



MILLFIELD

SUMMER TRAINING 2019

Monday 1st July	Tuesday 2nd	Wednesday 3rd	Thursday 4th	Friday 5th	Saturday 6th	Sunday 7th
	Swim 0700-0900	Swim 0700-0900			Swim 0700-0900	
Gym 1500-1600 Swim 1600-1800	Swim 1400-1600		Swim 1600-1800	Swim 1600-1800		

Monday 8th	Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th	Saturday 13th	Sunday 14th
Swim 0700-0900		Swim 0700-0900			Swim 0700-0900	
Swim 1600-1800	Gym 1500-1600 Swim 1600-1800		Gym 1500-1600 Swim 1600-1800	Swim 1600-1800		

Monday 15th	Tuesday 16th	Wednesday 17th	Thursday 18th	Friday 19th	Saturday 20th	Sunday 21st
	Swim 0700-0900	Swim 0700-0900 Gym 0900-1000		Swim 0700-0900 Gym 0900-1000	Swim 0700-0900	
Gym 1500-1600 Swim 1600-1800	Swim 1600-1800		Swim 1600-1800	Swim 1600-1800		

Monday 22nd	Tuesday 23rd	Wednesday 24th	Thursday 25th	Friday 26th	Saturday 27th	Sunday 28th
		Swim 0700-0900 AL/HG			Swim 0700-0900 AL/HG	
Swim 1600-1800 AL/HG	Swim 1600-1800 AL/HG		Swim 1600-1800 AL/HG	Swim 1600-1800 AL/HG		

W.C. 29.7.19 + 5.8.19 + 12.8.19 + 19.8.19: REST & RECOVERY

Monday 26TH Aug	Tuesday 27TH	Wednesday 28TH	Thursday 29TH	Friday 30TH	Saturday 31ST	Sunday 1ST Sep
		Swim 0700-0900		Swim 0700-0900		
	Swim 1600-1800		Swim 1600-1800			

SUMMER