

Corby Training Schedule

Monday Corby								
	50m				20M			
	L1	L2	L1	L2	L3	L4		
6.00am	National 6-7:30am			N/a				
6.30am								
7.00am								
7.30am								
	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			County 7-8pm				
7.30pm								
8.00pm								
8.30pm				Academy Silver 8-9pm				
9pm								

Wednesday Corby							
	50m				20M		
	L1	L2	L1	L2	L3	L4	
6.00am	N/a			N/a			
6.30am							
7.00am							
7.30am							
	25m				20M		
	L1	L2	L3	L4	L1	L2	L3
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
6.00am	N/a			N/a				
6.30am								
7.00am								
7.30am								
	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								
8.00pm	Regional 7.30-9pm		County 7.30-9pm					
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	Silver 5-6pm			Public			
5.30pm								
6.00pm		Regional 6.00-8.00p						
6.30pm								
7.00pm				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	Gold 5-6pm			Public			
5.30pm								
6.00pm		Regional 6.00-8.00p						
6.30pm								
7.00pm				Academy Bronze 7-8pm				
7.30pm	County 8-9pm			Public Ladies Swim				
8.00pm								
8.30pm								
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	Regional 5.30-7.30pm		National 5.30-7.30pm			County 5.30-7.30pm		
6.30pm								
7.00pm								
7.30pm								
	20m							
	L1	L2	L3	L4	L5	L6	L7	L8
5.30pm	Academy Silver 5.30-6.30pm							
6.30pm	Academy Gold 6.30-7.30pm							
7.30pm								

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

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