

CoStA City of St Albans Amateur Swimming Club



Training Schedule 2019-2020 v1. From Monday 18th August 2019.

	Reception	Foundation	Junior Dev	Junior Comp	Junior Perf	Senior Dev	Senior Perf	Club Swim	Masters
Coach	Daniel	Daniel	Alex	Sian	Daniel	Alex	Mike	Branwen	Josie
Hours/week	1	3.5	5.5	7.5	10+LT	6	13+LT	2	4
SUNDAY	16.30-17.30 SAS	17.30-18.30 SAS	19.00-20.00 WL (4 Lanes)	19.00-20.00 WL (4 Lanes)	19.00-21.00 WL (2 Lanes)	20.00-21.00 WL (4 Lanes)	17.30-18.30 LT SAS 18.30-20.30 SAS	18.00-19.00 HS	20.00-21.00 WL (4 Lanes)
MONDAY			19.00-20.00 WL (4 Lanes)	18.30-19.30 SAS	18.30-19.30 SAS	20.00-21.00 WL (4 Lanes)	06.00-07.30 SAS 19.00-21.00 WL (4 Lanes)		21.00-22.00 WL (8 Lanes)
TUESDAY		18.00-19.00 HS – Choice 1* (2 lanes)	19.00-20.00 HS	06.00-07.30 SAS	06.00-07.30 SAS 18.00-19.00 HS	20.00-21.00 HS	18.30-20.30 SAS		
WEDNESDAY		18.00-19.00 HS – Choice 2*	19.00-20.00 HS	18.30-19.30 SAS	19.30-21.00 SAS	20.00-21.00 HS	06.00-07.30 SAS 18.30-19.30 SAS 19:30-20:00 LT SAS 20:00-21:00 SAS		21.00-22.00 SAS
THURSDAY					18.30-19.30 SAS 19:30-20:00 LT SAS		18.30-20.30 SAS	19.00-20.00 WL	20.30-21.30 SAS
FRIDAY		06.00-07.30 SAS	06.00-07.30 SAS	17.30-18.30 HS			18.30-19.30 HS		
SATURDAY				07.30-09.30 SAS	07.30-09.30 SAS	07:30-09.30 SAS			

WL – Westminster Lodge

SAS – St Albans School

HS – St Albans High School for Girls

* Foundation swimmers will choose to swim either Tuesday OR Wednesday evening

All swimmers are reminded that these are session 'start times' – you need to be poolside and ready to swim (having warmed up) by the times indicated above.