

DASC TRAINING PROGRAMME - Sunday 01 October 2023

DAY	TIME	HOURS	VENUE	SQUAD	NOTES
Mon pm	5.30-7.00pm	1.5	Longfield	A3	
	7.00-8.30pm	1.5	Longfield	A2	
	6.30-7.30pm	1	Education Village	A1	
	7.30-9.00pm	1.5	Education Village	Top	
Tue pm	6.45-7.45pm	1	Dolphin Centre	A2	Training pool
	7.45-9.00pm	1.25	Dolphin Centre	A1	Training pool
	8.00-9.00pm	1	Education Village	Top	
Wed pm	5.30-6.30pm	1	Longfield	B2	
	6.30-7.30pm	1	Longfield	A2	
	7.30-9.00pm	1.5	Longfield	A1	
	6.00-7.00pm	1	Education Village	Land training	Selected swimmers only
	7.00-8.30pm	1.5	Education Village	Top	
Thu pm	6.00-7.00pm	1	Longfield	A3	
	7.15-8.45pm	1.5	Longfield	A1	
	7.15-9.00pm	1.75	Education Village	Top	
Fri am	6.15-7.15am	1.25	Dolphin Centre	Top	Training pool
Fri pm	5.30-6.30pm	1	Longfield	A3	
	6.30-8.00pm	1.5	Longfield	A2	
	6.30-8.00pm	1.5	Education Village	Top and A1	
Sun pm	4.00-6.00pm	2	Education Village	Top	
	3.15-4.15pm	1	Dolphin Centre	B2	Training pool
	4.15-5.15pm	1	Dolphin Centre	A3	Training pool
	5.15-6.15pm	1	Dolphin Centre	A2	Training pool
	6.15-7.15pm	1	Dolphin Centre	A1	Training pool