

Boot Camp Outline

Saturday – Alfreton Leisure Centre – 8 am until 6pm

8 – 9 am Swimming session

9.30 – 11 am Land training

11.15 – 12.30 Skills workshop

12.30 – 1 pm Lunch – A packed lunch will be required on this day

1.15 – 3 pm Skills workshop and land training

3 – 4 pm Q and A with coaches/higher level swimmers

4 – 6 pm Swimming Session

Sunday – Belper Leisure Centre – 8 am until 8.30 pm

8 – 9 am Swimming Session

9.15 – 11.30 am Land training

11.45 – 1 pm nutritional workshop

1 – 2.30 pm Lunch – a longer lunch break to allow people to go home between

2.30 – 5 pm Land training/team building

5 – 8.30 pm 'Colours Gala'