

Corby Training Schedule July 2021

Monday Corby									
	25m				20M				
	L1	L2	L3	L4	L1	L2	L3	L4	
5.00pm	Lessons	National 5-7pm				Public			
5.30pm									
6.00pm									
6.30pm									
7.00pm	Regional 7-9pm				Academy Silver 7-8pm				
7.30pm					County 8-9pm				
8.00pm									
8.30pm									
9pm									

Wednesday Corby									
	25m				20M				
	L1	L2	L3	L4	L1	L2	L3	L4	
5.00pm	No Training								
5.30pm									
6.00pm									
6.30pm									
7.00pm									
7.30pm									
8.00pm									
8.30pm									
9pm									

Friday Corby									
	25m				20M				
	L1	L2	L3	L4	L1	L2	L3	L4	
5.00pm	Lessons	National 5-7pm				Public			
5.30pm									
6.00pm									
6.30pm									
7.00pm	50m				Academy Gold 7-8pm				
7.30pm	Regional 7.30-9pm		County 7.30-9pm						
8.00pm					Masters 8-9pm				
8.30pm									
9pm									

Saturday Corby													
	25m												
	L1	L2	L3	L4	L5	L6	L7	L8					
7.30am	National 7.30-9am				Regional 7.30-9am				Lessons				
8.00am													
8.30am													
9.00am	Public												
9.30am	Public												
10.00am	Public												

Tuesday Corby									
	25m				20M				
	L1	L2	L3	L4	L1	L2	L3	L4	
5.00pm	Lessons	Academy Silver				Public			
5.30pm									
6.00pm									
6.30pm									
7.00pm	Regional 6.00-8.00p				Academy Bronze 7-8pm				
7.30pm					County 8-9pm				Academy Gold 8-9pm
8.00pm									
8.30pm									
9pm									

Thursday Corby									
	25m				20M				
	L1	L2	L3	L4	L1	L2	L3	L4	
5.00pm	Lessons	Academy Gold				Public			
5.30pm									
6.00pm									
6.30pm									
7.00pm	Regional 6.00-8.00p				Academy Bronze 7-8pm				
7.30pm					County 8-9pm				Public Ladies Swim
8.00pm									
8.30pm									
9pm									

Summary	
Pooltime	
National	11.5 Hours
Regional	11 Hours
County	6.5 Hours
Academy Gold	4 Hours
Academy Silver	3 Hours
Academy Bronze	2 Hours
Masters	5 Hours

Sunday Corby													
	50m												
	L1	L2	L3	L4	L5	L6	L7	L8					
5.30pm	National 5.30-7.30pm				Regional 5.30-7.30pm				County 5.30-7.30pm		Overspill	Masters	
6.30pm													
7.00pm													
7.30pm	20m												
5.30pm	Academy Silver												
6.30pm	5.30-6.30pm												
6.30pm	Academy+												
7.30pm	6.30-7.30pm												

Tuesday Uppingham			
25m			
Whole pool			
5.00pm	National 5-7pm		Masters
5.30pm			
6.00pm			
6.30pm			
7.00pm			

Thursday Uppingham		
25m		
Whole pool		
5.00pm	National 5-7pm	
5.30pm		
6.00pm		
6.30pm		
7.00pm		