

Titans Pool Training - Ellesmere College

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|--------|
| 6.15 | | | | | | | |
| 6.30 | | | | | | | |
| 6.45 | National 6.30-8.05am Coach 1 | Age Perf 6.30-8.20am Coach 2 | National 6.30-8.05am Coach 1 | Age Perf 6.30-8.05am Coach 2 | National 6.30-8.20am Coach 1 | Age Perf 6.30-8.30am Coach 2 | |
| 7.00 | | | | | | | |
| 7.15 | | | | | | | |
| 7.30 | | | | | | | |
| 7.45 | | | | | | | |
| 8.00 | | | | | | | |
| 8.15 | | | | | | | |
| 8.30 | | | | | | | |
| 8.45 | | | | | | | |
| 9.00 | | | | | | LTS 8.30 - 1.00pm | |
| 9.15 | | | | | | | |
| 9.30 | | | | | | | |
| 9.45 | | | | | | | |
| 10.00 | | | | | | | |
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| 1.30 | | | | | | | |
| 1.45 | | | | | | | |
| 2.00 | | | | | | | |
| 2.15 | | | National 2.00-4.15pm Coach 1 | | | | |
| 2.30 | | | | | | | |
| 2.45 | | | | | | | |
| 3.00 | | | | | | | |
| 3.15 | | | | | | | |
| 3.30 | | | | National 3.00-5.15pm Coach 1 | | | |
| 3.45 | | | | | | | |
| 4.00 | | | | | | | |
| 4.15 | | | | | | | |
| 4.30 | | | | | | | |
| 4.45 | | National 4.15-6.00pm Coach 1 | Age Perf 4.15-6.30pm Coach 2 | | Age Perf 4.20-5.45pm Coach 2 | Age Dev 2.30-4.30pm Coach 3 | |
| 5.00 | | | | | | | |
| 5.15 | | | | | | | |
| 5.30 | | | | | | | |
| 5.45 | | | | | | | |
| 6.00 | | | | | | | |
| 6.15 | | Age Perf 6.00-7.45pm Coach 2 | | Age Perf 5.15-7.15pm Coach 2 | | National 4.30-6.45pm Coach 1 | |
| 6.30 | | | | | | | |
| 6.45 | | | | | | | |
| 7.00 | | | | | | | |
| 7.15 | | | | | | | |
| 7.30 | National 6.15-7.45pm Coach 1 | | | National 5.45-7.45pm Coach 1 | | | |
| 7.45 | | | | | | | |
| 7.60 | | | | | | | |
| 7.75 | | | | | | | |
| 7.90 | | | | | | | |
| 8.00 | | | | | | | |

Titans Land Training - Ellesmere College Gym / Land Facilities

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------|------------------------------------|---|--|--|--|------------------------------------|--|
| 6.15 | | | | | | | |
| 6.30 | | | | | | | |
| 6.45 | | | | | | | |
| 7.00 | | National 7.00 - 8.00am Coach 1 | Age Perf & Titans Sprint 7.00 - 8.00am Coach 2 | | | | |
| 7.15 | | | | | | | |
| 7.30 | | | | | | | |
| 7.45 | | | | | | | |
| 8.00 | | | | | | | |
| 8.15 | | | | | | | |
| 8.30 | | | | | | Age Perf 8.30-9.30am Coach 2 | |
| 8.45 | | | | | | | |
| 9.00 | | | | | | | |
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| 4.45 | | | | | | | |
| 5.00 | | Age Performance 5.00-6.00pm Coach 2 | | | | | Elite Sprint 4.30-5.30pm Coach 3 |
| 5.15 | | | | | | | |
| 5.30 | National 5.15-6.15pm Coach 1 | | | National 5.30-6.30pm Coach 1 | National 5.00-5.45pm Darren | | |
| 5.45 | | | | | | | |
| 6.00 | | | | | | | |
| 6.15 | | Elite Sprint 6.30 - 7.30pm Coach 1 | | | | | |
| 6.30 | | | | Elite Sprint 5.30-6.30pm Coach 3 | | | |
| 6.45 | | | | | Age Performance 6.00-6.45pm Darren & Coach 2 | | |
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| 9.00 | | | | | | | |

Titans Pool Training - Ellesmere Primary Pool

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| 6.15 | | | | | | | |
| 6.30 | | | | | | | |
| 6.45 | Age Dev 6.30-8.00am Coach 3 | Titans Sprint 6.15-8.00am Coach 3 | Age Dev 6.30-8.00am Coach 3 | Titans Sprint 6.15-8.00am Coach 3 | Age Dev 6.30-8.00am Coach 3 | Titans Sprint 6.30-8.30am Coach 1 | |
| 7.00 | | | | | | | |
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| 4.15 | | | | | | | |
| 4.30 | LTS 4.15-5.45pm Coach 3 | Age Dev 4.30-6.00pm Coach 3 | LTS 4.15-5.45pm Coach 3 | Age Dev 3.30-5.00pm Coach 3 | Age Dev 4.30-6.00pm Coach 3 | | |
| 4.45 | | | | | | | |
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| 5.15 | | | | | | | |
| 5.30 | | | | | | | |
| 5.45 | | | | | | | |
| 6.00 | | | | | | | |
| 6.15 | Titans Sprint 5.45-7.30pm Coach 3 | | Titans Sprint 5.45-7.30pm Coach 3 | | Titans Sprint 6.00-7.30pm Coach 3 | | |
| 6.30 | | | | | | | |
| 6.45 | | | | | | | |
| 7.00 | | | | | | | |
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| 7.45 | | | | | | | |

