1)</sup>	Thursday	Friday	Saturday <sup>(2)</sup>
MORNING						
VENUE	Epsom			Epsom/Dio		
SWIMMING TIMES	5.30-7.00am			7.30-9.am/7.15-8.30am		
AFTERNOON						
VENUE	Epsom	Epsom	Epsom	Epsom	Epsom	
DRYLAND TIMES		5.45-6.30pm			5.30-6.00pm	
SWIMMING TIMES	4.30-6.00pm	4.30-5.30pm	3.45-5.00pm	4.45-6.00pm	3.45-5.15pm	

(1) The Wednesday morning session is by Invitation Only and is instead of the Wednesday afternoon session – ie invited Silver swimmers only once on Wednesday

(2) For the Saturday morning session the squad will be split between Epsom (7.30-9am) and Dio (7.15-8.30am) as advised by the coaches

## Bronze Squad

**Swimming sessions:** Can swim a maximum of 4 sessions per week from a choice of 5 available sessions

**Minimum attendance:** Swimmers in this squad are expected to regularly attend at least 3 pool sessions per week

### Training Schedule

DAYS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING						
VENUE						
SWIMMING TIMES						
AFTERNOON						
VENUE	Epsom	Epsom	Epsom	Epsom	Epsom	
DRYLAND TIMES		5.45-6.30pm			5.30-6.00pm	
SWIMMING TIMES	4.30-6.00pm	4.30-5.30pm	3.45-5.00pm	4.45-6.00pm	3.45-5.15pm	