

# Training Schedule - Swimming

Written by Administrator

Sunday, 03 July 2016 00:00 - Last Updated Wednesday, 22 May 2019 17:00

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**SQUAD**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**WEEKLY HOURS**

Elite

8 HRS ATTENDANCE REQUIRED

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7.00-9.00PM SVS

6:15-7:30AM MLC

7-9PM MLC

7-9PM RMP

7-9PM MLC

6.15-7.30AM

8-9PM MLC

7-8.30AM MLC

7-9PM MLC

15 HRS

LAND TRAINING

5.30-6.30PM MLC

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1 HR

Julior Elite

6 HRS ATTENDANCE REQUIRED

8.0	0-9.00PM SVS
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8-9PM MLC

7-9PM RMP

8-9PM MLC

8-9:30PM MLC

7-8.30AM MLC

7-8 MLC

7-9PM SELECTED SWIMMERS

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9-10 HRS

Junior Development

4 HRS ATTENDANCE REQUIRED

8.0 0-9.00PM SVS

7-9PM RMP

7 -9PM SVS

8-9pm MLC holidays only

7-8PM MLC

7-8PM MLC

7 HRS

Competitive Development 3

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6 HRS ATTENDANCE REQUIRED

8-9PM MLC

7-9PM RMP

7-9PM SVS

8-9:30PM MLC

7-8:30AM MLC

8-9PM MLC

9 HRS

Competitive Development 2

4 HRS ATTENDANCE REQUIRED

7-9PM SVS

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7-8PM MLC

7-8:30AM MLC

7-8PM MLC

5.5 HRS

Competitive Development 1

4 HRS ATTENDANCE REQUIRED

7-9PM SVS

7-8PM MLC

6-7PM MLC

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4 HRS

Competitive 3

4 HRS ATTENDANCE REQUIRED

7.00-8.00PM SVS

7-8PM MLC

7-8PM MLC

7-8PM MLC

6-7PM MLC

5 HRS

Competitive 2

4 HRS ATTENDANCE REQUIRED

7.00-8.00PM SVS

7-8PM MLC

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7-8PM MLC

6-7PM MLC

5 HRS

Competitive 1

3 HRS ATTENDANCE REQUIRED

6-7PM SVS

6-7PM SVS

7-8PM MLC

10-11AM RMP

4 HRS

Pre-Competitive



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2 HRS ATTENDANCE REQUIRED

6-7PM SVS

6-7PM SVS

10-11AM RMP

3 HRS

RED SQUAD

(NO HOUR REQUIREMENT) Hours are agreed subject to squad.

7-9PM SVS

7-8PM MLC

3 HRS

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LEARN TO SWIM

7-7:30PM

7:30-8PM MLC

7.30-8PM

8-8:30PM MLC

30 MIN

MASTERS

7-9PM SVS

9-10PM MLC

8-9PM MLC

3 HRS

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ADULT LEISURE

9-10PM

1 HR

MLC- MAIDSTONE LEISURE CENTRE

SVS- SUTTON VALENCE SCHOOL

RMP- JOSEPH WILLIAMS MATHEMATICAL SCHOOL ROCHESTER