

## Fareham Nomads - Training Programme

**2017/18**

Squad		Learn To Swim	Academy 1 & 2	Foundation	Development	Junior Competitive	Junior Premier	Senior Competitive	Senior Premier	Masters	Junior Fitness	Senior Fitness
Monday	AM											
	PM	1800 - 2000 (30 min sessions)	1900 - 1940		1800 - 1930	1930 - 2100	1930 - 2100	1930 - 2100	1930 - 2100	1940 - 2100 (full masters only)		
	Land						1830 - 1915 (Creche)		1830 - 1915 (Creche)			
Tuesday	AM						0600 - 0730		0600 - 0730			
	PM			1800 - 1930			19:00 - 21:00		19:00 - 21:00		1930 - 2100	1930 - 2100
Wednesday	AM					0600 - 0730		0600 - 0730		0600 - 0730		0600 - 0730
	PM				1930 - 2100	1800 - 1930		1800 - 1930				
Thursday	AM						0600 - 0730		0600 - 0730			
	PM			1800-1915		1915 - 2100	1830 - 2000	1915 - 2100	1830 - 2000	2000 - 2100		
Friday	AM							0600 - 0730	0600 - 0730			
	PM	1800 - 2000 (30 min sessions)	1900 - 1940		1830 - 2000	1930 - 2100	1830 - 2030	1930 - 2100	1830 - 2030	2000 - 2100	1940 - 2100	1940 - 2100
Saturday	AM			0745 - 0845	0615 - 0745	0600 - 0730	0600 - 0730	0600 - 0730	0600 - 0730			
	Land					0745 - 0830 (Studio)	0745 - 0830 (Studio)	0745 - 0830 (Studio)	0745 - 0830 (Studio)			
	PM											
Sunday	AM											
	PM				1600 - 1730	1915 - 2100	1915 - 2100	1915 - 2100 (invite only)	1915 - 2100	1730 - 1900		
	Land				1745 - 1830 (Hall)							

Venue :

Fareham LC	West Hill Park	Holly Hill	Wildern	Mountbatten
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**NOTE:** Club Nights, Fun Nights & Time Trials will replace normal evening training at various points through the season.