

Titans Training Timetable 2023 - 2024 season

2023/2024 Season	A Squad A1&A2	B Squad B1&B2	C Squad C1,C2&C3	D Squad D1&D2	E Squad E1&E2	Trainability T1	Para 1 P1	Para 2 P2	Para 3 P3	Adult Coached Lane Training
	Snr	Snr	Transition	Transition	Jnr	Jnr/Snr	Jnr/Snr	Jnr/Snr	Jnr/Snr	Teen/Master
Pathway	Training to Compete	Training to Compete	Learning to Train	Swim Skills	Entry level Swim Skills	Entry level Swim Skills	Swim Skills	Swim Skills	Swim Skills	Swim Skills
Pool Hours	7 pool sessions 12 hours 2 Land Training	5 pool sessions 9.25 hrs 1 Land Training	4 sessions 6.5 hours	4 sessions 3hr 55mins	2 sessions 2 hours	2 sessions 2 hours	3 sessions 3 hours	3 sessions 3 hours	1 session 1 hour	1 session 2 hours x 6 weeks
Monday am	5.15-7.00am	5.15-7.00am	5.15-7.00am							
Monday pm	7.00-8.00pm			6.00-7.00pm		5.00-6.00pm				
Tuesday					5.00-6.00pm		6.00-7.00pm	6.00-7.00pm		
Wednesday am	5.15-7.00am	5.15-7.00am		6.00-7.00am (morning)						
Wednesday pm	5.00-6.00pm LT 18.00-18.15 stretch on deck 18.15-20.00 Pool		5pm - 6.15pm							
Thursday				6.00-7.00pm		5.00-6.00pm	7.00-8.00pm	7.00-8.00pm		
Friday	5.15-7.00am	5.15-7.00am	5.15-7.00am							
Saturday am			6.15am - 8.00am	6.15-7.10am	7.00-7.10am stretch 7.10-8.00 pool		7.00-8.00am	7.00-8.00am		
Saturday pm	3.00-5.00pm (UCD)	3.00-5.00pm (UCD)							6.15am-7am	
Sunday	6.45am -8.45am	6.45am -8.45am								6.45-8.45am
Land Training	5.00-6.00pm (Weds) 9.00-10.00am (Sun)	9.00-10.00am (Sun)								
Additional Training	Compulsory	Compulsory	Recommended	Recommended	Optional	Recommended	Optional	Optional	Optional	Recommended
Strength Training	Pre sessions stretching Land Training	Pre sessions stretching Land Training	Pre sessions stretching Land Training	Pre sessions stretching Land Training (optional)	Pre sessions stretching	Land training	Land training	Land training	Land training	Pre-session stretch at training
Additional Requirements	80% attendance must report any medical conditions	80% attendance must report any medical conditions	80% attendance must report any medical conditions	80% attendance must report any medical conditions	80% attendance must report any medical conditions	80% attendance must report any medical conditions	Must report any medical conditions	Must report any medical conditions	Must report any medical conditions	80% attendance must report any medical conditions