

## WWSC Training Sessions – SC 2024

### **A squad**

6 to 10 sessions per week

All sessions are in the indoor 25 m pool, based at the deep end

5:30 to 7:30 am - Monday / Tuesday / Wednesday / Thursday / Friday

4:00 to 6:00 pm - Monday / Tuesday / Thursday / Friday

8:00 to 10:00 am - Saturday

### **B squad**

5 sessions per week

All sessions are in the indoor 25 m pool, based at the deep end

5:30 to 7:00 am - Monday / Tuesday / Wednesday / Thursday / Friday

4:00 to 5:30 pm - Monday / Tuesday / Wednesday / Thursday / Friday

5.30 to 7.00 pm – Monday / Wednesday

8:00 to 9:30 am - Saturday

### **C squad**

3 to 4 sessions per week

All sessions are in the indoor 25 m pool, based at the shallow end

7:00 to 8:00 am - Monday / Tuesday / Wednesday / Thursday / Friday

4:00 to 5:00 pm - Monday / Tuesday / Wednesday / Thursday / Friday

5:00 to 6:00 pm - Monday / Tuesday / Wednesday / Thursday / Friday

8:00 to 9:00 am - Saturday

9:00 to 10:00 am - Saturday

## **D squad**

2 to 3 sessions per week

All sessions are in the indoor 25 m pool, based at the shallow end

7:00 to 8:00 am - Monday / Tuesday / Wednesday / Thursday / Friday

4:00 to 5:00 pm - Monday / Tuesday / Wednesday / Thursday / Friday

5:00 to 6:00 pm - Monday / Tuesday / Wednesday / Thursday / Friday

8:00 to 9:00 am - Saturday

9:00 to 10:00 am - Saturday

## **Masters & Fitness Squads**

All sessions are in the indoor 25 m pool, based at the shallow end

Fitness Squad (medium/fast pace) 6:00 to 7:00 pm – Monday / Wednesday

Masters Squad: 7:00 to 8:00 pm – Monday / Wednesday