



Saints Swim Club

Winter Programme schedule



Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3rd January	CLOSED	2	3	4	5	6
10th January	2	3	4	5	6	7
17th January	3	4	5	6	7	8
24th January	4	5	6	7	8	9
31st January	5	6	7	8	9	10
7th February	6	7	8	9	10	1
14th February	7	8	9	10	1	2
21st February	8	9	10	1	2	3
28th February	9	10	1	2	3	4
7th March	10	1	2	3	4	5

Session 1 – Butterfly – Drills and aerobic fitness

Session 3 – Breaststroke drills and technique

Session 5 – Water Polo

Session 7 – Breaststroke and frontcrawl speed and sprints

Session 9 - Aerobic stamina & distance swimming

Session 2 – Backstroke drills and aerobic fitness

Session 4 – Frontcrawl drills and technique

Session 7 – Butterfly and Backstroke speed and sprints

Session 8 – Strength and circuit training

Session 10 – Lifesaving/Coaches choice