Ellesmere College Titans - Training Timetable

Time	Monday				Tuesday			Wednesday				Thursday			Friday			Saturday				Sunday
	Poseidon	Neptune	Trident	LTS	Poseidon	Neptune	Trident	Poseidon	Neptune	Trident	LTS	Poseidon	Neptune	Trident	Poseidon	Neptune	Trident	Poseidon	Neptune	Trident	LTS	
5.30	5.30-6.00 Gym		5.30-6.00 Gym			5.30-6.00 Gym		5.30-6.00 Gym		5.30-6.00 Gym			5.30-6.00 Gym		5.30-6.00 Gym		5.30-6.00 Gym	5.30-6.00 Gym	5.30-6.00 Gym			
5.45																						
6.00	6.00-8.00 Swim		6.00-8.00 Swim			6.00-8.00 Swim		6.00-8.00 Swim		6.00-8.00 Swim			6.00-8.00 Swim		6.00-8.15 Swim		6.00-8.00 Swim	6.00-8.00 Swim	6.00-8.00 Swim			Poseidon Gym 3hr 45min Swim 18hr Total 21hr 45min
6.15																						
6.30																						
6.45																						
7.00																						
7.15																						
7.30																						
7.45	College		Primary			College		College		Primary			College		College		Primary	College	Primary			Neptune Gym 3hr Swim 14hr 30min Total 17hr 30min
8.00	AB		AW			DP / AB		AB		AW / DP			DP		AB		AW	AB	DP			
8.15																						
8.30																					8.30-2.00 LTS	Trident Gym 2hr Swim 12hr 30min Total 14hr 30min
8.45																						
9.00																						
9.15																						
9.30																						
9.45																						LTS Swim 12hr
10.00																						
10.15																						
10.30																						
10.45																						
11.00																						
11.15																						
12.30																						
12.45				12.45-1.50 LTS College							12.45-1.50 LTS College										Primary	
1.00																						
1.15																						
1.30																						
1.45																						
2.00								2.00-4.15 Swim				2.00-4.15 Swim										
2.15																						
2.30																						
2.45																						
3.00																						
3.15																						
3.30																						
3.45																						
4.00								College				College										
4.15				4.15-5.45 LTS	4.15-6.00 Swim		4.30-6.00 Swim	AB / PR	4.15-6.15 Swim		4.15-7.45 LTS	AB / DP	4.15-6.15 Swim	4.00-5.30 Swim Primary AW / AB		4.15-5.45 Swim	4.30-5.00 Gym						
4.30																						
4.45		4.45-6.15 Swim																				
4.45															5.00-5.45 Gym							
5.00					College	5.15-6.00 Gym	Primary	College				College					5.00-7.00 Swim					
5.15	5.15-6.15 Gym			Primary												College						
5.30															5.45-7.45 Swim							
5.45		College	5.45-7.15 Swim		AB		AW / MS							5.30-6.30 LTS Primary		6.00-6.45 Gym						
6.00						6.00-7.30 Swim																
6.15		DP														AB						
6.30	6.15-7.45 Swim																					
6.45			Primary			College																
7.00																						
7.15			AW / MS			DP											AW / DP / MS					
7.30	College										Primary				College							
7.45	AB														AB							