



*The Lincolnshire County Amateur Swimming Association*

*Affiliated to ASA East Midland Region*

**0830 Registration**

**0900 - 1000 Olympic Land Training Circuit**

**1030 - 1130 Team Building**

**1130 - 1230 (Group A) Performance Profile**

**1130 - 1230 (Group B) Nutrition**

**1230 - 1330 Lunch (bring own packed lunch)**

**1330 - 1430 (Group B) Performance Profile**

**1330 - 1430 (Group A) Nutrition**

**1430 - 1530 Essential stretching and pre pool**

**1600 – 1800 Swim Session**