

TRAINING SCHEDULE (10/10/21 to 20/11/21)



SQUADS

	Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
IGSSA St Mary's Students Only	Swim Training AM	6.30am - 8.00am	6.30am - 8.00am		6.30am - 8.00am		
	Swim Training PM						
		IGSSA Training Starting Tuesday 12 October					
Juniors	Swim Training AM	6.00am - 7.00am				6.00am - 7.00am	7.00am - 8.30am
	Swim Training PM	4.00pm - 5.00pm	4.00pm - 5.00pm	4.00pm - 5.00pm	4.00pm - 5.00pm	4.00pm - 5.00pm	
	Dryland Training PM		5.00pm - 5.30pm		5.00pm - 5.30pm		
			12 Oct No Training				
Intermediates	Swim Training AM	6.00am - 7.30am				6.00am - 7.30am	7.00am - 8.30am
	Swim Training PM	4.00pm - 5.30pm	4.00pm - 5.30pm	4.00pm - 5.30pm	4.00pm - 5.30pm	4.00pm - 5.30pm	
	Dryland Training PM		5.30pm - 6.00pm		5.30pm - 6.00pm		
			12 Oct No Training				
State Development	Swim Training AM	5.30am - 7.30am	5.30am - 7.30am		5.30am - 7.30am	5.30am - 7.15am	6.30am - 8.30am
	Swim Training PM	4.30pm - 6.30pm	5.00pm - 7.00pm	4.30pm - 6.30pm		4.00pm - 6.00pm	
	Dryland Training PM	4.00pm - 4.30pm	4.00pm - 5.00pm	4.00pm - 4.30pm			8.30am - 9.30am
Nationals	Swim Training AM	5.30am - 7.30am	5.30am - 7.30am		5.30am - 7.30am	5.15am - 7.15am	5.30am - 7.30am
	Swim Training PM	5:00pm - 7:00pm	5.00pm - 7.00pm	5:00pm - 7:00pm		4.00pm - 6.00pm	
	Dryland Training PM						

MASTERS

	Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Masters AM	Swim AM	5.30am - 6.30am			5.30am - 6.30am	5.30am - 6.30am	6.30am - 7.30am 8.30am - 9.30am
Masters PM	Swim PM	6.30pm - 7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm	6.30pm - 7.30pm		

SWIM AM
SWIM PM
DRYLAND