

## Summer Squad Training at "Blundells School"

Monday 27th July	Tuesday 28th July	Wednesday 29th July	Thursday 30th July	Friday 31st July	Saturday 1st August	Sunday 2nd August
	6.30pm to 8pm		6am to 7.30am		7am to 9am	5pm to 6pm
	Masters only		Masters only		Masters only	Masters only

Monday 3rd August	Tuesday 4th August	Wednesday 5th August	Thursday 6th August	Friday 7th August	Saturday 8th August	Sunday 9th August
	6.30pm to 8pm		6am to 7.30am		7am to 9am	5pm to 6pm
	Masters only		Masters only		Masters only	Masters only

Monday 10th August	Tuesday 11th August	Wednesday 12th August	Thursday 13th August	Friday 14th August	Saturday 15th August	Sunday 16th August
	6pm to 8.30pm	7.15pm to 8.45pm	6am to 7.30am		7am to 11am	4pm to 7pm
	6-7pm SDS/JPS	7.15-8.15pm SDS	Masters only		7-9am Masters	4-5pm SDS/Club
	7-8.30pm C/En/M	7.15-8.45 JPS/En/C			9-10am SDS	5-7pm JPS/En/C
					9-11am JPS/EN/C	

Monday 17th August	Tuesday 18th August	Wednesday 19th August	Thursday 20th August	Friday 21st August	Saturday 22nd August	Sunday 23rd August
6am to 7am	6pm to 8.30pm	7.15pm to 8.45pm	6am to 7am		7am to 11am	4pm to 7pm
JPS/Comp/Masters	6-7pm SDS/JPS	7.15-8.15pm SDS	JPS/Comp/Masters		7-9am Masters	4-5pm SDS/Club
	7-8.30pm C/En/M	7.15-8.45 JPS/En/C			9-10am SDS	5-7pm JPS/En/C
					9-11am JPS/EN/C	

Monday 24th August	Tuesday 25th August	Wednesday 26th August	Thursday 27th August	Friday 28th August	Saturday 29th August	Sunday 30th August
6am to 7am	6pm to 8.30pm	7.15pm to 8.45pm	6am to 7am		7am to 11pm	4pm to 7pm
JPS/Comp/Masters	6-7pm SDS/JPS	7.15-8.15pm SDS	JPS/Comp/Masters		7-9am Masters	4-5pm SDS/Club
	7-8.30pm C/En/M	7.15-8.45 JPS/En/C			9-10am SDS	5-7pm JPS/En/C
					9-11am JPS/EN/C	

Key	Mas/M - Masters	En - Endurance	Club/Voucher - Sunday 4-5pm session			
	Comp/C - Competition squad		JPS - Junior potential squad		SDS - Skill development squad	

W/C 27th July - Complete close down (master only)

W/C 3rd August - Complete close down (master only)

W/C 10th August - Wednesdays 6pm- 8.30pm (for CSA and squad if weather bad) and Fridays 7pm-8pm

W/C 17th August - Wednesdays 6pm- 8.30pm (for CSA and squad if weather bad) and Fridays 7pm-8pm

W/C 24th August - Wednesdays 6pm- 8.30pm (for CSA and squad if weather bad) and Fridays 7pm-8pm

W/C 31st August - Monday 31st BH no training and then back to normal.