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| Academy 1 | | | |
| Monday | Houghton | 19:00 – 20.00 | Choose 2 of these sessions |
| Thursday | Dunstable | 19:00 – 19:45 |
| Sunday | St Albans | 09.00 – 10.00 |
| Academy 2 | | | |
| Tuesday | Houghton | 20.00 – 21.00 | Choose 2 of these sessions |
| Thursday | Dunstable | 19.00 - 19.45 |
| Sunday | St Albans | 09.00 – 10.00 |
| Development | | | |
| Wednesday  Land training | Dunstable | 18.45 – 19.45 |  |
| Wednesday | Dunstable | 20:00 – 20:45 |  |
| Friday  Land training | Dunstable | 17.30 – 18.30 |
| Friday | Dunstable | 19:00 – 20:00 |
| Sunday | St Albans | 10.00 – 11.00 |
| Transition | | | |
| Tuesday | Dunstable | 19:00 – 20:00 |  |
| Wednesday  Land Training | Dunstable | 18.45 – 19.45 |
| Wednesday | Dunstable | 20:00 – 20:45 |
| Friday  Land training | Dunstable | 17.30 – 18.30 |
| Friday | Dunstable | 20:00 – 21:00 |
| Sunday | St Albans | 10.00 – 11.00 |
| Prep | | | |
| Wednesday | Houghton | 19:00 – 20:00 |  |
| Friday  Land training | Dunstable | 17.30 – 18.30 |
| Friday | Dunstable | 19:00 – 21.00 |
| Sunday | St Albans | 09.00 – 11.00 |
| Sprint Competition | | | |
| Tuesday | Dunstable | 19.00 – 20.00 | A squad only |
| Tuesday | Dunstable | 20:00 – 21:00 | B Squad only |
| Wednesday  Land Training | Dunstable | 18.45 – 19.45 |  |
| Wednesday | Dunstable | 20:45 – 21:45 |
| Thursday | Dunstable | 19:45 – 21:00 |
| Friday  Land training (optional) | Dunstable | 17.30 – 18.30 |
| Friday | Dunstable | 20:00 – 21:00 |
| Saturday | Inspire | 09:00 – 10:00 | Invitation only – already notified |
| Sunday | St Albans | 09.00 – 11.00 |  |
| Performance Elite | | | |
| Monday | Dunstable | 19:00 – 21:00 | Performance swimmers can attend land training on a Friday but this should not be in replacement of the Friday pool time. |
| Tuesday | Dunstable | 19:00 – 21:00 |
| Wednesday  Land Training | Dunstable | 18.45 – 19.45 |
| Wednesday | Dunstable | 20:00 – 21:45 |
| Thursday | Dunstable | 19:45 – 21:00 |
| Friday | Inspire | 19.00 – 20.00 |
| Friday  Land Training (optional) | Dunstable | 17.30 – 18.30 |
| Saturday | Inspire | 10.00 – 12.00 |
| Fitness Elite | | | |
| Tuesday | Dunstable | 20:00 – 21:00 |  |
| Wednesday | Dunstable | 20:45 – 21:45 |
| Friday  Land training | Dunstable | 17.30 – 18.30 |  |
| Friday | Dunstable | 19.00 – 20.00 |  |
| Sunday | St Albans | 09.00 – 10.00 | A Squad– you will be notified |
| Sunday | St Albans | 10.00 – 11.00 | B Squad – you will be notified |