



WEEKLY TRAINING SCHEDULE

Effective May 31, 2010 Swim Training

Dryland Training

SQUADS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
A	----- 5:00 – 7:00 PM	5:30 – 7:00 AM	----- 4.45-6.00pm (Not Jnr A)	5:30- 7:00 AM	5:30- 7:00 AM	6:45 – 8:45 AM 4:00 – 5:00 DL 5:00 – 6.30 PM	8:00 –10:00 AM at NAC Leinster Sq Jnr A, Non Leinster 9.30-11am 4:00-6:00PM (Not Jnr A)
A3	----- A3 DRYLAND – FOR MONTH OF JUNE, GO TO THE DRLAND SESSION OFFERED BY YOUR OLD SQUAD	-----	-----	5:30- 7:00 AM	-----	9.00-10.00am TLC Jobstown	----- 5.00-6.00pm
B	----- 5:00 - 6:00 pm DL	----- 5:00 – 6:00 PM	----- 4.45 – 6:00 PM	5:30- 7:00 AM 5:00-6:00 PM	5:30 – 7:00 AM	9.00 – 10.AM TLC Jobstown	----- 4.00-5.00pm
C	----- 5:00 – 6:00 pm DL	----- 5:00 – 6:00 PM	-----	----- 5:00 – 6:00 PM	----- 6:00 – 7:00 PM	9.00 – 10.00AM TLC Jobstown	----- 9:30 – 11:00 AM
TC1	6:00-7:00 PM	-----	-----	5:00 – 6:00 PM	-----	-----	9:30 – 11:00 AM
TC2	-----	5:00-6:00 PM	-----	5:00-6:00 PM	-----	-----	9:30 – 11:00 AM

NOTES:

A3 – For June only, this squad to attend the Dryland Session of their old squad, training in use of gym equipment etc to restart in September with A squad

Jnr A – An informal classification used for new entrants to A squad, Coach to advise swimmers on promotion to A squad