

TRAINING SCHEDULE (03/02/20 to 01/03/20)



	Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
IGSSA St Mary's Students Only	Swim AM	6.30am-8.00am	6.30am-8.00am	6.30am-8.00am	6.30am - 8.00am	6.30am-8.00am	
	Swim PM						
	Land/Core Work						
Juniors	Swim AM	6.00am - 7.15am				6.00am - 7.15am	7.00am - 8.30am
	Swim PM	4.00pm - 5.00pm	4.30pm - 5.30pm	4.00pm - 5.00pm	4.30pm - 5.30pm	4.00pm - 5.00pm	
	Land/Core Work		4.00pm - 4.25pm		4.00pm - 4.25pm		
Intermediates	Swim AM	6.00am - 7.30am				6.00am - 7.30am	7.00am - 8.30am
	Swim PM	4.00pm - 5.30pm	4.30pm - 6.00pm	4.00pm - 5.30pm	4.30pm - 6.00pm	4.00pm - 5.30pm	
	Land/Core Work		4.00pm - 4.25pm		4.00pm - 4.25pm		
State Development	Swim AM	5.30am - 7.30am		5.30am - 7.30am		5.30am - 7.30am	6.30am - 8.30am
	Dryland Warm Up	4.30pm		4.30pm			
	Swim PM	5:00pm - 7:00pm	5.00pm - 7.00pm	5.00pm - 7.00pm	5.00pm - 7.00pm	4.00pm - 6.00pm	
	Gym		4.10pm - 5.00pm				8.40am - 9.30am
National Squad	Gym AM						
	Swim AM	5.30am - 7.30am		5.30am - 7.30am		5.30am - 7.30am	5.30am - 7.30am
	Dryland Warm Up						
	Swim PM	5:00pm - 7:00pm	5.00pm - 7.00pm	5:00pm - 7:00pm	5.00pm - 7.00pm	4.00pm - 6.00pm	
	Gym 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	5.30am - 6.30am 8.30am - 9.30am
Masters PM	Swim PM		6.30pm - 7.30pm		6.30pm - 7.30pm		

SWIM AM
SWIM PM
RUNNING/STRETCHING
GYM/LAND/CORE WORK