



## **TARGET SQUAD TERM 3 - 2010**

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

DAY	AM	PM	DRY LAND
MONDAY	5:40 - 7:30		
TUESDAY		4:10 - 6:15	
WEDNESDAY		4:10 - 6:15	
THURSDAY	5:40 - 7:30		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		
TUESDAY		4:15 - 6:00	
WEDNESDAY	5:40 - 7:30	4:25- 6:30	
THURSDAY	5:40 - 7:30		
FRIDAY		5:25 - 7:30	
SATURDAY	5.55 - 8:00*		

**\*COMPULSORY SESSION** - \* THIS SESSION WILL FINISH WITH 30MINS DRYLAND SESSION, ALL SWIMMERS MUST BRING RUNNERS AND CLOTHES SUITABLE TO EXERCISES IN, OVER SWIM-WEAR.

#### **NO TRAINING**

WEDNESDAY AM 14TH JULY AND 21ST JULY (Michael away)

FRIDAY 16TH JULY (Time Trials)

SATURDAY 17TH JULY (Michael away)

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