TRANSITION SQUADS TRAINING TIMES

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
REGIONAL SQUAD						07.00 - 09.00 Spec	09.00 - 11.00 SSP
10 Hours Pool Time	18.30 - 20.30 Spec		18.00 - 20.00 SSP	18.30 - 20.30 Spec			
1 Hour Dry Land Training							08.00 - 09.00 SSP
Senior Surrey Squad							
6.5 Hours Pool Time	18.30 - 20.30 CH	19.00 - 20.30 GH			18.30 - 20.30 Spec		16.00 - 17.00 Spec
Junior Surrey Squad							07.00 - 09.00 SSP
8 Hours Pool Time	18.30 - 20.30 CH		18.30 - 20.30 Spec		18.30 -20.30 Spec		
1 Hour Dry Land Training							09.00 - 10.00 SSP
Competitive Development Squad							
6 Hours Pool Time	19.30 - 20.30 Spec	19.30 - 20.30 Spec	19.30 - 20.30 Spec		18.30 - 20.30 Spec		16.00 - 17.00 Spec

Spec = Guildford Spectrum **SSP = Surrey Sports Park** **CH = Charterhouse School** **GH = Guildford High School Pool**