

MILLFIELD SUMMER SCHEDULE 2017

Due to pool closure, the summer training plan is a little different to previous years. We have allocated three groups are based around age, development stage and target meets. Please see details below. For the sessions that are at Bath, the school will be providing a mini bus service to and from Millfield for convenience. Any questions around allocation of groups please contact your squad coach.

Yellow Group

Y10-U6 heading to British Summer Champs and Junior Internationals.

Purple Group

Y10-U6 Swim England Championships Qualifiers, Regional Qualifiers and below,
Y8 & Y9 British & Swim England Summer Champs and above.

Blue Group

Y8 and younger regionals, county and multi-sport athletes

Mon	Tue	Wed	Thu	Fri	Sat	Sun
03-Jul	04-Jul	05-Jul	06-Jul	07-Jul	08-Jul	09-Jul
	07:00-09:00 (prep)	07:00-09:00 (prep) 07:00-09:00 (prep)			07:00-09:00 (prep) 07:00-09:00 (prep)	
15:00-17:00 15:00-17:00 (prep)	15:00-17:00 15:00-17:00 (prep)		15:00-17:00 15:00-17:00 (prep)	15:00-17:00 15:00-17:00 (prep)		

Mon	Tue	Wed	Thu	Fri	Sat	Sun
10-Jul	11-Jul	12-Jul	13-Jul	14-Jul	15-Jul	16-Jul
	07:00-09:00 (prep)	07:00-09:00 (prep) 07:00-09:00 (prep)			07:00-09:00 (prep) 07:00-09:00 (prep)	
15:00-17:00 15:00-17:00 (prep)	15:00-17:00 15:00-17:00 (prep)		15:00-17:00 15:00-17:00 (prep)	15:00-17:00 15:00-17:00 (prep)		

Mon	Tue	Wed	Thu	Fri	Sat	Sun
17-Jul	18-Jul	19-Jul	20-Jul	21-Jul	22-Jul	23-Jul
07:00-09:00 (prep)	07:00-09:00 (prep)	07:00-09:00 (prep)	07:00-09:00 (prep)	07:00-09:00 (prep)	07:00-09:00 (prep)	
12:00-14:00 (bath)	12:00-14:00 (bath)	12:00-14:00 (bath)	12:00-14:00 (bath)	13:00-15:00 (bath)	11:00-13:00 (bath)	11:00-13:00 (bath)
15:00-17:00 17:00-18:00 (prep)	15:00-17:00 17:00-18:00 (prep)		15:00-17:00 (Prep)	15:00-17:00 (Prep)		

Mon	Tue	Wed	Thu	Fri	Sat	Sun
24-Jul	25-Jul	26-Jul	27-Jul	28-Jul	29-Jul	30-Jul

	07:00-09:00 (prep)	07:00-09:00 (prep) 07:00-09:00 (prep)				
15:00-17:00 15:00-17:00 (prep)	15:00-17:00 15:00-17:00 (prep)		15:00-17:00 15:00-17:00 (prep)	15:00-17:00 15:00-17:00 (prep)		

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31-Jul	01-Aug	02-Aug	03-Aug	04-Aug	05-Aug	06-Aug
		07:00-09:00 (prep) 07:00-09:00 (prep)				
15:00-17:00 15:00-17:00 (prep)	15:00-17:00 15:00-17:00 (prep)		15:00-17:00 15:00-17:00 (prep)	15:00-17:00 15:00-17:00 (prep)		

Mon	Tue	Wed	Thu	Fri	Sat	Sun
07-Aug	08-Aug	09-Aug	10-Aug	11-Aug	12-Aug	13-Aug
NO TRAINING REST & RECOVERY						

Mon	Tue	Wed	Thu	Fri	Sat	Sun
14-Aug	15-Aug	16-Aug	17-Aug	18-Aug	19-Aug	20-Aug
NO TRAINING REST & RECOVERY						

Mon	Tue	Wed	Thu	Fri	Sat	Sun
21-Aug	22-Aug	23-Aug	24-Aug	25-Aug	26-Aug	27-Aug
NO TRAINING REST & RECOVERY						

Mon	Tue	Wed	Thu	Fri	Sat	Sun
28-Aug	29-Aug	30-Aug	31-Aug	01-Sep	02-Sep	03-Sep
	07:00-09:00 (prep) Everybody	07:00-09:00 (prep) Everybody				
1600-1800 (prep) Everybody			1600-1800 (prep) Everybody	HOME DRYLAND (Bike/Run)		