

GUILDFORD CITY COMPETITIVE DEVELOPMENT TRAINING TIMES

		MON	TUES	WEDS	THURS	FRI	SAT	SUN
SENIOR 12 hours pool time x 45 mins. dry land training Coach - Sergey Mandradzhiyski & Ivo Mandradzhiyski	TRAINING	05.55 - 08.00						06.55 - 09.45
	LAND							SSP
	POOL	05.55 - 08.00 SC						09.00 - 10.00
	TRAINING		18.45 - 21.05	18.45 - 21.05	18.00 - 21.05	19.15 - 21.35		
	LAND				ALDERSHOT	ALDERSHOT	SPECTRUM	
POOL		18.45 - 21.05 SC	18.45 - 21.05 LC	18.00 - 18.45	18.45 - 21.05 LC	19.15-21.35 SC		
INTER 10 hours pool time 45 mins. dry land training Coach - Araceli Cruz-Fernandez	TRAINING						06.55 - 09.00	06.55 - 09.45
	LAND							SSP
	POOL						06.55 - 09.00 SC	09.00 - 10.00
	TRAINING	18.15 - 20.35	18.15 - 20.35		18.15 - 20.35	18.45 - 21.05		
	POOL	SPECTRUM	SPECTRUM		SPECTRUM	SSP		
POOL	18.15 - 20.35 SC	18.15 - 20.35 SC		18.15 - 20.35 SC	18.45 - 21.05 SC			

JANUARY 18