

ROMFORD TOWN SWIMMING CLUB – PHASE 3 SCHEDULE FOR ALL SQUADS

WEEK COMMENCING 12TH APRIL 2021

| Squad | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|---------------------------------|---|-------------------------------|-------------------------------|-----------------------------|-------------------------------|---------------------------------|
| A Squad | | | | | | 6.30 – 8.30am (Sapphire) | |
| | 5.30 -7.30pm (Becontree 50m) | Land training 5.00 – 6.00pm (Abbs Cross) Swimming 6.00 – 7.00pm (Abbs Cross) | 6.00 – 8.00pm (Abbs Cross) | 6.00 – 8.00pm (Abbs Cross) | | | 5.00 – 7.00pm (Abbs Cross) |
| B Squad | | | | | | 6.30 – 8.30am (Sapphire) | |
| | | Land training 6.00 – 7.00pm (Abbs Cross) Swimming 7.00 – 8.30pm (Abbs Cross) | | | 6.30 – 8.30pm (Sapphire) | | 5.30 – 7.00pm (Central Park) |
| C Squad | | | | | | 7.00 - 8.30am (Abbs Cross) | |
| | | 5.00 – 6.00pm (Abbs Cross) | 4.30 – 6.00pm (Abbs Cross) | | | | 4.00 – 5.30pm (Central Park) |
| D Squad | | | | | | 7.00 - 8.30am (Abbs Cross) | |
| | | 5.00 – 6.00pm (Abbs Cross) | 4.30 – 6.00pm (Abbs Cross) | | | | 4.00 – 5.30pm (Central Park) |

WEEK COMMENCING 19TH APRIL 2021

| Squad | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|---------------------------------|---|-------------------------------|----------------------------------|----------------------------------|-------------------------------|---------------------------------|
| A Squad | 5.30 – 7.30am (Abbs Cross) | | | | 5.30 – 7.30am (Becontree 50m) | 6.30 – 8.30am (Sapphire) | |
| | 5.30 -7.30pm (Becontree 50m) | Land training 5.00 – 6.00pm (Abbs Cross) Swimming 6.00 – 7.00pm (Abbs Cross) | 6.00 – 8.00pm (Abbs Cross) | 6.00 – 8.00pm (Abbs Cross) | | | 5.00 – 7.00pm (Abbs Cross) |
| B Squad | 5.30 – 7.30am (Abbs Cross) | | | 5.30 – 7.00am (Becontree 50m) | | 6.30 – 8.30am (Sapphire) | |
| | | Land training 6.00 – 7.00pm (Abbs Cross) Swimming 7.00 – 8.30pm (Abbs Cross) | | | 6.30 – 8.30pm (Sapphire) | | 5.30 – 7.00pm (Central Park) |
| C Squad | | | | | | 7.00 - 8.30am (Abbs Cross) | |
| | | 5.00 – 6.00pm (Abbs Cross) | 4.30 – 6.00pm (Abbs Cross) | | 6.30 – 8.30pm (Sapphire) | | 4.00 – 5.30pm (Central Park) |
| D Squad | | | | | | 7.00 - 8.30am (Abbs Cross) | |
| | | 5.00 – 6.00pm (Abbs Cross) | 4.30 – 6.00pm (Abbs Cross) | | | | 4.00 – 5.30pm (Central Park) |

WEEK COMMENCING 26TH APRIL 2021

| Squad | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|---------------------------------|---|-------------------------------|----------------------------------|----------------------------------|-------------------------------|---------------------------------|
| A Squad | 5.30 – 7.30am (Abbs Cross) | | 5.30 – 7.30am (Abbs Cross) | | 5.30 – 7.30am (Becontree 50m) | 6.30 – 8.30am (Sapphire) | |
| | 5.30 -7.30pm (Becontree 50m) | Land training 5.00 – 6.00pm (Abbs Cross) Swimming 6.00 – 7.00pm (Abbs Cross) | 6.00 – 8.00pm (Abbs Cross) | 6.00 – 8.00pm (Abbs Cross) | | | 5.00 – 7.00pm (Abbs Cross) |
| B Squad | 5.30 – 7.30am (Abbs Cross) | | | 5.30 – 7.00am (Becontree 50m) | | 6.30 – 8.30am (Sapphire) | |
| | | Land training 6.00 – 7.00pm (Abbs Cross) Swimming 7.00 – 8.30pm (Abbs Cross) | | | 6.30 – 8.30pm (Sapphire) | | 5.30 – 7.00pm (Central Park) |
| C Squad | | | | | | 7.00 - 8.30am (Abbs Cross) | |
| | | 5.00 – 6.00pm (Abbs Cross) | 4.30 – 6.00pm (Abbs Cross) | | 6.30 – 8.30pm (Sapphire) | | 4.00 – 5.30pm (Central Park) |
| D Squad | | | | | | 7.00 - 8.30am (Abbs Cross) | |
| | | 5.00 – 6.00pm (Abbs Cross) | 4.30 – 6.00pm (Abbs Cross) | | | | 4.00 – 5.30pm (Central Park) |

WEEK COMMENCING 3RD MAY 2021

| Squad | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|---------------------------------|---|-------------------------------|----------------------------------|----------------------------------|-------------------------------|---------------------------------|
| A Squad | 5.30 – 7.30am (Abbs Cross) | 5.30 – 7.30am (Becontree 50m) | 5.30 – 7.30am (Abbs Cross) | | 5.30 – 7.30am (Becontree 50m) | 6.30 – 8.30am (Sapphire) | |
| | 5.30 -7.30pm (Becontree 50m) | Land training 5.00 – 6.00pm (Abbs Cross) Swimming 6.00 – 7.00pm (Abbs Cross) | 6.00 – 8.00pm (Abbs Cross) | 6.00 – 8.00pm (Abbs Cross) | | | 5.00 – 7.00pm (Abbs Cross) |
| B Squad | 5.30 – 7.30am (Abbs Cross) | | | 5.30 – 7.00am (Becontree 50m) | | 6.30 – 8.30am (Sapphire) | |
| | | Land training 6.00 – 7.00pm (Abbs Cross) Swimming 7.00 – 8.30pm (Abbs Cross) | | | 6.30 – 8.30pm (Sapphire) | | 5.30 – 7.00pm (Central Park) |
| C Squad | | | | | | 7.00 - 8.30am (Abbs Cross) | |
| | | 5.00 – 6.00pm (Abbs Cross) | 4.30 – 6.00pm (Abbs Cross) | | 6.30 – 8.30pm (Sapphire) | | 4.00 – 5.30pm (Central Park) |
| D Squad | | | | | | 7.00 - 8.30am (Abbs Cross) | |
| | | 5.00 – 6.00pm (Abbs Cross) | 4.30 – 6.00pm (Abbs Cross) | | | | 4.00 – 5.30pm (Central Park) |