

Wigan BEST Swim Squad



	SQUAD SESSIONS - SEPT 2021						
	NATIONAL		AGE GROUP PERFORMANCE		AGE GROUP DEVELOPMENT		JUNIOR DEVELOPMENT
	Session Details	Hrs	Session Details	Hrs	Session Details	Hrs	
Monday	Hindley						
	5.30am-7.30am	2					
	Leigh		Wigan		Hindley		Ashton
	Land Training 5:00 - 6:00pm		Pre-Pool 5.45pm-6.00pm		Pre-Pool 6.45pm-7.00pm		Swim 7.00pm-8.00pm
	Swim 6.00pm - 8.00pm	2	Swim 6.00pm-8.00pm	2	7.00pm-8.30pm	1.5	
Tuesday	Wigan		Hindley		Howe Bridge		
	Swim 6.00am-8.00am	2	5.30am-7.30am	2	6.00am-7.30am	1.5	
	Wigan		Howe Bridge		Wigan		
	Pre-Pool 6.30pm-7.00pm		Swim 5.30pm-7.30pm	2	Pre-Pool 5.45pm-6.00pm		
	Swim 7.00pm-9.00pm	2			Swim 6.00pm-7.00pm	1	
Wednesday							
							Hindley
							Swim 7.00pm-8.00pm
Thursday	Hindley						
	5.30am-7.30am	2					
	Wigan		Hindley		Howe Bridge		Wigan
	Pre-Pool 4.15pm-4.30pm		Pre-Pool 4.45pm-5.00pm		Pre-Pool 5.45pm-6.00pm		Swim 6.30pm-7.30pm
	Swim 4.30pm-6.30pm	2	Swim 5.00pm-7:00pm	2	Swim 6.00pm-7:30pm	1.5	
Friday			Hindley				
			5.30am-7.30am	1.5			
	Wigan		Hindley		Howe Bridge		Ashton
	Pre-Pool 5.40pm-6.00pm		Pre-Pool 5.45pm-6.00pm		Swim 6.00pm-7.30pm	1.5	Swim 7.30pm-8.30pm
	6.00pm-8.00pm	2	Swim 6.00pm-7.30pm	1.5			
Saturday	Leigh		Hindley		Hindley		
	Swim 6.20am-8.20am	2	Swim 5.30am-7.30am	1.5	Swim 7.30am-9:00am	1.5	
	Land Training 8:30 - 9:30am						
Total Hours	8x Sessions	16	7x Sessions	12.5	6x Sessions	8.5	