

Competitive Squad Training Schedule

Monday 2 November - Sunday 20 December 2020

Transition Competition Squad – 6 sessions

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5.15-6.45		5.15-6.45			6.00-7.25 Training Pool
PM		4.30-5.00 Dryland 5.00-6.15 Swim		4.30-5.00 Dryland 5.00-6.15 Swim	4.30-5.00 Dryland 5.00-6.00 Swim	

Junior Competition Squad – 7 sessions

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5.15-6.45		5.15-6.45			6.00-7.25 Training Pool
PM		4.30-5.00 Dryland 5.00-6.30 Swim	4.30-5.00 Dryland 5.00-6.30 Swim	4.30-5.00 Dryland 5.00-6.30 Swim	4.30-5.00 Dryland 5.00-6.00 Swim	

State Competition Squad – 8 sessions

Weekday afternoon training involves own dry land exercises from 4pm - 4.30pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		5.00-7.00		5.00-7.00	5.00-7.00	Assemble 5.45 at the front of the Aquatic Centre for 15mins Dryland. Dive in at 6.05 must exit competition pool side at 7.25am
PM	4.00-6.30	4.00-6.30	4.00-6.30		4.00-6.00	

National Age Performance Squad – 8 sessions

Weekday afternoon training involves own dry land exercises from 4pm - 4.30pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5.00-7.00	5.00-7.00		5.00-7.00	5.00-7.00	Assemble 5.45 at the front of the Aquatic Centre for 15mins Dryland. Dive in at 6.05 must exit competition pool side at 7.25am Gym: 8.30am – 9.30am
PM		4.00-6.30	4.00-6.30		4.30-6.30	

Senior Performance Squad – 9 sessions

Weekday afternoon training involves own dry land exercises from 4pm - 4.30pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5.00-7.15	5.00-7.15	5.00-7.15		5.00-7.15	Assemble 5.45 at the front of the Aquatic Centre for 15mins Dryland. Dive in at 6.05 must exit competition pool side at 7.25am Gym: 8.30am – 9.30am
PM	4.00-6.30		4.00-6.30	4.00-6.30	4.00-6.30 Small group	