



## City of St Albans – Training Schedule

	Widths	Development Squad	Junior Rec	Junior Performance	Junior A	Senior Rec	Senior Performance	Senior A
Hours/week	1	3	2	2¾	6¼	3	4½	11¾
Practices	2	3	2	3	6	3	4	9
£(monthly) <sup>o</sup>	32	38	37	37	50	41	43	56
MONDAY	18.30-19.00 WL		19.00-20.00 WL	19.00-20.00 WL	19.00-20.00 WL	20.00-21.00 WL	20.00-21.00 WL	06.00-07.30 WL 18.00-18.45 HS Land Training*
TUESDAY		18.30-19.30 M			18.00-19.00 HS		19.00-20.00 WL	19.00-20.30 HS
WEDNESDAY				18.00-18.45 HS	18.45-19.30 HS		19.30-21.00 T	06.00-07.30 WL 19.30-21.00 HS
THURSDAY		19.00-20.00 M			18.30-19.30 HS	19.00-20.00 WL		19.30-20.30 HS
FRIDAY					06.00-07.30 WL			06.00-07.30 WL 18.00-19.00 HS Land Training*
SUNDAY	18.30-19.00 WL	16.30-17.30 HS	19.00-20.00 WL	19.00-20.00 WL	17.30-18.30 HS	20.00-21.00 WL	20.00-21.00 WL	18.30-20.00 HS

\* Land training – invitation only

<sup>o</sup> Plus the ASA registration fee which is collected annually

M – Marlborough Pool

WL – Westminster Lodge

HS – St Albans High School for Girls Pool

T – Townsend School Pool