

April changes

Changes due to Bristol

Coaches attending Bristol: ZL/FW

| Thursday 04/04/2019 | | All sessions are normal in the morning | | | | |
|--------------------------------|--|---|--------|--|-------------------------------|-----|
| HP/NP | | Studio | Barton | 17:15-18:15 | AB | |
| | | Pre-pool | Barton | 18:00-18:20 | AB | |
| | | Pool | Barton | 18:30-20:30 | AB | 4 |
| AC2/DS1 | | Pool | Ferry | 18:45-20:30 | LB+1 | 3/3 |
| NP/P1 | | Pool | OH | 18:45-20:30 | FW | 3 |
| P2 | | Pool-TRX- Transfer | OH | 18:45-20:30 | FW | 3 |
| Masters/JM1/JM2 | | Pool | OH | 20:30-22:00 | Sessions set by ZL | 5 |
| Friday 05/04/2019 | NP/P1 | Pool | OH | Those doing Bristol 6 am starts 1 hour race warm up only and Pre- pool at 5:45 Those not competing normal training 5:20-7:30 | FW | 3 |
| | DS1 | Pre-pool: poolside | OH | Those doing Bristol 6 am starts and pre-pool at 5:45 Those not competing normal training 5:30-5:45 | FW | |
| | | Pool | OH | 5:45-7:15 | FW | 3 |
| | | Post-pool | OH | 7:15-7:30 | FW | |
| | HP/NP Please follow AB's Weekly plan | Pool | Leys | 5:20-7:30 | AB | 4 |
| | HP/NP/P1/P2 | Pre-pool: poolside | Leys | 16:45-17:00 | AB | |
| | | Pool | Leys | Those competing at Bristol 17:00-18:00 competition warm up Those not competing at Bristol 17:00-19:00 | AB | 6 |
| | | Post-pool: poolside | Leys | 19:00-19:30 | AB | |

| | | | | | | |
|--|----------------------|----------------------|------|--|-------------------------------------|-----|
| | | Gym Not competing | Leys | 19:15-20:15 | Own programme Athlete led | |
| | NO SESSION | Land: studio | Leys | 17:45-18:45 | Cancelled | |
| | | Pool | Leys | 19:00-21:00 | | 5/6 |
| | AC2,DS2 | Pool | OH | Those doing Bristol 1 hour race warm up ONLY Normal training for those not competing 18:00-19:30 | LB+1 | 6 |
| | | Post-pool | OH | Ac2 only 19:30-20:00 | LB+1 | |
| | AC1,P3,DS3,P2 | Pre-pool | OH | AC1 only 19:00-19:30 | LB+1 | |
| | | Pool | OH | Those NOT competing at Bristol 19:30-21:00 | LB+1 | 6 |

Saturday 06/04/2019 DS Squads training at Headington at 9:00 am.

| | | | | | | |
|--|-------------|-----------------------|------|-----------------|-----------|---|
| Sunday 07/04/2019 | HP/NP | Pre-pool: poolside | Leys | 15:45- 16:00 | LO/LB | |
| | | Pool | Leys | 16:00- 18:00 | LO/LB | 3 |
| | | Post-pool | Leys | 18:00- 18:15 | (MP) | |
| | | Gym | Leys | 18:20- 19:20 | MP | |
| | Masters | Pool | Leys | 16:00- 18:00 | Set by ZL | 3 |
| | AC1 | Land: studio | Leys | 17:15- 17:45 | MP | |
| | AC1/AC3/P3 | Pool | Leys | 18:00- 19:00 | LO/LB | 6 |
| | RSB/RSB/RSG | Pool | Leys | 19:00- 20:00 | LB/LO | 6 |
| OH cancelled from 15:00 – 20:30 6 lanes | | | | | | |

| | | | | | | | |
|------------------------------|--|------------------------|-----------|------------------|-----------------|----------|---|
| Monday 08/04/2019 | HP/NP Those swimmer not doing DEventio and Bristol | Pool | Leys | 6:30-8:30 | AB | 4 | |
| | Cancelled | Pool | OH | 5:20-7:30 | | 6 | |
| | HP/NP | Pre-pool: poolside | | Leys | 16:45- 17:00 | ZL | |
| | | Pool | | Leys | 17:00- 19:00 | AB/ZL | 4 |
| | | Post-pool: poolside | | Leys | 19:00- 19:20 | AB | |
| | NP/P1 | Gym | | Leys | 17:45- 18:45 | ZL | |
| | | Pool | | Leys | 19:00- 20:45 | ZL/IK | 4 |
| | | Post-pool: poolside | | Leys | 20:45- 21:00 | ZL | |
| | Masters/JM1/JM2 | Pool | Leys | 20:45- 22:00 | ZL | | |

FW AL afternoon

| | | | | | | |
|-----------------------------------|-----|------------------------|----|-----------------|-----------------|----|
| Monday Con. 08/04/2019 | AC1 | Pool | OH | 18:45- 20:15 | LB | 3 |
| | | Post-pool: poolside | | OH | 20:15- 20:30 | LB |
| | DS1 | Pool | OH | 18:45- 20:30 | LO | 3 |

| | | | | | | |
|---|---|------|------|-----------|----|---|
| Wednesday 10/04/2019 | Normal training at OH in the morning | | | | | |
| | NP/P1/JM1 | Pool | Leys | 6:30-8:30 | ZL | 4 |
| All training sessions are running as normal | | | | | | |

| | | | | | | |
|------------------------------------|--|------|------|-----------|----|---|
| Friday 12/04/2019 | Normal training sessions at OH in the morning | | | | | |
| | HP/NP | Pool | Leys | 6:30-8:30 | AB | 4 |
| All sessions are running as normal | | | | | | |

Changes due to DEV meet 6 14/04/2019 Sunday

Coaches attending: LO/LB

| | | | | | | |
|--------------------------------|-----------|------------------------|-----------------|-----------------|------------|-----|
| Friday 12/04/2019 | NP/P1 | Pool | OH | 5:20-7:30 | ZL | 3 |
| | DS1 | Pre-pool: poolside | OH | 5:30-5:45 | FW | |
| | | Pool | OH | 5:45-7:15 | FW | 3 |
| | | Post-pool | OH | 7:15-7:30 | FW | |
| | HP/NP | Pool | Leys | 5:20-7:30 | AB | 4 |
| | HP/NP GR1 | Pre-pool: poolside | Leys | 16:45- 17:00 | AB | |
| | | Pool | Leys | 17:00- 19:00 | AB/ZL | 3 |
| | | Post-pool: poolside | Leys | 19:00- 19:30 | Set by Max | |
| | | Gym | Leys | 19:20- 20:15 | Max | |
| | HP/NP GR2 | Pre-pool: poolside | Leys | 16:45- 17:00 | AB | |
| | | Pool | Leys | 17:00- 19:30 | AB | 3 |
| | | Post-pool: poolside | Leys | 19:30- 19:50 | AB | |
| | | Gym | Leys | 19:45- 20:30 | | |
| | NP/P1 | Land: studio | Leys | 17:45- 18:45 | ZL | |
| | | Pre-pool: poolside | Leys | 18:40- 19:00 | | |
| | | Pool | Leys | 19:00- 21:00 | ZL | |
| | P3/DS3 | Pre-pool: poolside | Leys | 18:50- 19:20 | ZL | |
| | | Pool | Leys | 19:30- 21:00 | ZL | 3 |
| | AC2 | Pool | OH | 18:00- 19:30 | LB | |
| | | Post-pool | OH | 19:30- 20:00 | LB | |
| DS2 | Pool | OH | 18:00- 19:30 | FW | 3 | |
| AC1 | Pre-pool | OH | 19:00- 19:30 | LB | | |
| | Pool | OH | 19:30- 21:00 | LB | 3 | |
| P2 | Pool | OH | 19:30- 21:00 | FW | 3 | |
| Saturday 13/04/2019 | DS1/DS2 | Pre-pool: poolside | Leys | 6:15-6:30 | ZL | |
| | | Pool | Leys | 6:30-8:00 | ZL | 3 |
| | | Post-pool | Leys | 8:00-8:15 | ZL | |
| | Masters | Pool | Leys | 6:30-8:00 | ZL | 2 |
| | AC2/AC3 | Pool | H | 7:30-9:00 | LB+1 | 3+2 |
| | AC1 | Pool | H | 9:00-10:30 | LB | 3 |
| P3 | Pre-pool | H | 8:45-9:00 | LB | 3 | |

| | | | | | | |
|--|---------|------------|--------|----------------------------|----------------|---|
| | | Pool | H | 9:00-10:30 | LB | 2 |
| | RSG/RSS | Pool | H | 10:30-11:30 | LB+1 | |
| | RSB | Pool OR | H H | 11:30-12:15 12:15-13:00 | LB LB | |
| | Lessons | Pool | H | 11:30-13:00 | Teaching Staff | |

| | | | | | | |
|------------------------------|--|--------------|------|-------------|-------------|---|
| Sunday 14/04/2019 | Dev meet no leys pool | | | | | |
| | RSB/RSS/RSG | Pool | OH | 14:00-15:00 | LB | 6 |
| | HP/NP | Pre-pool | OH | 14:45-15:00 | AB/ZL | |
| | | Pool | OH | 15:00-17:00 | AB/ZL | 6 |
| | | Gym | Leys | 17:30-16:30 | MP | |
| | P1/P2 Swimmers travel to OH for swimming session after gym/studio | Studio (TBC) | Leys | 16:00-17:00 | MP | |
| | | Pool | OH | 17:30-19:00 | ZL | 3 |
| | P2 | Pool | OH | 17:30-19:00 | FW | 3 |
| | DS1/DS2 | Pool | OH | 19:00-20:30 | FW | 3 |
| | P3/DS3 | Pool | OH | 19:00-20:30 | Adam | 3 |

Changes due to British Champs

Coaches attending AB

| | | | | | | |
|---------------------------------|--|------------------------|-----------------|--------------------|--------------------------------|---|
| Monday 15/04/2019 | P2/DS2 | Pool | Leys | 6:30-8:30 | FW | 4 |
| | HP/NP/P1/JM1 | Pool | OH | 5:20-7:30 | ZL+ lifeguard | 6 |
| | HP/NP/P1 | Pre-pool: poolside | Leys | 16:45- 17:00 | ZL | |
| | | Pool | Leys | 17:00- 19:00 | ZL | 4 |
| | | Post-pool: poolside | Leys | 19:00- 19:15 | | |
| | Masters/JM1/JM2 | Pool | Leys | 19:00- 20:30 | ZL | 4 |
| | AC1 | Pool | OH | 18:45- 20:15 | LB | 3 |
| | | Post-pool: poolside | OH | 20:15- 20:30 | LB | |
| | DS1 | Pool | OH | 18:45- 20:30 | FW | 3 |
| Cancelled | Pool | Leys | 20:30- 22:00 | | 4 | |
| Tuesday 16/04/2019 | NP | Gym | Leys | 5:50-6:50 | Athlete led | |
| | | Pool | Leys | 7:00-8:00 | LB | 2 |
| | P3 | Pool | Leys | 5:50-7:30 | LB | 2 |
| | NP (attend 18:00-20:00 except GG/CS/MTD/EM) with 15mins pre and post-pool P1+GG/CS/MTD/EM attend 18:15 pre-pool 18:30 – 20:30 swim | Gym | Leys | 16:45- 17:45 | ZL (following own sessions) | |
| | | Pre-pool: poolside | Leys | 17:40- 18:00 | ZL | |
| | | Pool | Leys | 18:00- 20:00/30 | ZL | 18:00- 18:30 2 lanes 18:30 – 20:30 4 lanes |
| | | Post-pool: poolside | Leys | 20:00- 20:15 | ZL | |
| | Masters/P2 | Pool | OH | 18:00- 19:30 | Session set by ZL /FW | 3/3 |
| DS1/DS2 | Pool | OH | 19:30- 21:00 | FW+ Lifeguard | 6 | |
| Wednesday 17/04/2019 | P2 | Pre-pool | OH | 5:30-5:45 | FW | |
| | | Pool | OH | 5:45-7:30 | FW | 2 or 3 |
| | AC1/AC2/AC3/RSG | Pre-pool | OH | 5:45-6:00 | LB | |
| | | Pool | OH | 5:45-7:30 | LB | 3 or 4 |
| | NP/P1/JM1 | Pool | Leys | 6:30-8:30 | ZL | 4 |
| AC3 | Pool | Leys | 16:00- 17:30 | LB | 2 | |

| | | | | | | |
|--|---|---------------------|--------|-------------|----------------|-----|
| | | Studio | Leys | 17:30-18:00 | LB | |
| | P1 BR/s Group | Pre-pool | Leys | 16:40-17:00 | ZL | |
| | | Pool | Leys | 17:00-19:00 | ZL | 2 |
| | | Post-pool: poolside | Leys | 19:00-19:20 | ZL leave to OH | |
| | DS2/DS3 | Sport Hall | Leys | 16:30-17:15 | FW | |
| | | Pool | Leys | 17:30-19:00 | FW | 3 |
| | | Post-pool: poolside | Leys | 19:00-19:30 | FW | |
| | NP/P1 (Mid Dist) | Pre-pool | Leys | 18:40-19:00 | | |
| | | Pool | Leys | 19:00-21:00 | IK/LB | 3 |
| | P2/ DS1 (extra swim session) | Studio | Leys | 18:00-18:45 | Cancelled | |
| | | Pre-pool (poolside) | Leys | 18:45-19:00 | Athlete led | |
| | | Pool | Leys | 19:00-21:00 | FW | 5 |
| | Masters/JM1/JM2 | Pool | OH | 20:00-21:30 | ZL | 6 |
| Thursday 18/04/2019 | NP | Gym | Leys | 5:50-6:50 | Athlete led | |
| | | Pool | Leys | 7:00-8:00 | LB | 1 |
| | P3 | Pool | Leys | 5:50-7:30 | LB | 2 |
| | NP/P1 | Studio | Barton | 17:15-18:15 | ZL | |
| | | Pool | Barton | 18:30-20:30 | ZL | 4 |
| | AC2/DS1/AC3 | Pool | Ferry | 18:45-20:30 | LB | 3/3 |
| | DS2 extra session | Pool | OH | 18:45-20:30 | FW | 3 |
| | P2 | Pool | OH | 18:45-20:30 | FW | 3 |
| | Masters/JM1/JM2 | Pool | OH | 20:30-22:00 | ZL | 5 |
| Friday 19/04/2019 All sessions are cancelled due to Easter holiday | Cancelled | Pool | OH | 5:20-7:30 | | 6 |
| | Cancelled | Pool | Leys | 5:20-7:30 | | 4 |
| | Session cancelled from 17:00 – 21:00 6 lanes at leys | | | | | |
| | | Land: studio | Leys | 17:45-18:45 | | |
| | OH cancelled from 18:00-21:00 6 lanes | | | | | |
| Saturday 20/04/2019 | <p align="center">Normal training session at Leys +P3 with DS1/DS2 ZL cover LO</p> <p align="center">All sessions are cancelled at Headington</p> | | | | | |
| Sunday | HP/NP/P3/DS3 | Pre-pool: | Leys | 15:45- | ZL+1 | |

| | | | | | | | |
|------------------|-------------|--------------------------|--------------------|-------------|---------------------------------|-------|---|
| 21/04/2019 | | poolside | | 16:00 | | | |
| | | Pool | Leys | 16:00-18:00 | ZL+1 | 6 | |
| | | Post-pool | Leys | 18:00-18:15 | Athlete led | | |
| | | Gym | Leys | 18:20-19:20 | Own programme those 16+ only | | |
| | P1 | Land: studio | Leys | 16:45-17:45 | | | |
| | | Pre-pool on the poolside | Leys | 17:30-18:00 | Set by ZL | | |
| | | Pool | Leys | 18:00-20:00 | ZL | 3 | |
| | P2 | Pool | Leys | 18:00-20:00 | ZL | 3 | |
| | | DS1/DS2 | Pool | OH | 15:00-16:30 | FW/LB | 6 |
| | | RSB/RSS/RSG | Easter Fun session | OH | 16:30-17:30 | LB | 6 |
| | Ac1/AC2/AC3 | Easter Fun session | OH | 17:30-19:00 | LB/FW | 6 | |
| Lifeguard needed | Masters | Pool | OH | 19:00-20:30 | Session set by ZL | 6 | |

No Friday and Monday training due to Easter holiday 19 and 22/04/201

| | | | | | | |
|-----------------------|------------|---------------------|------|-------------|------------------------------|---|
| Tuesday 23/04/2019 | NP SP2 | Pre-pool: poolside | Leys | 5:50-6:00 | LO | |
| | | Pool | Leys | 6:00-6:50 | LO | 1 |
| | | Gym | Leys | 7:05-8:00 | RF | |
| | NP SP1 | Pre-pool: poolside | Leys | 5:50-6:00 | RF | |
| | | Gym | Leys | 6:00-6:50 | RF | |
| | | Pool | Leys | 7:00-8:00 | LO | 1 |
| | HP | Pre-pool: poolside | Leys | 5:50-6:00 | RF | |
| | | Pool | Leys | 6:00-8:00 | LO | 1 |
| | P3 | Pool | Leys | 5:50-7:30 | LO | 2 |
| | HP/NP GR1 | Gym | Leys | 16:45-17:45 | Athlete led Over 16+ only | |
| | | Pre-pool: poolside | Leys | 17:40-18:00 | ZL | |
| | | Pool | Leys | 18:00-20:00 | ZL | 2 |
| | | Post-pool: poolside | Leys | 20:00-20:15 | Athlete led | |
| | HP/ NP GR2 | Pre-pool: poolside | Leys | 18:00-18:30 | ZL | |
| | | Pool | Leys | 18:30-20:30 | ZL | 2 |
| | P1 | Pool | OH | 18:00-19:30 | FW | 3 |
| | | Post-pool | OH | 19:30-19:45 | Athlete led | |
| | P2 | Pool | OH | 18:00-19:30 | FW | 3 |

| | | | | | | |
|--|-----------------------|-----------------------|----|-------------|-------------|---|
| | | Post-pool | OH | 19:30-19:45 | Athlete led | |
| | DS1 only for pre-pool | Pre-pool: poolside | OH | 19:00-19:30 | LO/FW | |
| | DS1/DS2 | Pool | OH | 19:30-21:00 | LO/FW | 6 |

Headington Pool closed due to a fault in the air control unit

| | | | | | | |
|--------------------------------|-----------|-----------|------|------------|-----------|---|
| Saturday 27/06/2019 | DS1/DS2 | Pre-pool | Leys | 6:15-6:30 | LO | |
| | | Pool | Leys | 6:30-8:00 | LO | 3 |
| | | Post-pool | Leys | 8:00-8:15 | LO | |
| | Masters | Pool | Leys | 6:30-8:00 | Set by ZL | 2 |
| | Cancelled | Pool | H | 7:30-13:00 | | 5 |

FW away due to ONB Camp

| | | | | | | |
|------------------------------|-----------------|-----------------------|------|-----------------|-----------|---|
| Sunday 28/04/2019 | HP/NP GR1 | Pre-pool: poolside | Leys | 15:45- 16:00 | AB | |
| | | Pool | Leys | 16:00- 18:00 | AB/ZL | 3 |
| | | Post-pool | Leys | 18:00- 18:15 | (MP) | |
| | | Gym | Leys | 18:20- 19:20 | MP | |
| | HP/NP GR2 | Pre-pool: poolside | Leys | 15:45- 16:00 | AB | |
| | | Pool | Leys | 16:00- 18:30 | AB/ZL | 3 |
| | | Post-pool | Leys | 18:30- 18:45 | Set by MP | |
| | | Gym | Leys | 18:45- 19:45 | MP | |
| | NP/P1 | Land: studio | Leys | 16:45- 17:45 | MP | |
| | | Pool | Leys | 18:00- 20:00 | ZL | 3 |
| | Masters | Pool | Leys | 18:30- 20:00 | (ZL) | 3 |
| | DS2 | Pool | OH | 15:00- 16:30 | Martina | 3 |
| | P3/DS3 | Pool | OH | 15:00- 16:30 | LO | 3 |
| | All RSB/RSS/RSG | Pool | OH | 16:30- 17:30 | LB/LO | 6 |
| | AC3 | Pool | OH | 17:30- 19:00 | LB | 3 |
| | P2 | Pool | OH | 17:30- 19:00 | Martina | 3 |
| | DS1 | Pool | OH | 19:00- 20:30 | Martina | 3 |
| | AC1 | Pool | OH | 19:00- 20:30 | LB | 3 |