

Summer 18 Training Schedule

	Mon 23	Tue 24	Wed 25	Thu 26	Fri 27	Sat 28	Sun 29
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	NO TRAINING	
	7pm-8pm Competitive 7-8	7pm-8pm Competitive 7-8	7pm-8pm Competitive 7-8	7pm-8pm Competitive 7-8	7pm-8pm Competitive 7-8		
	8pm-9pm Competitive 8-9	8pm-9pm Competitive 8-9	8pm-9pm Competitive 8-9	8pm-9pm Competitive 8-9	8pm-9.30pm Competitive 8-9		
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 30	Tue 31	Wed 1	Thu 2	Fri 3	Sat 4	Sun 5
NO TRAINING ALL WEEK AT BOTH POOLS							
	Mon 6	Tue 7	Wed 8	Thu 9	Fri 10	Sat 11	Sun 12
TRAINING AT PARK ROAD POOL - TOTTENHAM SQUADS SWIM AT PARK ROAD							
Park Road SQUADS	9am-10am Development	9am-10am Development	9am-10am Development	9am-10am Development	9am-10am Development + Club Squad	NO TRAINING	
	10am-12noon Competitive	10am-12pm Competitive	10am-12pm Competitive	10am-12pm Competitive	10am-12pm Competitive		
Tottenham Green	9am-10am Development	9am-10am Development	9am-10am Development	9am-10am Development	9am-10am Development		

SQUADS swim at Park Road	10am-12noon Competitive & Performance	10am-12noon Competitive & Performance	10am-12noon Competitive & Performance	10am-12noon Competitive & Performance	10am-12noon Competitive & Performance		
	Mon 13	Tue 14	Wed 15	Thu 16	Fri 17	Sat 18	Sun 19
TRAINING AT TOTTENHAM POOL - PARK ROAD SQUADS SWIM AT TOTTENHAM							
Park Road SQUADS swim at Tottenham Green	6pm-7pm Development	6pm-7pm Development	6pm-7pm Development	6pm-7pm Development	6pm-7pm Development + Club Squad	NO TRAINING	
	7pm-8pm Competitive 7-8	7pm-8pm Competitive 7-8	7pm-8pm Competitive 7-8	7pm-8pm Competitive 7-8	7pm-8pm Competitive 7-8		
	8pm-9pm Competitive 8-9	8pm-9pm Competitive 8-9	8pm-9pm Competitive 8-9	8pm-9pm Competitive 8-9	8pm-9pm Competitive 8-9		
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	7pm-9pm Performance		
	Mon 20	Tue 21	Wed 22	Thu 23	Fri 24	Sat 25	Sun 26
TRAINING AT PARK ROAD POOL - TOTTENHAM SQUADS SWIM AT PARK ROAD							
Park Road SQUADS	9am-10am Development	9am-10am Development	9am-10am Development	9am-10am Development	9am-10am Development + Club Squad	NO TRAINING	
	10am-11am Competitive 7-8	10am-11am Competitive 7-8	10am-11am Competitive 7-8	10am-11am Competitive 7-8	10am-11am Competitive 7-8		
	11am-12noon Competitive 8-9	11am-12noon Competitive 8-9	11am-12noon Competitive 8-9	11am-12noon Competitive 8-9	11am-12noon Competitive 8-9		
Tottenham Green SQUADS swim at Park Road	9am-10am Development	9am-10am Development	9am-10am Development	9am-10am Development	9am-10am Development		
	10am-11am Competitive	10am-11am Competitive	10am-11am Competitive	10am-11am Competitive	10am-11am Competitive		
	10am-12noon Performance	10am-12noon Performance	10am-12noon Performance	10am-12noon Performance	10am-12noon Performance		

		Mon 27	Tue 28	Wed 29	Thu 30	Fri 31	Sat 1	Sun 2
TRAINING AT TOTTENHAM POOL - PARK ROAD SQUADS SWIM AT TOTTENHAM								
Park Road SQUADS swim at Tottenham Green	NO TRAINING	6pm-7pm Development	6pm-7pm Development	6pm-7pm Development	6pm-7pm Development	6pm-7pm Development + Club Squad	NO TRAINING	
		7pm-8pm Competitive 7-8	7pm-8pm Competitive 7-8	7pm-8pm Competitive 7-8	7pm-8pm Competitive 7-8	7pm-8pm Competitive 7-8		
		8pm-9pm Competitive 8-9	8pm-9pm Competitive 8-9	8pm-9pm Competitive 8-9	8pm-9pm Competitive 8-9	8pm-9pm Competitive 8-9		
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	7pm-9pm Performance		