



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 | | | | |
| 8.15 | | | | | | | | | | | | | | | | | | | | | | | |
| 8.30 | | | | | | | | | | | | | | | | | | | | | | | |
| 8.45 | | | | | | | | | | | | | | | | | | | | | | | |
| 9.00 | | | | | | | | | | | | | | | | | | | | | | | |
| 9.15 | | | | | | | | | | | | | | | | | | | | | | | |
| 9.30 | | | | | | | | | | | | | | | | | | | | | | | |
| 9.45 | | | | | | | | | | | | | | | | | | | | | | | |
| 10.00 | | | | | | | | | | | | | | | | | | | | | | | |
| 10.15 | | | | | | | | | | | | | | | | | | | | | | | |
| 10.30 | | | | | | | | | | | | | | | | | | | | | | | |
| 10.45 | | | | | | | | | | | | | | | | | | | | | | | |
| 11.00 | | | | | | | | | | | | | | | | | | | | | | | |
| 11.15 | | | | | | | | | | | | | | | | | | | | | | | |
| 12.30 | | | | | | | | | | | | | | | | | | | | | | | |
| 12.45 | | | | | | | | | | | | | | | | | | | | | | | |
| 1.00 | | | | 12.45-1.50 | | | | | | | 12.45-1.50 | | | | | | | | | | | | |
| 1.15 | | | | LTS | | | | | | | LTS | | | | | | | | | | | | |
| 1.30 | | | | | | | | | | | | | | | | | | | | | | | |
| 1.45 | | | | College | | | | | | | College | | | | | | | | | | | | |
| 2.00 | | | | | | | | | | | | | | | | | | | | | | | |
| 2.15 | | | | | | | | | | | | | | | | | | | | | | | |
| 2.30 | | | | | | | | | | | | | | | | | | | | | | | |
| 2.45 | | | | | | | | | | | | | | | | | | | | | | | |
| 3.00 | | | | | | | | | | | | | | | | | | | | | | | |
| 3.15 | | | | | | | | | | | | | | | | | | | | | | | |
| 3.30 | | | | | | | | | | | | | | | | | | | | | | | |
| 3.45 | | | | | | | | | | | | | | | | | | | | | | | |
| 4.00 | | | | | | | | | | | | | | | | | | | | | | | |
| 4.15 | | | | | | | | | | | | | | | | | | | | | | | |
| 4.30 | | | | | | | | | | | | | | | | | | | | | | | |
| 4.45 | | | | 4.15-5.45 | | | | | | | 4.15-7.45 | | | | | | | | | | | | |
| 4.50 | | | | LTS | | | | | | | LTS | | | | | | | | | | | | |
| 5.00 | | | | | | | | | | | | | | | | | | | | | | | |
| 5.15 | | | | | | | | | | | | | | | | | | | | | | | |
| 5.30 | 5.15-6.15 | | | Primary | | | | | | | | | | | | | | | | | | | |
| 5.45 | Gym | | | | | | | | | | | | | | | | | | | | | | |
| 6.00 | | 4.45-6.15 | | | | | | | | | | | | | | | | | | | | | |
| 6.15 | | Swim | | | | | | | | | | | | | | | | | | | | | |
| 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