

## Cambridge Swim Team - Squad Timetable

### Top Squad (National-Regional Swimmers)

Target 8-9 Sessions

Day	Time	Venue	Workout
Monday	05.30-07.00	Parkside	Pool
	16.30-17.00	Parkside	Gym
	17.00-19.00	Parkside	Pool
Tuesday	17.00-17.45	Parkside	Gym
	18.00-20.00	Parkside	Pool
Wednesday	05.30-07.00	Parkside	Pool
	16.30-17.00	Parkside	Gym
	17.00-19.00	Parkside	Pool
Thursday	16.30-17.00	Parkside	Gym
	17.00-18.30	Parkside	Pool
Friday	05.30-07.00	Parkside	Pool
	16.30-17.00	Parkside	Gym
	17.00-19.00	Parkside	Pool
Saturday	06.00-08.00	Parkside	Pool
	08.00-09.00	Parkside	Gym
Sunday	<b>Rest Day</b>		
<b>TOTAL</b>	<b>Pool 16 hours</b>		
	<b>Gym 3.75 hours</b>		

### A Squad (Top Age Group swimmers)

Target 7-8 sessions

Day	Time	Venue	Workout
Monday	05.30-07.00	Parkside	Pool
	19.00-20.15	Parkside	Pool
Tuesday	17.15-18.00	Parkside	Gym
	18.00-20.00	Parkside	Pool
Wednesday	05.30-07.00	Parkside	Pool
	19.00-20.30	Parkside	Pool
Thursday	17.15-18.00	Parkside	Gym
	18.30-20.00	Parkside	Pool
Friday	<b>Rest Day</b>		
Saturday	06.00-08.00	Parkside	Pool
	08.00-09.00	Parkside	Gym
Sunday	17.00-17.30	Parkside	Gym
	17.30-19.30	Parkside	Pool
<b>TOTAL</b>	<b>Pool 13.25 hours</b>		
	<b>Gym 3 hours</b>		

**B Squad (Age Group/County Qualifiers-Aiming Regional QT)  
Target 5-6 Sessions**

<b>Day</b>	<b>Time</b>	<b>Venue</b>	<b>Workout</b>
Monday	19.00-20.00	Leys	Pool
Tuesday	18.00-19.00	Parkside	Pool
Wednesday	18.00-19.00	Leys	Pool
Thursday	18.00-19.00	Parkside	Pool
Friday	06.00-07.00	Parkside	Pool
Sunday	18.30-19.30	Leys	Pool

**TOTAL Pool 6 hours**

**Junior Squad (County Qualifiers/Novice) Target 3 sessions**

<b>Day</b>	<b>Time</b>	<b>Venue</b>	<b>Workout</b>
Monday	18.00-19.00	Leys	Pool
Tuesday	17.00-18.00	Parkside	Pool
Friday	18.00-19.00	Leys	Pool
Sunday	17.30-18.30	Leys	Pool

**TOTAL Pool 4 hours**

**Rookie Squad (Fundamentals) Target 2 Sessions**

<b>Day</b>	<b>Time</b>	<b>Venue</b>	<b>Workout</b>
Monday	18.00-19.00	Leys	Pool
Thursday	18.00-19.00	Parkside	Pool

**TOTAL Pool 2.0 hours**

**Sharks (Skill Development)**

<b>Day</b>	<b>Time</b>	<b>Venue</b>	<b>Workout</b>
Wednesday	18.00-19.00	Leys	Pool

**TOTAL Pool 1.0 hours**

**Seals (Skill Development)**

<b>Day</b>	<b>Time</b>	<b>Venue</b>	<b>Workout</b>
Sunday	17.30-18.00	Leys	Pool
	18.00-18.30	Leys	Pool

**TOTAL Pool 0.5 hours**

### **Disability Squad**

<b>Day</b>	<b>Time</b>	<b>Venue</b>	<b>Workout</b>
Tuesday	19.00-20.00	Parkside	Pool
Sunday	17.00-18.15	Parkside	Pool
<b>Total</b>	<b>Pool</b>	<b>2.25 hours</b>	

### **Youth Squad** (County-Regional) Target 3 Sessions

<b>Day</b>	<b>Time</b>	<b>Venue</b>	<b>Workout</b>
Tuesday	05.30-07.00	Parkside	Pool
Thursday	05.30-07.00 19.00-20.00	Parkside Parkside	Pool Pool
Friday	19.00-20.00	Leys	Pool
Sunday	17.30-19.30	Parkside	Pool
<b>TOTAL</b>	<b>Pool</b>	<b>7.0 hours</b>	

### **Senior Squad** (County-Regional-National) Target 3 Sessions

<b>Day</b>	<b>Time</b>	<b>Venue</b>	<b>Workout</b>
Tuesday	05.30-07.00	Parkside	Pool
Wednesday	19.00-20.00	Leys	Pool
Thursday	05.30-07.00 20.00-21.00	Parkside Parkside	Pool Pool
Sunday	19.30-21.00	Parkside	Pool
<b>TOTAL</b>	<b>Pool</b>	<b>6.5 hours</b>	

### **Masters Squad** Target 2 sessions

<b>Day</b>	<b>Time</b>	<b>Venue</b>	<b>Workout</b>
Tuesday	05.30-07.00 20.00-21.30	Parkside Parkside	Pool Pool
Thursday	05.30-07.00 20.00-21.00	Parkside Parkside	Pool Pool
Saturday	06.00-08.00	Parkside	Pool
Sunday	19.30-21.00	Parkside	Pool
<b>TOTAL</b>	<b>Pool</b>	<b>9.0 hours</b>	

### **Club Squad**

<b>Day</b>	<b>Time</b>	<b>Venue</b>	<b>Workout</b>
Thursday	05.30-07.00	Parkside	Pool
Sunday	18.15-19.30	Parkside	Pool
<b>TOTAL</b>	<b>Pool</b>	<b>2.75 hours</b>	

### **Water Polo**

<b>Day</b>	<b>Time</b>	<b>Venue</b>	<b>Workout</b>
Thursday	21.00-22.00	Parkside	Pool
Sunday	21.00-22.00	Parkside	Pool
<b>Total</b>	<b>Pool</b>	<b>2.0 hours</b>	