

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					JAG 8-9pm			
8.00pm								
8.30pm								
9pm								

Wednesday Corby												
	50m				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	Tiny Crows											
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					AGE 7-8pm				
7.30pm	Regional 7.30-9pm		County 7.30-9pm							
8.00pm	Regional 7.30-9pm		County 7.30-9pm		JAG 7-8pm					
8.30pm					JAG 7-8pm					
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	JAG 5-6pm			Public			
5.30pm								
6.00pm		Regional 6.00-8.00p						
6.30pm								
7.00pm		Bronze 7-8pm						
7.30pm								
8.00pm	County 8-9pm			AGE 8-9pm				
8.30pm	8-9pm							
9pm								

Thursday Corby								
	25m				20M			
	L1	L2	L3	L4	L1	L2	L3	L4
5.00pm	Lessons	AGE			Public			
5.30pm		5-6pm						
6.00pm		Regional 6.00-8.00p						
6.30pm								
7.00pm								
7.30pm				Bronze 7-8pm				
8.00pm	County 8-9pm			Public Ladies Swim				
8.30pm								
9pm								

Summary	
Pooltime	
National	13 Hours
Regional	11 Hours
County	6.5 Hours
AGE	4 Hours
JAG	3 Hours
Academy Bronze	2 Hours
Tiny Crows	45 Minutes

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							
5.30pm	JAG 5.30-6.30pm							
6.30pm								
6.30pm								
7.30pm	AGE 6.30-7.30pm							

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

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