

August/September Alterations

Date	Squad	Time
Monday 29 th – Friday 2 nd September (All week)	P1	Land 15.00 – 16.00 Swim 16.00 – 17.30
Monday 29 th – Friday 2 nd September (All week)	P2	Swim 14.30 – 16.00 Land 16.00 – 17.00
Monday 29 th – Friday 2 nd September (All week)	National squad	Swim 16.00 – 17.30 Land 17.30 – 18.30
Monday 29 th – Friday 2 nd September (All week)	JO1	Swim 17.30 – 19.00 Land 17.00 – 17.30 (Mon, wed, Fri)
Tuesday 30 th	Jo 2 Red	Land 17.00 – 17.30. Swim 17.30 – 18.30
Wednesday 31 st August	JOD	Land 17.00 – 17.30. Swim 17.30 – 19.00
	Masters	Swim 19.00 – 20.00
Thursday 1 st September	Jo 2 Black	Land 17.00 – 17.30. Swim 17.30 – 18.30
	Masters	Swim 19.00 – 20.00
Friday 2 nd September	Jo 2 Black	Land 17.00 – 17.30. Swim 17.30 – 18.30
	JO2 Red	Land 18.00 – 18.30. Swim 18.30 – 19.30
Saturday 3 rd September	All squads (who train at Ponds Forge)	Cancelled
	JO3	Change to time and venue 7-8am at Ponds Forge

Phased return to AM sessions –

w/c 5 th and w/c 12 th September	P1, National, Jo 1 and Jo 2 Red and Black	6 sessions Am training Cancelled Monday-Friday Saturday 10 th am session added back into training week Jo 2 Red and Black back to normal training week
W/c 5 th and w/c 12 th September	P2	6 sessions Am training Cancelled Mon, Thurs and Friday. Tuesday 6 th AM session added back into training week
w/c 5 th September	JOD	5 sessions Am training Cancelled Monday to Friday
w/c 12 th September	JOD	Back to normal training week 6 sessions Monday am session (5.30-7.00am added back into training week)

w/c 19 th September	P1 and National	7 sessions Tuesday am added back into training week
w/c 19 th September	P2	7 sessions Friday am added back into training week
w/c 19 th September	Jo 1	7 sessions (Monday am added back into training week 5.30 – 7.00am)
w/c 26 th September	P1 and National	8 sessions Thursday am added back into training week
W/c 26 th September	P2	8 sessions. Thursday am added back into training week
w/c 26 th September	Jo 1	Back to normal training week Friday am added back into training week
w/c 3 rd October	P1, P2 and National squad	Back to normal training week