



# Ellesmere College Titans - Training Timetable



Day	Monday				Tuesday			Wednesday				Thursday			Friday			Saturday				Sunday	
Time	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		5.30-6.00			5.30-6.00		5.30-6.00					5.30-6.00		5.30-6.00		5.30-6.00	5.30-6.00	5.30-6.00				
5.45	Gym		Gym			Gym		Gym					Gym		Gym		Gym	Gym	Gym				
6.00																							
6.15	6.00-8.00		6.00-8.00			6.00-8.00		6.00-8.00					6.00-8.00		6.00-8.15		6.00-8.00	6.00-8.00	6.00-8.00				
6.30	Swim		Swim			Swim		Swim					Swim		Swim		Swim	Swim	Swim				
6.45																							
7.00																							
7.15																							
7.30																							
7.45	College		Primary			College		College		Primary			College		Primary		College	College	Primary				
8.00	AB		AW			DP / AB		AB		AW / DP			DP		AB		AW	AB	DP				
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5.30	5.15-6.15																						
5.45	Gym																						
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6.15																							
6.30	6.15-7.45																						
6.45	Swim																						
7.00																							
7.15																							
7.30	College																						
7.45	AB																						

8.30-2.00  
LTS

Trident  
Gym 2hr  
Swim 12hr 30min  
Total 14hr 30min

LTS  
Swim 12hr

Primary

Poseidon  
Gym 3hr 45min  
Swim 18hr  
Total 21hr 45min

Neptune  
Gym 3hr  
Swim 14hr 30min  
Total 17hr 30min