

GLL BARNET TRAINING SCHEME

	<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>
SENIORS (PM)		TP 6.30-8.30PM	TP 6.30-8.30PM	TP 5.30-7.30PM
(AM)		TP 5.15-7.45 AM	MP 5.15-7.45 AM	TP 5.15-7.45 AM
LAND TRG			TP 5.30-6.30	
AGE GROUP(PM)		MP 6.30-8.30 PM	F 6.00-8.00 PM	TP 7.30-9.00 PM
(AM)			MP 5.15-7.15 AM	
JUNIOR AGE	9.00-11.00AM	F 7.00-8.30PM	MP 7.00-8.30PM	MP 6.30-8.30PM
PRELIM		TP 5.30-6.30		MP 5.00-6.30
SHARKS	TP 11.00-12.30	TP 5.30-6.30		F 6.00-7.00
DOLPHINS			TP 5.30-6.30	
SEN CLUB	9.00-11.00AM	MP 5.30-6.30	MP 6.00-7.00	
JUN CLUB	TP 11.00-12.30		MP 5.00-6.00	
MASTERS	MP 4.30-6.00	MP 9.30-10.30	TP 8.30-10.30	
SYNCHRO (PM)			AP 6.00-8.00 S	AP 5.30-7.30 S
DIVING	AP 1000-1300	AP 6.15-9.00PM		

KEY

F = FINCHLEY LIDO
MP = MAIN POOL

TP = TRAINING POOL
AP = ACTIVITY POOL

GLL BARNET TRAINING SCHEME

<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>HOURS/WK</u>
TP 6.30-8.30PM	TP 5.30-7.30PM		24hrs30min
MP 5.15-7.45 AM	MP 6.45-8.45 AM	TP 6.00-8.00 AM	
TP 5.30-6.30		TP 8.00-9.00 AM	3hrs
MP 7.00-8.45PM	TP 7.30-9.00 PM		15 Hrs
MP 5.15-7.15 AM		TP 6.00-8.00 AM	
	MP 6.30-8.30PM	MP 6.00-7.45AM	11hrs 15 min
F 6.00-7.30	F 6.00-7.30	MP 6.00-7.45AM	7hrs
	MP 5.00-6.30	MP 6.00-7.45 AM	6hrs 45min
TP 5.30-6.30		TP 7.30-9.00 AM	3hrs 30min
MP 6.00-7.00			5 hrs
MP 5.00-6.00			3hrs 30min
MP 9.30-10.30		MP 7.45-9.00 AM	7hrs 15min
MP 5.00-6.00 ST	AP 6.00-8.00 S	MP 6.00-7.45AM ST	8hrs 45 min
AP 6.15-9.00PM			8hrs 30 min

SYNCHRO KEY S = SYNCHRO
 ST = STAMINA