

Huntingdon Piranhas Training Distances

Cycle 2 2008

Month	Week	Date	Session	Distance	Comments
April	N/A	Thu 3rd	9 - 10	2250	
		Fri 4th	6 - 7	2200	
	1	Tue 8th	8 - 9	1500	front crawl drills skills
		Tue 8th	9 - 10	2000	
		Wed 9th	8 - 9	1850	Add T10 distance
		Wed 9th	9 - 10	2300	
		Thu 10th	9 - 10	2450	
		Fri 11th	6 - 7	2050	
		Fri 11th	8 - 9.30	1100	+ starts,turns and finish drills
		Sat 12th	12 - 1	1000	+ turns drills
		Sat 12th	1 - 2	1500	
		Sat 12th			Trophy Gala / Luton Open
	2	Tue 15th	8 - 9	1500	backstroke drills skills
		Tue 15th	9 - 10	2200	
		Wed 16th	8 - 9	2350	
		Wed 16th	9 - 10	2450	
		Thu 17th	9 - 10	2100	
		Fri 18th	6 - 7	1150	+ starts,turns and finish drills
		Fri 18th	8 - 9.30	1200	+ turns and finish drills
		Sat 19th	12 - 1	1000	+ turns drills
		Sat 19th	1 - 2	1500	
	3	Tue 22nd	8 - 9	1200	+ turns + drills
		Tue 22nd	9 - 10	2050/2250	
		Wed 23rd	8 - 9	1750/2100	
		Wed 23rd	9 - 10	2500	
		Thu 24th	9 - 10	1700	
		Fri 25th	6 - 7	1750	
		Fri 25th	8 - 9.30	2000	
		Sat 26th	12 - 1	1000	+ turns drills
		Sat 26th	1 - 2	1500	
Sat 26th				Fenland League	
April	4	Tue 29th	8 - 9	600	+ starts,turns and finish drills
		Tue 29th	9 - 10	2100	
		Wed 30th	8 - 9	600	+ starts,turns and finish drills
		Wed 30th	9 - 10	600	+ starts,turns and finish drills
May		Thu 1st	9 - 10	2400	
		Fri 2nd	6 - 7	2000/2100	
		Fri 2nd	8 - 9.30	2100	
		Sat 3rd	12 - 1	1000	+ turns drills
	Sat 3rd	1 - 2	1500		