GUILDFORD CITY COUNTY 'A' TRAINING TIMES

All sessions @ Surrey Sports Park

MON	TUES	WEDS	THURS	FRI	SAT	SUN
COUNTY 11 hours pool time + 2 hours dry land training Coach - Steve Wadey Assistants - Sam Tierney	**TRAINING**		**06.00 - 08.00**		**07.00 - 09.00**	**08.00 - 11.00**
	LAND					08.00 - 09.00
	POOL		06.00 - 08.00 SC		07.00 - 09.00 LC	09.00 - 11.00 SC
	TRAINING	**19.00 - 21.00**	**18.00 - 20.00**	**19.00 - 21.00**		
	LAND		18.00 - 19.00			
	POOL	19.00 - 21.00 SC	19.00 - 20.00 SC	19.00 - 21.00 SC		