



SQUAD TIMETABLE

As of 1 January 2025

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Development Squad

AM		5.30-7am		5.30-7am		8.30-9.30am
PM	4-5pm	4-5pm	4-5pm	4-5pm	4-5pm	
PM	5-6pm	5-6pm		5-6pm		

Competitive Squad

AM	Run 5.10-5.30am Swim 5.30-7am	5.30-7.30am		5.30-7am	5.30-7am	Gym 6.30-7.15am Swim 7.30-8.30am
PM	4-5.15pm		4-6pm	5-6.30pm	4-6pm	

Junior Performance

AM	Run 5.10-5.30am Swim 5.30-7am	5.30-7am	5.30-7am	Run 5.10-5.30am Swim 5.30-7am	5.30-7am	Gym 6.30-7.15am Swim 7.30-9am
PM	Club Warmup 5.15-5.40pm No Club 4-6pm	4-6pm	Gym 4-5pm Swim 5-6.30pm	4-6pm		

Senior Performance

AM	Run 5.10-5.30am Swim 5.30-7am	5.30-7am	5.30-7am	Run 5.10-5.30am Swim 5.30-7am	5.30-7am	Gym 6.30-7.15am Swim 7.30-9.30am
PM	Club Warmup 5.15-5.40pm No Club 4-6pm	4-6pm	Gym 4-5pm Swim 5-7pm	5-7pm		