

## 4SSC Weekly Training Schedule

DAY VENUE TIME	SQUADS							
	REGIONAL	PLATINUM	COUNTY	COMP	PRE-COMP	ACAD	FIT	MAST
MONDAY - SIBFORD 6PM - 7PM Development & Fitness	X	X	X	X	PRE-COMP	ACAD	FIT	X
MONDAY - SIBFORD 7PM - 8.30PM Comp Endurance	REGION	PLAT	COUNTY	COMP	X	X	X	X
TUESDAY - CHIPPING NORTON 7.15AM - 8.15AM Comp Endurance	REGION	PLAT	COUNTY	COMP	X	X	X	X
TUESDAY - CHIPPING NORTON 7.30PM - 9PM Comp Endurance & Masters	REGION	PLAT	COUNTY	X	X	X	X	MAST
WEDNESDAY - MORETON 6.30AM - 7.30AM	REGION	PLAT	COUNTY	COMP	PRE-COMP	X	X	MAST
WEDNESDAY - KINGHAM HILL 6PM - 7PM Development & Fitness	X	X	X	X	PRE-COMP	ACAD	FIT	X
WEDNESDAY - KINGHAM HILL 7PM - 8.30PM Comp Endurance	REGION	X	COUNTY	X	X	X	X	X
THURSDAY - KINGHAM HILL 6PM - 7.30PM Comp Endurance Masters	REGION	PLAT	COUNTY	X	X	X	X	MAST
THURSDAY - MORETON 7 - 8.30PM	X	X	X	COMP	PRE-COMP	X	X	X
FRIDAY - BOURTON 4PM - 5.30PM Comp Endurance Fitness	X	PLAT	X	COMP	PRE-COMP	X	FIT	X
FRIDAY - SIBFORD 7PM - 8.30PM Comp Endurance	REGION	X	COUNTY	COMP	PRE-COMP	X	X	X
SATURDAY - KINGHAM HILL 7AM - 8.30AM Comp Endurance & Masters	REGION	X	COUNTY	COMP	X	X	X	MAST
SATURDAY - KINGHAM HILL 8.30AM - 9.30AM Development	X	X	X	X	PRE-COMP	ACAD	X	X
SUNDAY - CHIPPING NORTON 6PM - 7PM Academy	X	X	X	X	PRE-COMP	ACAD	X	X
SUNDAY - CHIPPING NORTON 6PM – 7PM Land training 7PM – 8PM Swim	REGION	X	COUNTY	COMP	X	X	X	X