

## RTSC Summer 2022 Training Schedule

### 25th July to 31<sup>st</sup> July British Summer Championships 22<sup>nd</sup> to 28<sup>th</sup> July

	A Squad		B Squad		C Squad		D Squad	
Monday 25 <sup>th</sup>	Abbs Cross School	5:30 to 7:30am	Abbs Cross School	5:30 to 7:30am				
	Becontree	5:30 to 7:30pm						
Tuesday 26 <sup>th</sup>	Becontree	5:30 to 7:30am						
	Abbs Cross School	6:00 to 7:00pm	Abbs Cross School	6:00 to 8:30pm (inc gym)	Abbs Cross School	5:00 to 6:00pm	Abbs Cross School	5:00 to 6:00pm
Wednesday 27 <sup>th</sup>								
	Abbs Cross School	6:00 to 8:00pm			Abbs Cross School	4:30 to 6:00pm	Abbs Cross School	4:30 to 6:00pm
Thursday 28 <sup>th</sup>			Becontree	5.30 to 7.00am				
	Abbs Cross School	5:00 to 7:00pm						
Friday 29 <sup>th</sup>	Becontree	5:30 to 7:30am						
			Sapphire	6:30 to 8:00pm	Abbs Cross School	6:00 to 7:30pm	Abbs Cross School	6:00 to 7:30pm
Saturday 30 <sup>th</sup>	Abbs Cross School	6:30 to 8:30am	Abbs Cross School	6:30 to 8:30am	Abbs Cross School	8:30 - 10:00am		
Sunday 31 <sup>st</sup>	Abbs Cross School	5:30 to 7:00pm	Abbs Cross School	4:00 to 5:30pm	Abbs Cross School	3:00 to 4:00pm	Abbs Cross School	3:00 to 4:00pm

## RTSC Summer 2022 Training Schedule

**1<sup>st</sup> to 7<sup>th</sup> August**

**Swim England National Summer Meet – 5<sup>th</sup> to 9<sup>th</sup> August**

	A Squad	B Squad	C Squad	D Squad
Monday 1 <sup>st</sup>	Becontree 5:30 to 7:30pm	Becontree 5:30 to 7:30pm		
Tuesday 2 <sup>nd</sup>	Abbs Cross School 6:00 to 7:15pm	Abbs Cross School 7:15 to 8:30pm Land training 6.15 to 7.15pm	Abbs Cross School 5:00 to 6:00pm	Abbs Cross School 5:00 to 6:00pm
Wednesday 3 <sup>rd</sup>	Abbs Cross School 6:00 to 8:00pm		Abbs Cross School 4:30 to 6:00pm	Abbs Cross School 4:30 to 6:00pm
Thursday 4 <sup>th</sup>	Abbs Cross School 6:30 to 8:00pm	Abbs Cross School 5:00 to 6:30pm		
Friday 5 <sup>th</sup>	Abbs Cross School 6:00 to 7:30pm	Abbs Cross School 6:00 to 7:30pm	Sapphire 6:30 to 8:00pm	Sapphire 6:30 to 8:00pm
Saturday 6 <sup>th</sup>	No training for ALL squads			
Sunday 7 <sup>th</sup>	Abbs Cross School 5:30 to 7:00pm	Abbs Cross School 4:00 to 5:30pm	Abbs Cross School 3:00 to 4:00pm	Abbs Cross School 3:00 to 4:00pm

**8<sup>th</sup> to 9<sup>th</sup> August**

**Swim England National Summer Meet – 5<sup>th</sup> to 9<sup>th</sup> August**

**Swim England Open Water National Age Group Champs 10<sup>th</sup> Aug**

	A Squad	B Squad	C Squad	D Squad
Monday 8 <sup>th</sup>	Becontree 5:30 to 7:30pm	Becontree 5:30 to 7:30pm		
Tuesday 9 <sup>th</sup>	Abbs Cross School 6:00 to 7:15pm	Abbs Cross School 7:15 to 8:30pm	Abbs Cross School 5:00 to 6:00pm	Abbs Cross School 5:00 to 6:00pm

There is no training from Wednesday 10<sup>th</sup> to Monday 29<sup>th</sup> August inclusive. The new season starts from PM on Tuesday 30<sup>th</sup> August 2022.

## RTSC Summer 2022 Training Schedule

**29<sup>th</sup> August to 4<sup>th</sup> September**

	A Squad	B Squad	C Squad	D Squad
Monday 29 <sup>th</sup>	BANK HOLIDAY			
Tuesday 30 <sup>th</sup>	Abbs Cross School 5:00 to 7:00pm (+ Gym)	Abbs Cross School 6:00 to 8:30pm + gym	Abbs Cross School 5:00 to 6:00pm	Abbs Cross School 5:00 to 6:00pm
Wednesday 31 <sup>st</sup>	Abbs Cross School 6:00 to 8:00pm		Abbs Cross School 4:30 to 6:00pm	Abbs Cross School 4:30 to 6:00pm
Thursday 1 <sup>st</sup>	Abbs Cross School 6:00 to 8:00pm			
Friday 2 <sup>nd</sup>	Abbs Cross School 6:00 to 7:30pm	Abbs Cross School 6:00 to 7:30pm	Sapphire 6:30 to 8:00pm	Sapphire 6:30 to 8:00pm
Saturday 3 <sup>rd</sup>	Abbs Cross School 7:00 to 8:30am	Abbs Cross School 7:00 to 8:30am	Abbs Cross School 8:30 to 10:00am	
Sunday 4 <sup>th</sup>	Abbs Cross School 5:30 to 7:00pm	Abbs Cross School 4:00 to 5:30pm	Abbs Cross School 3:00 to 4:00pm	Abbs Cross School 3:00 to 4:00pm

All Sessions return to normal from AM on Monday 5<sup>th</sup> September 2022