



Trafford Metro Training Timetable 2026-2027



Squad		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Squad Coach
National Seniors	AM	05:45 - 07:00 MAIN		05:45 - 07:00 MAIN		05:45 - 07:00 MAIN			Jo
	PM	19:00 - 20:15 CLUB	17:00 - 18:15 CLUB	17:00 - 18:30 CLUB	18:00 - 19:30 CLUB			17:30 - 19:00 MAIN	
	Land	18:00 - 19:00 GYM		18:40 - 19:40 GYM	17:00 - 18:00 GYM			17:15 - 17:30 PRE POOL	
National Competition 2	AM	05:45 - 07:00 MAIN		05:45 - 07:00 CLUB / MAIN		05:45 - 07:00 MAIN			Craig
	PM	18:00 - 19:00 CLUB	17:00 - 18:15 CLUB	18:30 - 20:00 CLUB	18:00 - 19:30 CLUB			17:30 - 19:00 MAIN	
	Land	17:00 - 18:00 GYM	18:30 - 19:30 GYM	18:15 - 18:30 PRE POOL	17:00 - 18:00 (SELECT) GYM			17:15 - 17:30 PRE POOL	
National Competition 1	AM	05:45 - 07:00 CLUB		05:45 - 07:00 CLUB			07:30 - 08:15 MAIN		Sam
	PM	18:00 - 19:00 CLUB		18:30 - 20:00 CLUB	19:30 - 20:45 CLUB	19:00 - 20:30 CLUB 2 MAIN		16:00 - 17:30 (B) 17:30 - 19:00 (A) MAIN	
	Land	19:00 - 19:10 POST POOL		17:30 - 18:20 GYM	18:15 - 19:15 GYM	18:45 - 19:00 PRE POOL	07:15 - 07:30 08:30 - 09:00 PRE POOL + POST POOL (GYM)	17:30 - 17:45 (B) 17:15 - 17:30 (A) POST POOL (B) PRE POOL (A)	
Junior Competition	AM	06:00 - 07:15 CLUB					06:30 - 08:15 CLUB 2 MAIN		Sam
	PM	18:00 - 19:00 (B) CLUB	19:15 - 20:15 CLUB	18:30 - 20:00 (A) CLUB	19:30 - 20:45 CLUB	19:00 - 20:15 CLUB		16:00 - 17:30 MAIN	
	Land		19:00 - 19:15 PRE POOL			18:00 - 18:50 GYM	06:15 - 06:30 PRE POOL	17:30 - 17:45 POST POOL	
Junior Development	AM	06:00 - 07:15 CLUB					06:30 - 08:15 CLUB 2 MAIN		Ruby
	PM		19:15 - 20:15 CLUB		19:30 - 20:30 (A) CLUB	18:00 - 19:00 CLUB		16:00 - 17:30 MAIN	
	Land		19:00 - 19:15 PRE POOL				06:15 - 06:30 PRE POOL		
Senior Competition	AM			05:45 - 07:00 CLUB		05:45 - 07:00 MAIN			Craig & Sam
	PM	19:00 - 20:15 CLUB		17:00 - 18:30 CLUB				17:30 - 19:00 CLUB	
	Land				19:30 - 20:30 GYM				
Senior County 2	AM or PM	20:15 - 21:15 CLUB				20:15 - 21:15 CLUB		17:30 - 19:00 CLUB	Jing
Senior County 1	AM or PM	20:15 - 21:15 CLUB				20:15 - 21:15 CLUB		17:30 - 19:00 CLUB	Jing
Youth Competition	AM or PM	06:00 - 07:15 CLUB		20:00 - 21:00 CLUB		19:00 - 20:15 CLUB	07:45 - 08:55 CLUB	16:00 - 17:30 CLUB	Sam (TBC)
Youth Development 3	AM or PM			20:00 - 21:00 CLUB		20:15 - 21:15 CLUB	07:45 - 08:55 CLUB	16:00 - 17:30 CLUB	Imogen
Youth Development 2	AM or PM	20:15 - 21:15 CLUB		20:00 - 21:00 CLUB			07:45 - 08:55 CLUB	16:00 - 17:30 CLUB	Oliver
Youth Development 1	AM or PM		19:15 - 20:15 CLUB			18:00 - 19:00 CLUB	07:45 - 08:55 CLUB	16:00 - 17:30 CLUB	Oliver
Masters	AM	05:45 - 07:00 MAIN		05:45 - 07:00 MAIN	05:45 - 07:00 MAIN		06:15 - 07:30 MAIN		Bob / Jo
	PM	20:15 - 21:15 MAIN	20:30 - 21:30 MAIN		20:30 - 21:30 MAIN	20:00 - 21:00 MAIN		19:00 - 20:30 MAIN	
Masters Fitness	AM or PM		20:15 - 21:15 CLUB		05:45 - 07:00 MAIN	20:00 - 21:00 (SELECT) MAIN	06:15 - 07:30 (SELECT) MAIN	19:00 - 20:00 CLUB	TBC