

March changes

Changes due to NAL A final 03/03/2019

Coaches attending: AB/FW

MP is not available on the 3rd of March

Sunday. 03/03/2019	HP/NP/P1	Pre-pool: poolside	Leys	15:45- 16:00	LO		
		Pool	Leys	16:00- 18:00	LO/Adam	6	
		Post-pool	Leys	18:00- 18:15			
		Land: studio	Leys	16:45- 17:45	Cancelled		
	P2/P3/DS3	Pool	Leys	18:00- 19:00	LO	4	
	Masters	Pool	Leys	18:00- 19:30	Adam	2	
	6 lanes cancelled from 19:30 – 20:00 at Leys						
	DS1/DS2	Pool	OH	15:00- 16:30	LB/Martina	6	
		Post-pool: poolside	OH	16:30- 17:00	Max		
	RSB/RSS/RSG	Pool	OH	16:30- 17:30	LB/Martina		
	AC1/AC3	Pre-pool: poolside	OH	17:00- 17:30	Max		
		Pool	OH	17:30- 19:00	LB/Martina	6	
		S&C Skill Transfer	OH	17:00- 18:30	Max		
	6 lanes cancelled from 19:00 – 20:30 at OH						

Monday 04/03/2019	P2/DS2	Pool	Leys	5:30- 7:30	FW	4
	HP/NP/P1/JM1	Pool	OH	5:20- 7:30	AB/ZL	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	Max	
		Gym	Leys	19:15- 20:15	Max	
	NP/P1	Sports Hall (TBC)	Leys	17:45- 18:45	ZL	
		Pool	Leys	19:00-	ZL/IK	4

				20:45		
		Post-pool: poolside	Leys	20:45- 21:00	ZL	
OH sessions are running as normal						

Changes due to Ruby meet

Coaches attending: FW/AB/LO (TBC)

Friday 08/03/2019	NP/P1	Pool	OH	5:20- 7:30	ZL	3
	DS1 Swimmers not doing rugby	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	ZL	
		Pool	Leys	17:00- 19:00	ZL(LO)	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	Set by Max	
		Pool	Leys	17:00- 19:30	ZL (LO)	3
		Post-pool: poolside	Leys	19:30- 19:50	Set by Max	
		Gym	Leys	19:45- 20:30	Max	
	NP/P1	Land: studio	Leys	17:45- 18:45	Max	
		Pre-pool: poolside	Leys	18:40- 19:00	(ZL)	
		Pool	Leys	19:00- 21:00	ZL	4
	P3/DS3 (swimmers not doing rugby)	Pre-pool: poolside	Leys	18:50- 19:20	Max	
		Pool	Leys	19:30- 21:00	ZL	2
	AC1/AC2/DS2/P2 (swimmers attending rugby)	Pool	OH	18:00- 19:00	LB+1	6

	on Saturday 1 hour race warm up)					
	AC1/AC2 (swimmers not doing rugby)	Pool	OH	19:00-20:30	LB+1	6
	DS2/P2 (swimmers not doing rugby)	pool	OH	18:30-20:00	LB+1	6
	Cancelled	Pool	OH	20:00-21:00		6
Saturday 09/03/2019	DS1/DS2 (swimmers not doing rugby)	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	Set by ZL	2
	AC2/AC3 (swimmers not doing rugby)	Pool	H	7:30-9:00	LB+1	3+2
	AC1 (swimmers not doing rugby)	Pool	H	9:00-10:30	LB	3
	P3 (swimmers not doing rugby)	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	

Max and MP away due to Swim England Sports Science conference

Sunday 10/03/2019	Normal training sessions at Leys All Gym sessions follow their own programme set by MP Pre and Post pool athlete lead Studio: ZL
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Sunday 10/03/2019						
	DS2	Pool	OH	15:00- 16:30	FW+ Martina	3
	P3/DS3	Pool	OH	15:00- 16:30	FW + Martina	3
	RSB/RSS/RSG	Pool	OH	16:30- 17:30	FW + Martina	6
	AC3	Pool	OH	17:30- 19:00	FW + Martina	3
	P2	Pool	OH	17:30- 19:00	FW+ Martina	3
	DS1	Pool	OH	19:00- 20:30	FW + Martina	3
AC1	Pool	OH	19:00- 20:30	FW + Martina	3	

Monday 11/03/2019	All sessions are running as normal
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FW AL

Wednesday 13/03/2019	Morning training normal				
	AC3	Pool	Leys	16:00-17:30	LB
Studio		Leys	17:30-18:00	Max	
HP/NP	Pre-pool	Leys	16:40-17:00	AB	
	Pool	Leys	17:00-19:00	AB	2
	Post-pool: poolside	Leys	19:00-19:20	Set by MP	
	Gym	Leys	19:20-20:15	MP	
DS1	Sport Hall	Leys	16:30-17:30	Max	
DS2/DS3	Sport Hall	Leys	16:30-17:15	Max	
	Pool	Leys	17:30-19:00	ZL/LO	3
	Post-pool: poolside	Leys	19:00-19:30	Max	
NP/P1 (Mid Dist & BR/S)	Pre-pool	Leys	18:40-19:00		
	Pool	Leys	19:00-21:00	IK/AB/LB	5
P2	Studio	Leys	18:00-18:45	MP	
	Pool	Leys	19:00-21:00	LB	3
Masters/JM1/JM2	Pool	OH	20:00-21:30	ZL	6

Changes due to Edinburgh meet

Coaches attending: AB

		Gym 16+ gym programme set by MP				
Thursday 14/03/2019	NP	Pre-pool: poolside	Leys	5:50-6:00	LO	
		Pool	Leys	6:00-6:50	LO	1
	P3	Pool	Leys	5:50-7:30	LO	3
	HP/NP Anyone not doing Edinburgh	Studio	Barton	17:15-18:15	ZL	
		Pre-pool	Barton	18:00-18:20	ZL	
		Pool	Barton	18:30-20:30	ZL	4
	AC2/DS1	Pool	Ferry	18:45-20:30	LB/LO	3/3
	P1	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	FW sets the warm up until ZL arrives	5
Friday 15/03/2019	HP/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	
	Cancelled	Pool	Leys	5:20-7:30		4
	HP/NP	Pre-pool: poolside	Leys	16:45-17:00	ZL	
		Pool	Leys	17:00-19:00	ZL	6
		Post-pool: poolside	Leys	19:00-19:30	Set by Max	
		Gym	Leys	19:20-20:15	Max	
	P1	Land: studio	Leys	17:45-18:45	Max	

		Pre-pool: poolside	Leys	18:40-19:00	(ZL)		
		Pool	Leys	19:00-21:00	ZL	3	
	P3/DS3	Pre-pool: poolside	Leys	18:50-19:20	Max/LO		
		Pool	Leys	19:30-21:00	LO	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 16/03/2019 normal training						

Sunday 17/03/2019	HP/NP	Pre-pool: poolside	Leys	15:45-16:00	ZL	
		Pool	Leys	16:00-18:00	ZL	6
		Post-pool	Leys	18:00-18:15	(MP)	
		Gym	Leys	18:20-19:20	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
			OH as normal			

Monday 18/03/2019		Pool cancel	Leys	5:30-7:30		4
	HP/NP/P1/JM1 (those who didn't compete in Edinburgh)	Pool	OH	5:20-7:30	ZL/FW	6
	P2/DS2	All normal training in the afternoon				

LO AL

Wednesday 20/03/2019	Morning training session normal				
	AC3	Pool	Leys	16:00-17:30	LB
Studio		Leys	17:30-18:00	Max	
HP/NP	Pre-pool	Leys	16:40-17:00	AB	
	Pool	Leys	17:00-19:00	AB	2
	Post-pool: poolside	Leys	19:00-19:20	Set by MP	
	Gym	Leys	19:20-20:15	MP	
DS1	Sport Hall	Leys	16:30-17:30	Max	
DS2/DS3	Sport Hall	Leys	16:30-17:15	Max/FW	
	Pool	Leys	17:30-19:00	FW	3
	Post-pool: poolside	Leys	19:00-19:30	Max	
DS3	Pool	Leys	17:30-19:00	FW	1
NP/P1 (Mid Dist & BR/S)	Pre-pool	Leys	18:40-19:00		
	Pool	Leys	19:00-21:00	IK/AB/LB	5
P2	Studio	Leys	18:00-18:45	MP	
	Pool	Leys	19:00-21:00	FW	3
Masters/JM1/JM2	Pool	OH	20:00-21:30	ZL	6

Changes due to Wycombe L1

Coaches attending: AB/ZL/FW

Friday 22/03/2019	NP/P1 Wycombe group pre-pool at 5:45 and starts at 6am none-Wycombe starts 5:30	Pool	OH	5:30- 7:30	ZL	3
	DS1 Wycombe group pre-pool at 5:45 and starts at 6am none-Wycombe starts 5:30	Pool	OH	5:30- 7:30	FW	3
	HP/NP Wycombe group pre-pool at 5:45 and starts at 6am none-Wycombe starts 5:20	Pool	Leys	5:20- 7:30	AB	4
	HP/NP Wycombe group Pre-pool at 16:45 1 hour race warm up from 17:00 – 18:00 None-Wycombe group Normal training	Pre-pool: poolside	Leys	16:45- 17:00	ZL	
		Pool	Leys	17:00- 19:00	ZL	6
		Post-pool: poolside	Leys	19:00- 19:30	Set by Max	
		Gym	Leys	19:20- 20:15	Max	
	P1/P3/DS3 Wycombe group Studio at 17:45 1 hour race warm up from 19:00 – 20:00 None-Wycombe group Normal training	Land: studio	Leys	17:45- 18:45	Max	
		Pool	Leys	19:00- 20:30	LO	6
		Pool	Leys	20:30- 21:00	Cancelled	6

	Normal training at OH, those doing Wycombe one hour race warm up
OH cancelled 6 lanes from 20:30 – 21:00	
Saturday 23/03/2019	Normal training

Sunday 24/03/2019	HP/NP	Pre-pool: poolside	Leys	15:45-16:00	FW	
		Pool	Leys	16:00-18:00	FW	6
		Post-pool	Leys	18:00-18:15	(MP)	
		Gym	Leys	18:20-19:20	MP	
	DS1/P2	Land: studio	Leys	16:45-17:45	MP	
	P2/DS1	Pool	Leys	18:00-20:00	FW	6
	DS2	Pool	OH	15:00-16:30	LB	3
		Post-pool: poolside	OH	16:30-17:00	Max	
	P3/DS3	Pool	OH	15:00-16:30	LO	3
		Post-pool: poolside	OH	16:30-17:00	Max	
	RSB/RSS/RSG	Pool	OH	16:30-17:30	LB/LO	6
	AC3/AC1	Pre-pool: poolside	OH	17:00-17:30	Max	
		Pool	OH	17:30-19:00	LB	6
		S&C Skill Transfer	OH	17:00-18:30	Max	
	Masters	Pool	OH	19:00-20:30	Session set by ZL	6

Monday 25/03/2019	Cancelled	Pool	Leys	5:30- 7:30		4
	HP/NP/P1/JM1/P2/DS2 (none Wycombe group)	Pool	OH	5:20- 7:30	FW/AB	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	Max	
NP/P1	Sports Hall	Leys	17:45-	ZL		

		(TBC)		18:45		
		Pool	Leys	19:00-20:45	ZL/IK	4
		Post-pool: poolside	Leys	20:45-21:00	ZL	
OH sessions are running as normal						

FW AL

Changes due to Dev meet 4

Coaches attending: LO/LB

Sunday 31/03/2019	Leys pool unavailable due to the Dev meet					
	RSS/RSB/RSG	Pool	OH	14:00-15:00	LB	3
	HP/NP local swimmers that are normally go to the gym Gym at Leys from 18:00 -19:00 with Max					
	HP/NP	Pre-pool	OH	14:45-15:00	AB	
		Pool	OH	15:00-17:00	AB	6
		Post –pool	OH	17:00-17:15	AB	
	P1/P2/P3	Pre-pool	OH	16:30-17:00	ZL	
		Pool	OH	17:00-18:30	ZL+AJ	6
	DS1/DS2/DS3	Pre-Pool	OH	18:15-18:30	ZL/AJ	
		Pool	OH	18:30-20:00	ZL/AJ	6

Monday 01/04/2019	P2/DS2	Pool	Leys	5:30-7:30	FW	4
	HP/NP/P1/JM1	Pool	OH	5:20-7:30	AB/ZL	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	Max	
		Gym	Leys	19:15-20:15	Max	
	NP/P1	Sports Hall (TBC)	Leys	17:45-18:45	ZL	

		Pool	Leys	19:00- 20:45	ZL/IK	4
		Post-pool: poolside	Leys	20:45- 21:00	ZL	
OH sessions are running as normal						