



# IOMSC Training Sessions

Monday PM	Castletown Castletown	5 – 7 pm 7 – 8 pm	Performance A squad, B squad
Tuesday AM	Peel	5.30 – 7.30 am 5.30 – 7 am	Performance A squad, B squad
Tuesday PM	Ramsey	6.30 – 8.15 pm	Performance, A squad, B squad & Ramsey Development squad
Wednesday PM	Peel	6 - 8 pm	Performance
	Peel	7 – 8.30 pm	A squad
	NSC	7 – 8.30 pm	B, Douglas/Southern Dev. squads
Thursday AM	Peel	5.30 – 7.30 am 5.30 – 7 am	Performance A squad, B squad
	NSC	8 – 9.30 pm	Performance and A squad
Friday PM	NSC	6 – 7 pm	Land Training Performance, A squad
	NSC	7.30 – 9.30 pm	Performance, A squad, B squad
Saturday	NSC	5 – 7 pm	Performance, A squad
		7 – 8.30 pm	B squad, Development squad

## Session commitment

	Minimum	Maximum
<b>Performance</b>	7	-
<b>A</b>	5	7
<b>B</b>	4	5 + club
<b>Development</b>	1 + club	2 + club

## Notes

- Swimmers in Performance & A squad should consider land training to be part of the Friday Evening session.
- Swimmers in Performance, A & B squads can count 1 club session towards the above minimum criteria.
- Swimmers in Performance should swim at least one morning session per week.