# Trafford Metro Training Timetable 2026-2027

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