

Summer 2018

13 August 3 sept 18

Squad	Types	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Top	Land Training							08:00-08:45 Eltham College	0.75
Top	Swim Training	18:30-20:00 Walnuts		19:00-21:00 Walnuts				09:00-10:30 Eltham College	5
Platinum	Land Training							08:00-08:45 Eltham College	0.75
Platinum	Swim Training	20:00-21:30 Walnuts			18:30-20:00 Walnuts			09:00-10:30 Eltham College	4.5
Gold	Land Training							08:00-08:45 Eltham College	0.75
Gold	Swim Training	17:30-18:30 Walnuts			18:30-20:00 Walnuts			09:00-10:30 Eltham College	4
Silver	Swim Training	17:30-18:30 Walnuts			18:30-20:00 Walnuts		08:00-09:30 Walnuts		4
Chrome	Swim Training	16:30-17:30 Walnuts		18:00-19:00 Walnuts			08:00-09:30 Walnuts		3.5
Bronze	Swim Training		18:00-19:00 Walnuts				08:00-09:30 Walnuts		2.5
New Bronze	Swim Training		19:00-20:00 Walnuts					14:30-16:00 Walnuts	2.5
B&P	Swim Training		20:00-21:00 Walnuts					16:00-17:30 Walnuts	2.5
Masters	Swim Training	20:00-21:30 Walnuts			20:00-21:30 Walnuts				3