

**18th - 24th December 2017**

	Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd	Saturday 23rd	Sunday 24th
<b>Foundation</b>						7.15 - 8.15am Kings	<b>NO TRAINING</b>
			6.30-7.30pm Kings		6.30-7.30pm Kings		
<b>Development</b>						7.15-8.15am Kings	
	6.30-7.30pm Kings		7.30-8.30pm Kings		6.30-7.30pm Kings		
<b>Preparation 1</b>	6.00-7.30am RP					6.00-8.00 St Sw County Qual only	
			5.00-6.30pm Kings		5.30-6.30pm Kings		
<b>Preparation 2</b>	6.00-7.30am RP					6.00-8.00 St Sw County Qual only	
			5.00-6.30pm Kings		5.30-6.30pm Kings		
<b>Academy</b>						6.00-8.00 St Sw County Qual only	
			5.00-6.30pm Kings		5.30-6.30pm Kings		
<b>Aspire</b>						6.00-8.00 St Sw County Qual only	
			5.00-6.30pm Kings		5.30-6.30pm Kings		

	Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd	Saturday 23rd	Sunday 24th
<b>Performance Potential</b>	6.00-7.30am RP	6.00-7.30am RP				6.00-8.00am St Sw	<b>NO TRAINING</b>
		4.45-6.15pm Kings		6.30 - 8.00pm Kings	3.30-5.00pm Aldershot first come first served Sign Up		
<b>Excel</b>	6.00-7.30am RP	6.00-7.30am RP				6.00-8.00am St Sw	
		4.45-6.15pm Kings		6.30 - 8.00pm Kings	3.30-5.00pm Aldershot first come first served Sign Up		
<b>Masters</b>	6.00-7.30am RP	6.00 - 7.30am RP					
		8.05-9.05pm RP				5.30-7.00pm Kings	
<b>Challenge</b>	6.00-7.30am RP						
		8.05-9.05pm RP					
<b>Junior Challenge</b>	7.30-8.30pm Kings						
<b>Masters Fitness</b>		8.05-9.05pm RP				5.30-7.00pm Kings	
	RP = Riverpark	Kings = Kings School	WC = Winchester College	St Sw = St Swithuns	LT = Land Training	ATR - Army Training (St John Moore Barracks)	

**25th - 31st December 2017**

	Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th	Saturday 30th	Sunday 31st	
Foundation	<b>CHRISTMAS DAY</b>	<b>NO TRAINING</b>				7.15-8.15am Kings	<b>NO TRAINING</b>	
			6.30-7.30pm Kings		6.05-7.05pm RP			
Development								7.15-8.15am Kings
			7.30-8.30pm Kings		6.05-7.05pm RP			
Preparation 1			11.00am-12.00pm Kings	11.00am-12.00pm Kings	11.00am-12.00pm Kings	8.00-10.00am RP		
					5.30-7.30pm Kings - County Qualifiers			
Preparation 2			11.00am-12.00pm Kings	11.00am-12.00pm Kings	11.00am-12.00pm Kings	8.00-10.00am RP		
					5.30-7.30pm Kings - County Qualifiers			
Academy			6.00-7.30am RP	10.00-11.25 RP Sign Up	6.00-7.30am RP	8.00-10.00am RP		
			1.00-2.55pm RP Sign Up	3.30-5.00pm Aldershot - county qualifiers only	5.30-7.30pm Kings ----- 3.30-5.00pm Aldershot - priority to those competing LC Counties			
Aspire			6.00-7.30am RP ----- 9.00-11.00am Aldershot - priority to those competing LC Counties		6.00-7.30am RP	6.00-8.00am St Sw		
			5.00-6.30pm Kings	3.00-5.00pm Aldershot - priority to those competing LC Counties	5.30-7.30pm Kings ----- 3.30-5.00pm Aldershot - priority to those competing LC Counties			

	Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th	Saturday 30th	Sunday 31st
<b>Performance Potential</b>	<b>CHRISTMAS DAY</b>	<b>NO TRAINING</b>	9.00-11.00am Aldershot - priority to those competing LC Counties	6.00-7.30am RP	6.00-7.30am RP	6.00-8.00am St Sw	<b>NO TRAINING</b>
				3.00-5.00pm Aldershot - priority to those competing LC Counties	3.30-5.00pm Aldershot - priority to those competing LC Counties		
<b>Excel</b>			6.00-7.30am RP 9.00-11.00 am Aldershot - priority to those competing LC Counties	6.00-7.30am RP	6.00-7.30am RP	6.00-8.00am St Sw	
			5.00-6.30pm Kings	3.00-5.00pm Aldershot - priority to those competing LC Counties	3.30-5.00pm Aldershot - priority to those competing LC Counties		
<b>Masters</b>			6.00-7.30am RP	6.00-7.30am RP	6.00-7.30am RP		
			8.00-9.00pm RP	6.30-8.00pm Kings		5.00-7.00pm Kings	
<b>Challenge</b>			6.00-7.30am RP		6.00-7.30am RP		
			8.00-9.00pm RP	6.30-8.00pm Kings		5.00-7.00pm Kings	
<b>Junior Challenge</b>			7.30-8.30pm Kings			7.15-8.15am	
<b>Masters Fitness</b>			8.00-9.00pm RP	6.30-8.00pm Kings		5.00-7.00pm Kings	
	RP = Riverpark	Kings = Kings School	WC = Winchester College	St Sw = St Swithuns	LT = Land Training	ATR - Army Training (St John Moore Barracks)	

**1st - 6th January 2018**

	<b>Monday 1st</b>	<b>Tuesday 2nd</b>	<b>Wednesday 3rd</b>	<b>Thursday 4th</b>	<b>Friday 5th</b>	<b>Saturday 6th</b>	<b>Sunday 7th</b>
<b>Foundation</b>						7.15-8.15am Kings - invites only	
			6.30-7.30pm Kings		6.05-7.05pm RP		4.00-5.00pm Kings
<b>Development</b>						7.15-8.15am Kings	
			7.30-8.30pm Kings		6.05-7.05pm RP		
<b>Preparation 1</b>	10.30am-12.00pm Aldershot					7.15-8.15am Kings	
			5.30-6.30pm ATR (6.30-6.45pm stretch)				
<b>Preparation 2</b>	10.30am-12.00pm Aldershot					7.15-8.15am Kings	
			5.30-6.30pm ATR (6.30-6.45pm stretch)				5.00-6.00pm Kings
<b>Academy</b>	10.30am-12.00pm Aldershot		6.00-7.30am RP		6.00-7.30am RP		
					5.30-6.30pm Swim 6.30-6.45pm stretch) ATR		
<b>Aspire</b>	10.30am-12.00pm Aldershot		6.00-7.30am RP		6.00-7.30am RP		
					5.30-7.00pm ATR (7.00-7.15pm stretch)		5.00-6.00pm L/T (inc. stretch) 6.00-8.00pm Swim RP

**NO TRAINING**

	Monday 1st	Tuesday 2nd	Wednesday 3rd	Thursday 4th	Friday 5th	Saturday 6th	Sunday 7th
Performance Potential	<b>NO TRAINING</b>	6.00-7.30am RP		6.00-7.30am RP	6.00-7.30am RP	6.00-8.00am St Sw	
		12.00-2.00pm Aldershot	7.00-9.00pm ATR		5.30-6.15pm L/T 6.30-9.00pm Swim ATR		
6.00-7.30am RP		6.00-7.30am RP	6.00-7.30am RP	6.00-7.30am RP	6.00-8.00am St Sw		
12.00-2.00pm Aldershot - SIGN UP		5.30-6.30pm L/T 6.30-9.00pm Swim ATR		5.30-6.15pm L/T 6.30-9.00pm Swim ATR			
Masters		6.00 - 7.30am RP	6.00-7.30am RP	6.00-7.30am RP	6.00-7.30am RP		
		8.05-9.05pm RP		8.30-10.00pm RP			
Challenge					6.00-7.30am RP		
		8.05-9.05pm RP	8.00-9.00pm RP				
Junior Challenge	11.00am-12.00pm Kings	8.00-9.00pm RP					
Masters Fitness	8.05-9.05pm RP		8.30-10.00pm RP			3.00-4.00pm Kings	
	RP = Riverpark	Kings = Kings School	WC = Winchester College	St Sw = St Swithuns	LT = Land Training	ATR - Army Training (St John Moore Barracks)	