

Wigan BEST Swim Squad

Weekly programme of sessions from January 2018

		<u>NATIONAL</u>	<u>AGE GROUP PERFORMANCE</u>	<u>AGE GROUP DEVELOPMENT</u>	<u>JUNIOR DEVELOPMENT</u>
<u>Mon</u>	AM	WIGAN LC 6:00am-8:00am	WIGAN LC 6:00am/8:00am		
	PM	LEIGH SV Land Training 4.30-5.30pm Swim Session 6.00-8.00pm	WIGAN LC 6:00pm/8:00pm	ASHTON LC 7.00-8.00pm	ASHTON LC 7.00-8.00pm
<u>Tue</u>	AM	WIGAN LC 6:00am - /8:00am			
	PM	HOWE BRIDGE SC 5.30pm - 7.30pm	WIGAN LC 7:00pm/8:30pm	WIGAN LC 6.00pm – 7.00pm	
<u>Wed</u>	AM	WIGAN 6:00am/8:15am	WIGAN 6:00am/8:00am	WIGAN 6:00am/8:00am	
	PM				LEIGH S.C.. 7:00pm – 8:00pm
<u>Thu</u>	AM	Howe Bridge 6:00am-8:00am	Howe Bridge 6:00am-8:00am	Howe Bridge 6:00am-8:00am	
	PM	WIGAN LC 4:30pm/6.30pm	HOWE BRIDGE SC 6.00pm/8:00pm	HOWE BRIDGE SC 6.00pm/8:00pm	WIGAN LC 6:30pm/7:30pm
<u>Fri</u>	AM	WIGAN LC 6:00am/8:15am	WIGAN LC 6:00am/8:00am		
			HOWE BRIDGE SC	HOWE BRIDGE SC	ASHTON LC 6:30 – 8.00pm
	PM	WIGAN LC 6:00pm/8:00pm	Land Training 5:15pm/6:00pm Swim Session 6:00pm/7:30pm	Land Training 5:15pm/6:00pm Swim Session 6:00pm/7:30pm	PELICAN CENTRE TYLDESLEY 6:30-7:30pm
<u>Sat</u>		LEIGH SV			
	AM	Swim Session 6:20 - -8:20am L and Training 8:30am - 9:30am			
<u>Sun</u>	AM		WIGAN LC Pool 10.00am-12:00noon Land-Training 12:15-1:00pm	WIGAN LC Pool 8:30am-10:00am Land-Training – 10.15am-11.00am	WIGAN LC Pool - 8:30am-10:00am
	Sessions	10 swim sessions/ 20 hours pool	9 swim sessions / 17 hours pool	7 swim sessions / 11 hours pool	Depending Group

Please note that land-training forms a major part of the training programme and swimmers are expected to attend.

As from January 2018 the swim squad are pleased to announce the partnership with Pelican Centre and the introduction of the additional JD session on a Friday evening.