

VERULAM ASC TRAINING PROGRAMME - From September 2010

	MONDAY	MONDAY	TUESDAY	WEDNESDAY		FRIDAY	FRIDAY		SUNDAY
	Sandringham	Marlborough	Westminster Lodge	Marlborough		Westminster Lodge	Marlborough		Westminster Lodge
Pre - Competitive					THURSDAY - NO TRAINING		1830 - 1930 hrs	SATURDAY - NO TRAINING	1630 - 1715 hrs
JUNIORS		1815 - 1900 hrs		1815 - 1915 hrs		2000 - 2100 hrs SQUAD	1830 - 1930 hrs		1630 - 1715 hrs
INTERMEDIATES		*1900 - 2015 hrs	1830 - 2000 hrs	1915 -2030 hrs		2000 - 2130 hrs SQUAD	1930 - 2100 hrs		1715 - 1830 hrs
SENIORS	1925 - 2135 hrs		1830 - 2030 hrs	2030 - 2145 hrs		2000 - 2200 hrs SQUAD	1930 - 2100 hrs		1715 - 1830 hrs

* Land Training for Junior Squad and Intermediates at Marlborough School 6.15-6.50pm

Junior Squad swimmers should swim with the Intermediates

