Ellesmere College Titans - Training Timetable

Day	Monday				Tuesday				Wednesday				Thursday				Friday			Saturday					Sunday
Time	Poseidon	Neptune	Trident	LTS	Poseidon	Neptune	Trident	Atlantis	Poseidon	Neptune	Trident	LTS	Poseidon	Neptune	Trident	Atlantis	Poseidon	Neptune	Trident	Poseidon	Neptune	Trident	Atlantis	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																									Poseidon Gym 3hr 45min Swim 18hr Total 21hr 45min
6.15	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				
6.30																									
6.45																									
7.00																									
7.15																									
7.30																									Neptune Gym 3hr Swim 14hr 30min Total 17hr 30min
7.45	College		Primary			College			College		Primary			College			College		Primary	College	Primary				
8.00																									
8.15																									
8.30																						8.30-10.00 Swim	8.30-2.00 LTS		Trident Gym 2hr Swim 12hr 30min Total 14hr 30min
8.45																									
9.00																									
9.15																									
9.30																									
9.45																						College DP			Atlantis Swim 4hr 30min
10.00																									
10.15																									
10.30																									
10.45																									
11.00																									LTS Swim 12hr
11.15																									
12.30																									
12.45				12.45-1.50 LTS								12.45-1.50 LTS													
1.00																									
1.15																									
1.30																									
1.45				College								College												Primary	
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					4.15-6.15 Swim		4.15-7.45 LTS		4.15-6.15 Swim				4.15-5.45 Swim	4.30-5.00 Gym						
4.30																									
4.45		4.45-6.15 Swim					4.30-6.00 Swim Primary AW/MS								4.00-5.30 Swim Primary AW / AB				5.00-7.00 Swim						
5.00																	5.00-5.45 Gym								
5.15	5.15-6.15 Gym				College	5.15-6.00 Gym								College				College							
5.30				Primary								Primary				5.30-7.00 Swim Primary AW	5.45-7.45 Swim								
5.45			6.00-7.30 Swim															6.00-6.45 Gym							
6.00	6.15-7.45 Swim					6.00-7.30 Swim		6.00-7.30 Swim Primary AW																	
6.15																									
6.30			Primary			College											College		Primary						
6.45																									
7.00																									
7.15																									
7.30	College																								
7.45																									