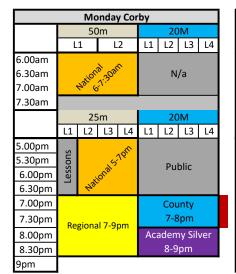
Corby Training Schedule



		Wed	nesc	lav C	orby					
)m	auy C	20M					
	L	1		.2	L1	L2	L3	L4		
6.00am										
6.30am		N,	/a			N	/a			
7.00am										
7.30am										
		25	m		20M					
	L1	L2	L3	L4	L1	L2	L3	L4		
5.00pm										
5.30pm										
6.00pm										
6.30pm				I - T.	_ : :	_				
7.00pm	No Training									
7.30pm										
8.00pm										
8.30pm										

Friday Corby									
		25	m		20M				
	L1	L2	L3	L4	L1	L2	L3	L4	
6.00am									
6.30am		N/	'a				N/a		
7.00am									
7.30am									
	25m			20M					
	L1	L2	L3	L4	L1	L2	L3	L4	
5.00pm	S								
5.30pm	essons		Jonal T	ore	Public				
6.00pm	-es	42	56.71	*					
6.30pm									
7.00pm		50	m		Academy Gold				
7.30pm	Regional Coun			unty	7-8nm				
8.00pm		0-9pm)-9pm					
8.30pm		7.30-3pm							
9pm									

Saturday Corby								
				25	m			
	L1	L2	L3	L4	L5	L6	L7	L8
7.30am			<u>~ ~ ~ </u>	0	,	,	2	2
8.00am	Wational Jan			gion	30.08	Ç	LESSOUS	
8.30am		40 1	<u>(5</u>		2 V	?	-	ע
9.00am		Public						
9.30am	Public							
10.00am		Public						

Tuesday Corby									
		25	im		20M				
	L1	L2	L3	L4	L1	L2	L3	L4	
5.00pm			Silver						
5.30pm	essons-	S-6pm Regional				Du	blic		
6.00pm	-ess				Fublic				
6.30pm									
7.00pm		0.0	6.00-8.00p			Academy Bronze			
7.30pm		7-8pm							
8.00pm		County			Ac	ader	ny Go	old	
8.30pm		8-9	8-9pm			8-9	pm		
9pm									

=1 1 2 1									
Thursday Corby									
		25	5m		20M				
	L1	L2	L3	L4	L1	L2	L3	L4	
5.00pm			Gold						
5.30pm	essons	S-6pm Regional 6.00-8.00p				Du			
6.00pm	-ess				Public				
6.30pm									
7.00pm		6.00-8.00p			Ac	adem	y Bror	nze	
7.30pm						7-8	pm		
8.00pm		County			Pι	ublic	Ladi	es	
8.30pm		8-9	8-9pm			Sw	vim .		
9pm									

Summary						
Pooltime						
National	13 Hours					
Regional	11 Hours					
County	6.5 Hours					
Academy Gold	4 Hours					
Academy Silver	3 Hours					
Academy Bronze	2 Hours					
Masters	4 Hours					

Sunday Corby									
50m									
	L1	L2	L3	L4	L5	L6	L7	L8	
5.30pm									
6.30pm	Regional 5.30- 7.30pm		Nationa			County 5.30		.30-	
7.00pm			5.3	0-7.30	pm	7.30		m	
7.30pm									
		20m							
5.30pm	Ac	aden	าy Sil	ver					
6.30pm	5	5.30-6.30pm							
6.30pm	Academy Gold								
7.30pm	6	.30-7	'.30p	m					

Tuesday Uppingham							
	25m						
	Whole pool						
5.30pm							
6.00pm	National	ters					
6.30pm	5:30-7:30pm	Masters					
7.00pm		4					
7.30pm							

Thursday Uppingham							
25m							
	Whole pool						
5.30pm							
6.00pm	National	ters					
6.30pm	5:30-7:30pm	Masters					
7.00pm		ı					
7.30pm							