



SUMMER 2017 TRAINING PROGRAMME

Junior & Youth County Potential Squads

City of Southampton Swimming Club will run a full Training Programme **with the last Squad Training Session being 3:45pm-5:45pm on Friday 28 July 2017** then due to coaching constraints, such as British Summer Championships & Swim England National Summer Meet, Assistant Coaches Summer Holidays etc -

We will conduct the following 'Summer Training Programme' throughout the month of August.

August 2017

Week 1

Mon 31 Jul	6:00am-7:30am	Land Training (poolside) Technique & Aerobic Skills work (pool)
Tue 01 Aug	6:00am-7:30am	Land Training (poolside) Technique & Aerobic Skills work (pool)
Wed 02 Aug	6:00am-7:30am	Land Training (poolside) Technique & Aerobic Skills work (pool)
Thu 03 Aug	6:00am-7:30am	Land Training (poolside) Technique & Aerobic Skills work (pool)
Fri 04 Aug	6:00am-7:30am	Land Training (poolside) Technique & Aerobic Skills work (pool)

Week 2

Mon 7 Aug	6:00am-7:30am	Land Training (poolside) Technique & Aerobic Skills work (pool)
Tue 8 Aug	6:00am-7:30am	Land Training (poolside) Technique & Aerobic Skills work (pool)
Wed 9 Aug	6:00am-7:30am	Land Training (poolside) Technique & Aerobic Skills work (pool)
Thu 10 Aug	6:00am-7:30am	Land Training (poolside) Technique & Aerobic Skills work (pool)
Fri 11 Aug	6:00am-7:30am	Land Training (poolside) Technique & Aerobic Skills work (pool)

Week 3

Mon 14 Aug	6:00am-7:30am	Land Training (poolside) Technique & Aerobic Skills work (pool)
Tue 15 Aug	6:00am-7:30am	Land Training (poolside) Technique & Aerobic Skills work (pool)
Wed 16 Aug	6:00am-7:30am	Land Training (poolside) Technique & Aerobic Skills work (pool)
Thu 17 Aug	6:00am-7:30am	Land Training (poolside) Technique & Aerobic Skills work (pool)
Fri 18 Aug	6:00am-7:30am	Land Training (poolside) Technique & Aerobic Skills work (pool)

Week 4

Mon 21 Aug	6:00am-7:30am	Land Training (poolside) Technique & Aerobic Skills work (pool)
Tue 22 Aug	6:00am-7:30am	Land Training (poolside) Technique & Aerobic Skills work (pool)
Wed 23 Aug	6:00am-7:30am	Land Training (poolside) Technique & Aerobic Skills work (pool)
Thu 24 Aug	6:00am-7:30am	Land Training (poolside) Technique & Aerobic Skills work (pool)
Fri 25 Aug	No Training	Bank Holiday Weekend.

Week 5

Mon 28 Aug	No Training	Bank Holiday Weekend
Tue 29 Aug	6:00am-7:30am	Land Training (poolside) Technique & Aerobic Skills work (pool)
Wed 30 Aug	6:00am-7:30am	Land Training (poolside) Technique & Aerobic Skills work (pool)
Thu 31 Aug	6:00am-7:30am	Land Training (poolside) Technique & Aerobic Skills work (pool)
Fri 1 Sep	6:00am-7:30am	Land Training (poolside) Technique & Aerobic Skills work (pool)

Commence 'Preparation Phase Training' FULL TRAINING Programme:

Mon 4 Sep	5:30am-7:30am	National/Regional Squad
		Senior Performance/Training Squads
		Youth County Potential Squad
		Junior County Potential Squad

David Terry
Head Coach

