

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	5:35am Squad Swim. Focus = Technique Development	5:35am Squad Swim. Focus = Challenge Endurance Session	5:35am Squad Swim. Focus = Endurance Session	5:35am Squad Swim. Warmup includes Technique Development and main set a Challenge Speed Endurance Session	5:35am Squad Swim. Focus = Technique, Speed & Fitness		
6:00	6:40am Squad Swim. Focus = Technique Development		6:40am Squad Swim. Focus = Endurance Session		6:40am Squad Swim. Focus = Technique, Speed & Fitness		
6:30						7am Squad Swim. Focus = Challenge Endurance Session	
7:00							
7:30							
8:00	1-2-1 Video Analysis Availability. 75mins duration	1-2-1 Video Analysis Availability. 75mins duration	1-2-1 Video Analysis Availability. 75mins duration		1-2-1 Video Analysis Availability. 75mins duration		
8:30							
9:00						1-2-1 Video Analysis Availability. 75mins duration	
9:30	9:30am Squad Swim. Focus = Technique Development		9:30am Squad Swim. Focus = Endurance Session		9:30am Squad Swim. Focus = Technique, Speed & Fitness		
10:00		1-2-1 Video Analysis Availability. 75mins duration					
10:30							
11:00					1-2-1 Video Analysis Availability. 75mins duration		
11:30							
12:00							
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17:30							
18:00							
18:30		6:30pm Squad Swim. Focus = Endurance Session		6:30pm Squad Swim. Focus = Technique Speed & Fitness			
19:00							
19:30							