



SUMMER 2017 TRAINING PROGRAMME

Development & Piranhas Squad

City of Southampton Swimming Club will run a full Training Programme **with the last Squad Training Session being 6:00pm-7:00pm on Thursday 27 July 2017**, then due to coaching constraints, such as ASA British & English Summer Nationals, Assistant Coaches Summer Holidays etc -

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

August 2017-

Week 1

Tue 1 Aug 6:00-7:30am The Quays Land Training (poolside) Technique & Aerobic Skills work (pool)
Thu 3 Aug 6:00-7:30am The Quays Land Training (poolside) Technique & Aerobic Skills work (pool)

Week 2

Tue 8 Aug 6:00-7:30am The Quays Land Training (poolside) Technique & Aerobic Skills work (pool)
Thu 10 Aug 6:00-7:30am The Quays Land Training (poolside) Technique & Aerobic Skills work (pool)

Week 3

Tue 15 Aug 6:00-7:30am The Quays Land Training (poolside) Technique & Aerobic Skills work (pool)
Thu 17 Aug 6:00-7:30am The Quays Land Training (poolside) Technique & Aerobic Skills work (pool)

Week 4

Tue 22 Aug 6:00-7:30am The Quays Land Training (poolside) Technique & Aerobic Skills work (pool)
Thu 24 Aug 6:00-7:30am The Quays Land Training (poolside) Technique & Aerobic Skills work (pool)

Week 5

Tue 29 Aug 6:00-7:30am The Quays Land Training (poolside) Technique & Aerobic Skills work (pool)
Thu 31 Aug 6:00-7:30am The Quays Land Training (poolside) Technique & Aerobic Skills

Commence 'Preparation Phase Training' FULL TRAINING Programme:

Tues 5th Sep	The Quays	5:30am-6:20am	Land Training	Development Squad
	The Quays	6:20am-7:30am	Swim	Development Squad
Tues 5th Sep	The Quays	5:45pm-7:00m	Swim	Piranhas Squad
Tues 5th Sep	Jubilee Pool	6:15pm-8:00pm		Development Squad

David Terry
Head Coach