

Carnegie Swimming Club Training Timetable September 2010

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Coach	Hours
Performance 1	Bowhill Pool 06:00 - 07:30 Dollar 17:00 - 18:30	Bowhill Pool 06:00 - 07:30 Land Training DHS 18:00 - 19:30	Cowdenbeath 18:00 - 20:30	OFF	Bowhill Pool 06:00 - 07:30 Tulliallan Land Training 18:00 - 19:00 Pool 19:00 - 20:30	Bowhill 06:00 - 08:00 Stirling* 16:00 - 18:00	Edinburgh University Land Training 14:30 - 15:30 Pool 15:30 - 17:30	John Szaraneck Ally McKilligan Morag Mitchell	Pool 16.0 Hrs Land Training 3.5 Hrs
Performance 2	Bowhill Pool 06:00 - 07:30 Dollar 17:00 - 18:30	Bowhill Pool 06:00 - 07:30 Land Training DHS 18:00 - 19:30	Cowdenbeath 18:00 - 20:30	OFF	Bowhill Pool 06:00 - 07:30 Tulliallan Land Training 18:00 - 19:00 Pool 19:00 - 20:30	Bowhill 06:00 - 08:00 Stirling* 16:00 - 18:00	OFF	John Szaraneck Ally McKilligan Morag Mitchell	Pool 14.0 Hrs Land Training 2.5 Hrs
Performance Development 1	Land Training DHS 18:00 - 19:30	Dollar 17:00 - 19:00 or Glenrothes 18:00 - 20:00	Cowdenbeath 18:00 - 20:30	OFF	Lochgelly 19:30 - 21:30	Bowhill 06:00 - 08:00 Stirling* 16:00 - 18:00	Tulliallan 16:00 - 18:00	John Kirby Ruth Gray	Pool 12.50 Hrs Land Training 1.5 Hrs
Performance Development 2	Land Training DHS 18:00 - 19:30	Dollar 17:00 - 19:00 or Glenrothes 18:00 - 20:00	OFF	Dollar 17:00 - 18:30	Lochgelly 19:30 - 21:30	Stirling* 16:00 - 18:00	Tulliallan 16:00 - 18:00	John Kirby Ruth Gray	Pool 9.30 Hrs Land Training 1.5 Hrs
Junior Development	Land Training DHS 18:00 - 19:30	Dollar 17:00 - 19:00 or Glenrothes 18:00 - 20:00	OFF	Dollar 17:00 - 18:30	OFF	Tulliallan 16:00 - 18:00	Tulliallan 16:00 - 18:00	Gary Hallam	Pool 7.30 Hrs Land Training 1.5 Hrs
Orcas		Dollar 17:00 - 19:00	OFF	OFF	OFF	Tulliallan 16:00 - 18:00	Tulliallan 14:00 - 16:00	Jane Milroy	Pool 6.00 Hrs
Sharks	OFF	OFF	OFF	OFF	OFF	Cowdenbeath 18:30 - 20:00	Tulliallan 14:00 - 16:00	Jennifer Johnstone	Pool 3.5 Hrs
Beginners				Cowdenbeath (Baby Pool) 18:00 - 19:00		Cowdenbeath 18:30 - 19:30			
Masters			Cowdenbeath 18:00 - 20:30			Stirling* 16:00 - 18:00		John Szaraneck Ally McKilligan	Pool 4.5 Hrs

* See separate training information for Stirling