1	January											
2	1 Fri	DAY OFF										
3	2 Sat	SWIM AM	6 - 8 AM		GYM 8 - 8:45	bring reco	very drin	k and light	fruit and m	uesli bars b	etween se	ssions.
4	3 Sun	stretch and light wall	k	(walk around the blo	lock for a few times and a stretching session)				 			
5	4 Mon	AM SENIORS SWIM			PM SWIM AND GROUP DRYLAND AT 4) 4:00 - 6:30)							
6	5 Tues	SWIM 5.30 - 7.30			AFTERNOON OFF				 			
7	6 Wed	stretch and light wall	k		PM SWIM AND GRO	UP DRYLA	ND AT 4)	4:00 - 6:30)				
8	7 Thurs	SWIM (RACE PACE TE	ESTING) 6 - 7.30									
9	8 Fri	AM SWIM EASY 3 KM	IS CHOICE.		PM SWIM 5 - 6.30 PI	м						
10	9 Sat	SWIM AM	6 - 8 AM		GYM 8 - 8:45	bring reco	very drin	k and light	ruit and m	uesli bars b	etween se	ssions.
11	10 Sun											
12	11 Mon	AM SENIORS SWIM	5.30 - 7		PM SWIM AND GRO	UP DRYLA	ND AT 4)	4:00 - 6:30)				
13	12 Tues	SWIM 5.30 - 7.30										
14	13 Wed	stretch and light walk			PM SWIM AND GRO	UP DRYLA	ND AT 4)	4:00 - 6:30)				
15	14 Thurs	ALL GROUPS COMMENCE AT 6 AM - 7.30										
16	15 Fri	STATE AGE 10 - 12 YEARS		LIGHT GYM	SENIORS AFTERNOO	RS AFTERNOON OR SESSION AT SOPAC. TBC						
17	16 Sat	STATE AGE 10 - 12 YE	ARS	SENIORS AM 6 -7 AM					 			
18	17 Sun	SENIORS RACE WARM UP (TIME TO BE CONFIRMED)										
19	18 Mon	STATE AGE 13 - 18 YEARS										
20	19 Tues	STATE AGE 13 - 18 YEARS										
21	20 Wed	STATE AGE 13 - 18 YE	ARS									
22	21 Thurs	STATE AGE 13 - 18 YE	ARS									
	22 Fri	STATE AGE 13 - 18 YE										
24	23 Sat	STATE AGE 13 - 18 YE	ARS				ļ		į 			
25	24 Sun	STATE AGE 13 - 18 YE	ARS									
26	25 Mon								İ			