

SUMMER TRAINING SCHEDULE

		Mon 24	Tue 25	Wed 26	Thu 27	Fri 28	Sat 29	Sun 30
TRAINING AT PARK ROAD POOL - TOTTENHAM SQUADS SWIM AT PARK ROAD								
Park Road SQUADS	6pm-7pm Development	6pm-7pm Development	6pm-7pm Development	6pm-7pm Development	6pm-7pm Development	6pm-7pm Development & Club Squad	8AM-10AM COMPETITIVE & PERFORMANCE AS NORMAL	8AM-10AM COMPETITIVE & PERFORMANCE AS NORMAL
	7pm-8pm Competitive (a)	7pm-8pm Competitive (a)	7pm-8pm Competitive	7pm-8pm Competitive (a)	7pm-8pm Competitive (a)			
	8pm-9pm Competitive (b)	8pm-9pm Competitive (b)		8pm-9pm Competitive (b)	8pm-9.30pm Competitive (b)			
Tottenham Green SQUADS swim at Park Road	6pm-7pm Development	6pm-7pm Development	6pm-7pm Development	6pm-7pm Development	6pm-7pm Development			
	7pm-8pm Competitive	7pm-8pm Competitive	7pm-8pm Comp + Perf	7pm-8pm Competitive	7pm-8pm Competitive			
	8pm-9pm Performance	8pm-9pm Performance		8pm-9pm Performance	8pm-9.30pm Performance			
		Mon 31	Tue 1	Wed 2	Thu 3	Fri 4	Sat 5	Sun 6
NO TRAINING ALL WEEK AT BOTH POOLS								
		Mon 7	Tue 8	Wed 9	Thu 10	Fri 11	Sat 12	Sun 13
TRAINING AT TOTTENHAM POOL - PARK ROAD SQUADS SWIM AT TOTTENHAM								
Park Road SQUADS swim at Tottenham	6pm-7pm Development	6pm-7pm Development	6pm-7pm Development	6pm-7pm Development	6pm-7pm Development & Club Squad	NO TRAINING		
	7pm-8pm Competitive (a)	7pm-8pm Competitive (a)	7pm-8pm Competitive (a)	7pm-8pm Competitive (a)				
	8pm-9pm Competitive (b)	8pm-9pm Competitive (b)	8pm-9pm Competitive (b)	8pm-9pm Competitive (b)				
Tottenham Green SQUADS	6pm-7pm Development & Competitive	6pm-7pm Development & Competitive	6pm-7pm Development & Competitive	6pm-7pm Development & Competitive	6pm-7pm Development & Competitive			
	7pm-9pm Performance	7pm-9pm Performance	7pm-9pm Performance	7pm-9pm Performance				

	Mon 14	Tue 15	Wed 16	Thu 17	Fri 18	Sat 19	Sun 20		
TRAINING AT PARK ROAD POOL - TOTTENHAM SQUADS SWIM AT PARK ROAD									
Park Road SQUADS	8am-9am Development	8am-9am Development	8am-9am Development	8am-9am Development	8am-9am Development	NO TRAINING			
	9am-10.30am Competitive	9am-10.30am Competitive	9am-10.30am Competitive	9am-10.30am Competitive	9am-10.30am Competitive				
Tottenham Green SQUADS swim at Park Road	8am-9am Development	8am-9am Development	8am-9am Development	8am-9am Development	8am-9am Development				
	9am-10.30am Competitive & Performance	9am-10.30am Competitive & Performance	9am-10.30am Competitive & Performance	9am-10.30am Competitive & Performance	9am-10.30am Competitive & Performance				
	Mon 21	Tue 22	Wed 23	Thu 24	Fri 25			Sat 26	Sun 27
TRAINING AT TOTTENHAM POOL - PARK ROAD SQUADS SWIM AT TOTTENHAM									
Park Road SQUADS swim at Tottenham	6pm-7pm Development	6pm-7pm Development	6pm-7pm Development	6pm-7pm Development	6pm-7pm Development & Club Squad	NO TRAINING			
	7pm-8pm Competitive (a)	7pm-8pm Competitive (a)	7pm-8pm Competitive (a)	7pm-8pm Competitive (a)					
	8pm-9pm Competitive (b)	8pm-9pm Competitive (b)	8pm-9pm Competitive (b)	8pm-9pm Competitive (b)					
Tottenham Green SQUADS	6pm-7pm Development & Competitive	6pm-7pm Development & Competitive	6pm-7pm Development & Competitive	6pm-7pm Development & Competitive	6pm-7pm Development				
	7pm-9pm Performance	7pm-9pm Performance	7pm-9pm Performance	7pm-9pm Performance					
	Mon 28	Tue 29	Wed 30	Thu 31	Fri 1			Sat 2	Sun 3
TRAINING AT PARK ROAD POOL - TOTTENHAM SQUADS SWIM AT PARK ROAD									
Park Road SQUADS	NO TRAINING	6pm-7pm Development	6pm-7pm Development	6pm-7pm Development	6pm-7pm Development & Club Squad	NO TRAINING			
		7pm-8pm Competitive (a)	7pm-8pm Competitive	7pm-8pm Competitive (a)	7pm-8pm Competitive (a)				
		8pm-9pm Competitive (b)		8pm-9pm Competitive (b)	8pm-9.30pm Competitive (b)				
Tottenham Green SQUADS swim at Park Road		6pm-7pm Development	6pm-7pm Development	6pm-7pm Development	6pm-7pm Development				
7pm-8pm Competitive		7pm-8pm Comp + Perf	7pm-8pm Competitive	7pm-8pm Competitive					
8pm-9pm Performance			8pm-9pm Performance	8pm-9.30pm Performance					