



## **NATIONAL AGE/SENIOR SQUAD TERM 3 - 2010**

### **SCHOOL HOLIDAY TRAINING—28th June till 11th July, 2010**

| DAY       | AM          | PM          | DRY LAND      |
|-----------|-------------|-------------|---------------|
| MONDAY    | 5:40 - 7:30 | 5:00 - 7.00 | 4.20—5.00PM   |
| TUESDAY   |             | 4:10 - 6:15 |               |
| WEDNESDAY |             | 4:10 - 6:15 | 5.45 –7.00AM  |
| THURSDAY  | 5:40 - 7:30 | 4:10 - 5:45 | 6:45 – 7:30AM |
| FRIDAY    | 5:40 - 7.30 | 4.55 - 7.00 |               |
| SATURDAY  |             |             |               |

### **TERM 3– MONDAY 12TH JULY – SATURDAY 18TH SEPTEMBER**

| DAY       | AM           | PM          | DRY LAND      |
|-----------|--------------|-------------|---------------|
| MONDAY    | 5:40 - 7:30  | 5:15 - 7.15 | 4.20—5.10PM   |
| TUESDAY   |              | 4:10 - 6:15 |               |
| WEDNESDAY |              | 4:25 - 6:30 | 5.45 –7.00AM  |
| THURSDAY  | 5:25 - 7:30  | 4:10 - 5:45 | 6:45 – 7:30AM |
| FRIDAY    | 5:40 - 7.30  | 5:30 - 7:30 |               |
| SATURDAY  | 5.55 – 8:00* |             |               |

#### **\*COMPULSORY SESSION**

#### **NO TRAINING**

**FRIDAY 16TH JULY (Time Trials)**

**FRIDAY 20TH AUGUST (Time Trials)**

**SATURDAY 28TH AUGUST (Vic State Age Champs)**

**MONDAY 30TH AUGUST til SUNDAY 6TH SEPTEMBER (WEEK OFF)**

**FRIDAY 17TH SEPTEMBER (Time Trials)**

**\*no training on club time trial nights but the expectation is that swimmers will compete in club time trials**

**OTHER CHANGES AS PER CLUB NEWSFLYER**