



South Tyneside Swim Team Squad Training Programme 2010

Squad	A	A	B	B	C	C	D
Time	am	pm	am	pm	am	pm	am/pm
Monday	5.00-7.00	5.00-6.30	6.00-7.00 Coaches Invitation	5.00-6.30		4.00-5.00	4.00-5.00pm
Coach/Staff	KN	KN	KN	KN		EP	DH
Venue	Hebburn	Hebburn	Hebburn	Hebburn		Hebburn	Hebburn
Tuesday		5.30-7.00 Pool 7.00-8.00 Gym		6.00-7.00 Gym		6.00-7.00 Gym	
Coach/Staff		KN		EP		EP	
Venue		Boldon		Harton TC		Harton TC	
Wednesday		5.30-7.30		7.30-9.00		7.30-9.00	
Coach/Staff		KN		KN		EP	
Venue		Boldon		Boldon		Hebburn	
Thursday		5.30-7.00		5.30-7.00			
Coach/Staff		EP		EP			
Venue		Boldon		Boldon			
Friday	5.00-7.00	5.30-7.00	6.00-7.00	5.00-6.30	6.00-7.00 Coaches Invitation	5.00-6.30	4.00-5.00pm
Coach/Staff	KN	KN	KN	EP/DH	KN	EP	DH
Venue	Hebburn	Boldon	Hebburn	Hebburn	Hebburn	Hebburn	Hebburn
Saturday	6.00-8.00		6.00-8.00				10.00-11.00am
Coach/Staff	KN		KN				DH
Venue	Hebburn		Hebburn				Boldon
Sunday						1.30-3.30	
Coach/Staff						EP	
Venue						Hebburn	