

Swimming Squad Training Schedule – Male Junior Performance Squad

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	Dryland 6.30 – 7.50am	Swim 5.50 – 7.50am	OFF	Swim 5.50 – 7.50am	Dryland 6.30 – 7.50am (Extra Swim*)	Swim 5.50 – 7.50am
Lunch		Core & Theraband Program		Core & Theraband Program		
PM	Team Meeting 4.00 – 4.10pm Swim 4.10 – 6.00pm	Swim 4.10 – 6.00pm Yr 9 5.00 – 6.00pm	Swim 2.00 – 4.00 Dryland 4.00 – 5.00	Swim 4.10 – 6.00pm	Swim 4.10 – 6.00pm	