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 & Club Squad	8AM-10AM COMPETITIVE & PERFORMANCE AS NORMAL	8AM-10AM COMPETITIVE & PERFORMANCE AS NORMAL			
	7pm-8pm	7pm-8pm	7pm-8pm	7pm-8pm	7pm-8pm					
	Competitive (a)	Competitive (a)	Competitive	Competitive (a)	Competitive (a)					
	8pm-9pm	8pm-9pm		8pm-9pm	8pm-9.30pm					
	Competitive (b)	Competitive (b)		Competitive (b)	Competitive (b)					
	6pm-7pm	6pm-7pm	6pm-7pm	6pm-7pm	6pm-7pm					
Tottenham	Development	Development	Development	Development	Development					
Green SQUADS	7pm-8pm	7pm-8pm	7pm-8pm	7pm-8pm	7pm-8pm					
swim at Park	Competitive	Competitive	Comp + Perf	Competitive	Competitive					
Road	8pm-9pm	8pm-9pm		8pm-9pm	8pm-9.30pm					
	Performance	Performance		Performance	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	6pm-7pm	6pm-7pm	6pm-7pm		NO TRAINING				
	Development	Development	Development	Development	Com Zom					
	7pm-8pm	7pm-8pm	7pm-8pm	7pm-8pm	6pm-7pm Development & Club					
	Competitive (a)	Competitive (a)	Competitive (a)	Competitive (a)						
	8pm-9pm	8pm-9pm	8pm-9pm	8pm-9pm	Squad					
	Competitive (b)	Competitive (b)	Competitive (b)	Competitive (b)						
Tottenham Green SQUADS	6pm-7pm	6pm-7pm	6pm-7pm	6pm-7pm	6pm-7pm					
	Development &	Development &	Development &	Development &	Development &					
	Competitive	Competitive	Competitive	Competitive	Competitive					
	7pm-9pm	7pm-9pm	7pm-9pm	7pm-9pm	•					
	Performance	Performance	Performance	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	8am-9am	8am-9am	8am-9am	8am-9am					
	Development	Development	Development	Development	Development					
	9am-10.30am	9am-10.30am	9am-10.30am	9am-10.30am	9am-10.30am					
	Competitive	Competitive	Competitive	Competitive	Competitive					
Tottenham Green SQUADS swim at Park	8am-9am	8am-9am	8am-9am	8am-9am	8am-9am	NO TRAINING				
	Development	Development	Development	Development	Development					
	9am-10.30am	9am-10.30am	9am-10.30am	9am-10.30am	9am-10.30am					
	Competitive &	Competitive &	Competitive &	Competitive &	Competitive &					
Road	Performance	Performance	Performance	Performance	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									
	6pm-7pm	6pm-7pm	6pm-7pm	6pm-7pm		NO TRAINING				
	Development	Development	Development	Development						
Park Road	7pm-8pm	7pm-8pm	7pm-8pm	7pm-8pm	6pm-7pm Development & Club					
SQUADS swim	Competitive (a)	Competitive (a)	Competitive (a)	Competitive (a)						
at Tottenham	8pm-9pm	8pm-9pm	8pm-9pm	8pm-9pm	Squad					
	Competitive (b)	Competitive (b)	Competitive (b)	Competitive (b)						
Tottenham	6pm-7pm	6pm-7pm	6pm-7pm	6pm-7pm						
	Development &	Development &	Development &	Development &	6pm-7pm					
	Competitive	Competitive	Competitive	Competitive	Development					
Green SQUADS	7pm-9pm	7pm-9pm	7pm-9pm	7pm-9pm						
	Performance	Performance	Performance	Performance						
	Mon 28	Tue 29	Wed 30	Thu 31	Fri 1	Sat 2	Sun 3			
	Т	1 AT PARK ROA	\D							
Park Road SQUADS					6pm-7pm	NO TRAINING				
	NO TRAINING	6pm-7pm	6pm-7pm	6pm-7pm	Development & Club					
		Development	Development	Development	Squad					
		7pm-8pm	7pm-8pm	7pm-8pm	7pm-8pm					
		Competitive (a)	Competitive	Competitive (a)	Competitive (a)					
		8pm-9pm	·	8pm-9pm	8pm-9.30pm					
		Competitive (b)		Competitive (b)	Competitive (b)					
		6pm-7pm	6pm-7pm	6pm-7pm	6pm-7pm					
Tottenham		Development	Development	Development	Development					
Green SQUADS		7pm-8pm	7pm-8pm	7pm-8pm	7pm-8pm					
swim at Park Road		Competitive	Comp + Perf	Competitive	Competitive					
		8pm-9pm		8pm-9pm	8pm-9.30pm					
		Performance		Performance	Performance					