



Training Schedule 2016-2017

	AM	PM
Monday	National: 5.00-7.30 {GYM 5.00-5.45} State Squad : 5.00-7.15 {SWIM}	National: 4.00-6.45 {6.30-6.45 DRYLAND} State Squad: 5.45-8.00 {GYM 5.45-6.30} Junior State Squad: 6.15-8.00
Tuesdays	National Squad: 5.00-7.30 State Squad: 5.00-7.15	Junior State Squad: 6.15-8.00 Club Fitness Squad: 6.30-8.00
Wednesdays	National Squad: 5.00-7.30 {GYM 5-6.00} Masters/Tri: 5.30-7.00	State Squad: 4.15-6.30 Pre-State Squad: 4.15-6.00
Thursdays	State Squad: 5.00-7.15 Junior State Squad: 5.30-7.15 Club Fitness Squad : 5.30-7.00	National Squad: 4.00-6.45 {6.30-6.45 DRYLAND} State Squad: 5.45-8.00 {GYM 5.45-6.30}
Friday	National Squad: 5.00-7.30 Pre-National Squad: 5.00-7.30 Masters/ Tri: 5.30-7.00	National Squad: 5.45-8.00 Junior State Squad: 6.15-8.00
Saturday	National Squad: 5.00-9.00 [GYM 8.00-9.00] State Squad: 5.00-8.15 [GYM 5.00-5.45]	