**SWIM PROGRAMME 1st QUARTER 2015**

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| W/C | MONDAY | THURSDAY |
| 05/01/2015 | Technique | **Time trial** |
|  12/01/2015 | **Technique/Timetrial (a few)**  | Threshold/CSS |
|  19/01/2015 | Open water skills (OWS) | Threshold/CSS |
|  26/01/2015 | Technique | Threshold/CSS |
|  02/02/2015 | Technique | OWS |
|  09/02/2015 | Endurance | Threshold/CSS |
|  16/02/3015 | Technique | **Time trial** |
|  23/02/2015 | OWS | Threshold/CSS |
|  02/03/2015 | Technique | OWS |
|  09/03/2015 | Endurance | Threshold/CSS |
|  16/03/2015 | Technique | Threshold/CSS |
|  23/03/2015 | Technique | Threshold/CSS |
|  30/03/2015 | Technique | **Time trial** |
|  06/04/2015 | Bank Holiday | OWS |

Time trial will be offered at two sessions on first occasion to allow everyone to ascertain their current swim fitness. On later occasions will be offered at one session only. It will be repeated every 6 weeks from January through September.

The above plan suggests the main focus of the session. The Threshold/CSS sessions will incorporate between 20-30 minutes of threshold level work in the hour session.

I suggest if you do 3-4 sessions that breakdown (of main focus of session ) is one technique, one threshold/CSS and one of endurance or open water skills. Club sessions will be predominantly threshold/css and technique/open water skills. Add endurance set (which is easier to swim in leisure centre session) as your own session.

RT Dec 2014