



Lincoln Vulcans Swimming Club

LVSC Swimming Camp - Tuesday 26th May 2015

Location: The Priory City of Lincoln Academy, Skellingthorpe Road, Lincoln, LN6 0EP

GROUP 1 - Older Swimmers

GROUP 2 - Younger Swimmers

08:30	Meet at City School to register, check details, assign to groups, store baggage	
08:45	Warm-up - all swimmers 08:45-09:00	
09:00	Pool Session - Michael Glossop 09:00-10:30	Lifestyle Talk - Maya Westlake 09:00-10:00
09:15		
09:30		
09:45		
10:00		Get changed
10:15		Warm-up on poolside 10:15-10:30
10:30	Stretching 10:30-10:45	Pool Session - Michael Glossop 10:30-12:00
10:45	Get changed	
11:00		
11:15	Lifestyle Talk - Maya Westlake 11:00-12:00	
11:30		
11:45		
12:00	Free time	Stretching. Get changed 12:00-12:15
12:15	Lunch 12:15-13:15	
12:30		
12:45		
13:00		
13:15		
13:30	Lecture, Q&A - Roberto Pavoni 13:15-14:15	
13:45		
14:00		
14:15	Get changed 14:15-14:30	Get Changed. Warm-up on poolside 14:15-14:30
14:30	Land training 14:30-15:15	Pool Session - Roberto Pavoni 14:30-15:30
14:45		
15:00		
15:15	Warm-up on poolside 15:15-15:30	
15:30	Pool session - Roberto Pavoni 15:30-16:30	Stretching. Get changed. 15:30-15:45
15:45		
16:00		Land training 15:45-16:30
16:15		
16:30	Stretching. Get changed.	Free time
16:45	Debrief 16:45-17:00	
17:00	Depart 17:00	