TRAINING TIMETABLE

Weekly training times across the full Copeland Swim Team pathway

Squad	Monday	Tuesday	Wednesday		Thursday		Friday	Saturday	Sunday
PERFORMANCE & LIFE									
Masters			05.50 - 06.50 Lane 5 & 6		05.50 - 06.50 Lane 5 & 6				
Performance Squad	05.50 - 06.50 Lane 1	05.50 - 06.50 Lane 1	05.50 - 06.50 Lane 1 & 2	19.30 - 21.00 Lane 1	05.50 - 06.50 Lane 1 & 2	19.00 - 21.00 Lane 1		06.50 - 08.20 Lane 1	14.00 - 16.00 Lane 1
Performance development Squad	05.50 - 06.50 Lane 2	05.50 - 06.50 Lane 2	05.50 - 06.50 Lane 3	19.30 - 21.00 Lane 2	05.50 - 06.50 Lane 3	19.00 - 21.00 Lane 2		06.50 - 08.20 Lane 2	15.00 - 16.00 Lane 2
Competition Squad	05.50 - 06.50 Lane 3	05.50 - 06.50 Lane 3		20.00 - 21.00 Lane 3 & 4	05.50 - 06.50 Lane 4	19.00 - 21.00 Lane 3		06.50 - 08.20 Lane 3	15.00 - 16.00 Lane 3
DEVELOPING RACERS									
Competition development Squad	05.50 - 06.50 Lane 4	05.50 - 06.50 Lane 4	05.50 - 06.50 Lane 4	20.00 - 21.00 Lane 5 & 6		20.00 - 21.00 Lane 5 & 6		06.50 - 08.20 Lane 4	15.00 - 16.00 Lane 4 & 5
Development Squad	05.50 - 06.50 Lane 5	05.50 - 06.50 Lane 5		19.00 - 20.00 Lane 3 & 4		19.00 - 20.00 Lane 4		06.50 - 08.20 Lane 5	14.00 - 15.00 Lane 2 & 3
Transition Squad	05.50 - 06.50 Lane 6	05.50 - 06.50 Lane 6		19.00 - 20.00 Lane 5 & 6		19.00 - 20.00 Lane 5 & 6		06.50 - 08.20 Lane 6	14.00 - 15.00 Lane 4 & 5
LEARN TO SWIM & PREPARE TO TRAIN									
Pre-Squad 2				19.00 - 19.30 Lane 2					
Pre-Squad 1				19.00 - 19.30 Lane 1					
Swim Development 2									14.30 - 15.00 Lane 6
Swim Development 1									14.00 - 14.30 Lane 6
Swim Foundations 2									14.00 - 14.30 Small Pool
Swim Foundations 1									14.30 - 15.00 Small pool

ATTENDANCE AND DEVELOPMENT

Swimmers should attend as many of their allocated sessions as reasonably possible. From Competition Squad upwards, consistent attendance is particularly important because the programme covers different skills and energy systems across the week; regularly missing sessions can mean missing an important part of the training cycle. Performance Squad swimmers should work towards attendance of up to 90%, while balancing school, health, recovery and individual circumstances.