

SAST Time Table
Commencing Thursday 18th August
PERFORMANCE PATHWAY SQUADS

SQUAD	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Guide
National Squad 10 sessions	5:45-7:30am Citadel *4:45-6:45pm* Troon	5:45-7:30am Citadel 4:30-6:00pm Citadel-Land		6:00-7:30am Citadel-Gym 4:30-6:45pm* (3 lanes) Citadel	5:45-7:30am Citadel 4:30-6:15pm* Maybole	7:00-9:00am Maybole Weights session for selected swimmers		12/u=7 sessions 13=7-8 sessions 14=8-9 sessions 15/o=9-10 sessions As directed by the coach
District Squad 7 sessions	6:00-7:30am Troon		6:00-7:30am Citadel		6:00-7:30am Prestwick 5:00-6:15pm* Citadel	7:15-8:30am Land Training		9-14yrs 5-7 sessions As directed by the coach
Junior Squad 5 sessions			6:00-7:30am Prestwick		7:00-8:00pm Prestwick	7:15-8:30am Citadel	5:00-6:15pm* Troon	8-12 yrs 3-5 sessions midweek am is compulsory
Development Ayr	7:00-8:00pm		5:00-6:00pm				3:00-4:15pm*	7-11 years
Development Prestwick	4:30-5:30pm		6:30-7:30pm				5:00-6:15pm*	New members 12yrs+ will have 6- 12 months in this squad.
Development Troon	6:30-7:30pm		7:00-8:00pm				*5:45-7:00pm	2-3 sessions

CLUB PATHWAY SQUADS

SQUAD	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Guide
Masters 3 sessions	9:00-9:45pm Citadel		9:00-9:45pm Troon	9:00-9:45pm Prestwick				Age-16+
Youth Squad 5 sessions	6:00-7:30am Prestwick 8:00-9:30pm Citadel			6:00-7:30am Prestwick	6:00-7:30am Troon			14yrs + 3-5 sessions
Club Squad 4 sessions	7:00-8:00pm Citadel	6:00-7:30am Troon		8:00-9:00pm Prestwick		7:15-8:30am Citadel		12-14 years 2-4 sessions

*=15 minutes land training prior or after the session.

Competitions generally have sessions starting 7:00-9:00am and therefore being able to swim early in a morning is essential. Early morning training sessions will in lower squads be of a low intensity allowing swimmers to develop getting up to swim as a habit. This habit is best introduced at a young age and becomes more difficult to develop the older swimmers get. Without early morning sessions swimmers will not meet the training demands to reach their full potential at later stages.

National Squad

Sessions Required	Age	Year in Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Age
7	12/u	1st	AM	AM PM	PM	PM	AM	AM	12/u
8	13	2nd	AM	AM PM	PM	PM	AM	AM	13
9	14	3rd	AM	AM PM	PM	PM	AM	AM	14
10	15+	4th +	AM	AM PM	PM	PM	AM PM	AM	15+