



## SUMMER 2017 TRAINING PROGRAMME

### National Regional Squad

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

<b>Mon 31 Jul</b>	<b>6:00am-7:30am</b>	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

<b>Mon 7 Aug</b>	<b>6:00am-7:30am</b>	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

<b>Mon 14 Aug</b>	<b>6:00am-7:30am</b>	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

<b>Mon 21 Aug</b>	<b>6:00am-7:30am</b>	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	<b>No Training</b>	<b>Bank Holiday Weekend.</b>

#### Week 5

<b>Mon 28 Aug</b>	<b>No Training</b>	<b>Bank Holiday Weekend</b>
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:

<b>Mon 4 Sep</b>	<b>5:30am-7:30am</b>	<b>National/Regional Squad</b> <b>Senior Performance/Training Squads</b> <b>Youth County Potential Squad</b> <b>Junior County Potential Squad</b>
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**David Terry**  
**Head Coach**

