

| Start | End | Event | Location | Organiser | Other info |
|--|---------|---|------------------------------|--|--|
| THURSDAY 5TH MARCH | | | | | |
| 5:00pm | 7:00pm | Swim coaching | Olympic pool | Terry & Paul | 3 lanes (intro sessions: mixture of technique and fitness) |
| FRIDAY 6TH MARCH | | | | | |
| 7:00am | 9:00am | Swim coaching | Olympic pool | Terry & Paul | 7.00 - 7.30 am 3 lanes (technique) / 7.30 - 8.00 am 3 lanes (yardage), 8.00am - 9.00am 1 lane (yardage) |
| 8.00 - 9.00 | | open water swimming (wet suits compulsory) | Lagoon -Meet below CLS pools | Paul | open water drills, intervals, group swimming |
| 5:00pm | 7:00pm | Swim coaching | Olympic pool | Terry + Paul | 3 lanes: 5.00 - 5-30 pm technique / 5.30 - 7 pm fitness - |
| SATURDAY 7TH MARCH | | | | | |
| 7:00am | 9:00am | Swim coaching | Olympic pool | Terry & Paul | 7.00 - 7.30 am 3 lanes (technique) / 7.30 - 8.00 am 3 lanes (yardage), 8.00am - 9.00am 1 lane (yardage) |
| 5:00pm | 7:00pm | Swim coaching | Olympic pool | Terry | 1 lane reserved!: 5.00 - 5-30 pm technique / 5.30 - 7 pm fitness - yardaged |
| 5.00pm | 6.00pm | open water swimming (wet suits) | Lagoon -Meet below CLS pools | Paul | open water drills, intervals, group swimming |
| SUNDAY 8TH MARCH | | | | | |
| 7:00am | 9:00am | Swim coaching | Olympic pool | Terry / Paul | 7.00 - 7.30 am 3 lanes (technique) / 7.30 - 8.00 am 3 lanes (yardage), 8.00am - 9.00am 3 lanes (yardage) |
| 5:00pm | 6:30pm | Swim coaching | Olympic Pool | Terry | 6 lanes: 5-5.30 pm technique - 5.30- 6.30pm fitness / yardage |
| 5.00pm | 6.00 pm | Open water | Lagoon -Meet below CLS pools | Paul | open water drills, intervals, group swimming |
| MONDAY 9TH MARCH | | | | | |
| 7:00am | 9:00am | Swim coaching | Olympic pool | Terry + Paul | 6 lanes reserved: 7-7.3 am technique - 7.30-9am fitness / yardage |
| 5:00pm | 6.30pm | Swim coaching | Olympic pool | Terry | 6 lanes: 5-5.30 pm technique - 5.30-6.30pm fitness / yardage |
| 5.00pm | 6.00pm | Open water wetsuit swimming | Lagoon -Meet below CLS pools | Paul | open water drills, intervals, group swimming |
| TUESDAY 10TH MARCH | | | | | |
| 7:00am | 9:00am | Swim coaching | Olympic pool | Terry | 6 lanes reserved: 7-7.30 am technique - 7.30-9am fitness / yardage |
| 7 | | OPEN WATER | Lagoon | CLS + Paul | Pre registration on notice board, wetsuit and swim hat |
| 5:00pm | 6:30pm | Swim coaching | Olympic pool | Terry & Paul | 6 lanes: 5-5.30 pm technique - 5.30-6.30pm Critical Swim Speed (CSS) test |
| WEDNESDAY 11TH MARCH | | | | | |
| 7:00am | 8:00am | Swim coaching | Olympic pool | Terry & Paul | 6 lane reserved: 7-7.30 am technique. 7.30 - 8.00 am |
| 3.30pm | 4.30pm | Swim team relays | Olympic pool | Terry / Paul | 6 lanes reserved. Terry: Relays |
| THURSDAY 12TH MARCH | | | | | |
| 7.00am | 9:00am | Swim coaching | Olympic pool | Terry / Paul | 6 lanes reserved |
| 5.00pm | 7.00pm | swim lanes reserved, no coaching | Olympic pool | | 6 lanes reserved |
| Friday 13H - SUNDAY 16TH MARCH - Activities to be organised on a casual basis by those staying on. We have 6 swim lanes from 8.00-9.00 and one on Sunday 17th | | | | | |
| Friday 13TH | | | | | |
| 7.00am | 9.00am | swim lanes reserved, no coaching | Olympic pool | | 2 lanes |
| 10.00am | 3.00pm | Puerto del swim lanes reserved, no coaching | | wetsuits to reception area before 10.00 am | |
| 5.00pm | 7.00pm | swim lanes reserved, no coaching | Olympic pool | | 2 lanes |
| Saturday 14th | | | | | |
| 7.00am - | 8.00am | swim lanes reserved, no coaching | Olympic pool | | 2 lanes |
| 5.00pm | 7.00pm | swim lanes reserved, no coaching | Olympic pool | | 1 lane |
| SUNDAY 15TH | | | | | |
| 7.00am - | 9.00am | swim lanes reserved, no coaching | Olympic pool | | 2 lanes |

Added flexibility on offer this year, aimed at facilitating and enabling brick sessions: swim/bike and swim/run, swimming as part of cross training and swimming low volume sessions

The 2hr swim sessions will be divided into 30 min intervals: the first 30 minutes will be technique only, followed by 90 min yardage (3 x 30 minutes).
Volume choice: 30 min / 1hr / 1.5hrs or 2hrs

Key requirement is that swimmers arrive promptly at one of the following times: in the morning either 7 / 7.30 / 8.00 or 8.30 am – in the afternoon either 5 / 5.30 / 6.00 or 6.30 pm