

Tallaght Swim Team Summer training timetable 2017

Date	Day	AM	PM	Notes
JULY 19	WED	---	4.45-6.00 normal	IR Div 1 Chp's
20	THUR	No am	5.00-6.00 normal (No Dryland)	
21	Fri	No am	5.00-7.00pm Normal	
22	Sat	7.00-9.00am normal (No Dryland) 9.00-9.45 LC2	No pm	
23	Sun	No 7-8 dryland 8.00-10.00 Normal 9.30-11.00 normal Inc dryland	No pm	
24+25	MON+TUE	No training	No training	
26	WED and every Wed until SEPT	---	4.45-6.00pm All Squads	Start of Summer programme
30	SUN And every Sun until SEPT	9.30-11.00am (pool) All Squads	---	
SEPT 1	FRI	---	5.00-7.00pm normal	
2	SAT	7.00-9.00 am normal 9.00-9.45 LC2	No pm	
3	SUN	No 7-8 Dryland 8.00-10.00 normal 930-11.00 normal	No pm	
4	MON	---	5.00-7.00pm normal	All training returns to normal Inc. all am training and DryLand