



## Performance Pathway - Timetable - September 2021

Skill Development and training for those aiming for or achieving county, regional and national qualification



Squad / Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Sessions	Swimming time	Land training	Total training
<b>Bronze.</b> Ages 11 to 12. Training and skills for competitive swimming	7.00 to 8.20pm Hengrove			Land 7.10 to 7.50pm and swim 8.00 to 8.55pm Badminton	6.15 to 7.15pm Henbury	8.00 to 9.20am Badminton	2.45 to 3.45pm Henbury OR land 4.20 to 4.55pm and swim 5.00 to 6.00pm Hengrove	5	5hrs 35m	Either Thursday Badminton or Sunday Hengrove 40m	<b>6hrs 15m</b>
<b>Silver.</b> Ages 13 to 14. Training and skills for county and regional level swimmers	6.00 to 7.15am Badminton		Land 7.20 to 7.50pm and swim 8.00 to 9.00pm Hengrove	6.00 to 7.15am Badminton and 6.00 to 7.00pm Easton	Swim 5.50 to 7.00pm and land 7.10 to 8.00pm Badminton	Land 9.50 to 10.20am and swim 10.30am to 12.30pm Hengrove	Land 5.20 to 5.50pm and swim 6.00 to 7.30pm Easton	7	9hrs 10m	2hrs 20m	<b>11hrs 30m</b>
<b>Gold.</b> Ages 14+. Training and skills for county and regional level swimmers	Land 4.50 to 5.20pm and swim 5.30 to 7.00pm Henbury	8.00 to 9.00pm Easton		7.30 to 9.00pm Easton	Land 6.30 to 7.20pm and swim 7.30 to 9.00pm Easton		Swim 3.30 to 5pm and land 5.15 to 6pm Hengrove	5	7hrs 30m	2hrs 5m	<b>9hrs 35m</b>
<b>Gold +.</b> Ages 14+. Training and skills for county, regional and national level swimmers	6.00 to 7.15am Badminton and land 4.50 to 5.20pm and swim 5.30 to 7.00pm Henbury	7.00 to 9.00pm Easton	Swim 5.50 to 7.00pm Badminton and land 7.10 to 8pm	6.00 to 7.15am Badminton and 6.00 to 7.30pm Easton	Land 6.30 to 7.20pm and swim 7.30 to 9.00pm Easton		Swim 3.30 to 5pm and land 5.15 to 6pm Hengrove	8	11hrs 40m	2hrs 55m	<b>14hrs 35m</b>