

# SCHOOL HOLIDAYS TRAINING: WEEK 2 (26 SEPT TO 1 OCT)

HIGH PERFORMANCE SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	<b>Balwyn</b> Activation 5.10am - 5.30am Swim 5.30am - 7.30am	<b>AQBH</b> Activation 6.00am - 6.20am Swim 6.20am - 7.45am Gym 7.45am - 9.30am	OFF	<b>AQBH</b> Activation 6.00am - 6.20am Swim 6.20am - 7.45am Gym 7.45am - 9.30am	<b>Balwyn</b> Activation 5.10am - 5.30am Swim 5.30am - 7.30am	<b>Balwyn</b> <b>Distance</b> Activation 5.40am - 6.00am Swim 6.00am - 8.15am
PM	<b>Balwyn</b> Activation 2.40pm - 3.00pm Swim 3.00pm - 5.00pm	<b>Balwyn</b> Activation 2.40pm - 3.00pm Swim 3.00pm - 5.00pm	<b>Balwyn</b> Activation 2.40pm - 3.00pm Swim 3.00pm - 5.00pm	<b>Balwyn</b> Activation 2.40pm - 3.00pm Swim 3.00pm - 5.00pm	OFF	<b>Sprint</b> Activation 7.10am - 7.30am Swim 7.30am - 9.30am
OPEN PERFORMANCE SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	<b>AQBH</b> Gym 5.00am - 6.20am Swim 6.20am - 7.45am	<b>Balwyn</b> Activation 5.15am - 5.30am Swim 5.30am - 7.30am	<b>AQBH</b> Gym 5.00am - 6.20am Swim 6.20am - 7.45am	<b>Blackburn</b> Activation 5.15am - 5.30am Swim 5.30am - 7.30am	OFF	<b>AQBH Outdoor Pool</b> Activation 5.45am - 6.00am Swim 6.00am - 8.00am Gym 8.00am - 9.30am
PM	<b>AQBH</b> Activation 5.15pm - 5.30pm Swim 5.30pm - 7.15pm	OFF	<b>AQBH</b> Activation 5.15pm - 5.30pm Swim 5.30pm - 7.15pm		<b>Hawthorn</b> Activation 4.15pm - 4.30pm Swim 4.30pm - 6.30pm	
NATIONAL AGE PERFORMANCE SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	<b>Balwyn</b> Distance/Middle Distance Activation 5.10am - 5.30am Swim 5.30am - 7.30am	<b>AQBH</b> Activation 5.00am - 5.15am Swim 5.15am - 6.20am Gym 6.30am - 7.30am	OFF	<b>AQBH</b> Activation 5.00am - 5.15am Swim 5.15am - 6.20am Gym 6.30am - 7.30am	<b>AQBH</b> Activation 5.00am - 5.30am Swim 5.30am - 7.45am	<b>Balwyn</b> <b>Distance</b> Activation 5.40am - 6.00am Swim 6.00am - 8.15am
PM	<b>Balwyn</b> Activation 4.40pm - 5.00pm Swim 5.00pm - 7.00pm	OFF	<b>Balwyn</b> Activation 4.40pm - 5.00pm Swim 5.00pm - 7.00pm	<b>Balwyn</b> Activation 4.40pm - 5.00pm Swim 5.00pm - 7.00pm	OFF	<b>Sprint</b> Activation 7.10am - 7.30am Swim 7.30am-9.30am
NATIONAL TARGET SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	<b>Blackburn</b> Activation 5.15am - 5.30am Swim 5.30am - 7.30am	<b>AQBH</b> Gym 5.00am - 6.20am Swim 6.20am - 7.45am	OFF	<b>AQBH</b> Gym 5.00am - 6.20am Swim 6.20am - 7.45am		<b>AQBH Outdoor Pool</b> <b>Sprint</b> Activation 5.45am - 6.00am Swim 6.00am - 8.00am
PM	<b>(By Invitation) Balwyn</b> Activation 4.40pm - 5.00pm Swim 5.00pm - 7.00pm	<b>Balwyn</b> Activation 4.40pm - 5.00pm Swim 5.00pm - 7.00pm	<b>(By Invitation) Balwyn</b> Activation 4.40pm - 5.00pm Swim 5.00pm - 7.00pm	<b>(By Invitation) Balwyn</b> Activation 4.40pm - 5.00pm Swim 5.00pm - 7.00pm	<b>Hawthorn</b> Activation 4.15pm - 4.30pm Swim 4.30pm - 6.30pm	<b>Distance (Balwyn)</b> Activation 5.40am - 6.00am Swim 6.00am - 8.15am
STATE YOUTH SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	<b>AQBH</b> Activation 5.00am - 5.15am Swim 5.15am - 6.20am Gym 6.30am - 7.30am		<b>AQBH</b> Activation 5.00am - 5.15am Swim 5.15am - 6.20am Gym 6.30am - 7.30am	<b>Balwyn</b> Activation 5.15am - 5.30am Swim 5.30am - 7.30am		<b>AQBH Outdoor Pool</b> Activation 5.45am - 6.00am Swim 6.00am - 8.00am Gym 8.00am - 9.30am
PM	<b>Blackburn</b> Activation 3.45pm - 6.00pm Swim 4.00pm - 6.00pm	<b>Balwyn</b> Activation 4.40pm - 5.00pm Swim 5.00pm - 7.00pm			<b>Hawthorn</b> Activation 4.15pm - 4.30pm Swim 4.30pm - 6.30pm	
STATE JUNIOR SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	<b>(By Invitation) Blackburn</b> Activation 5.15am - 5.30am Swim 5.30am - 7.30am	<b>Blackburn</b> Activation 5.15am - 5.30am Swim 5.30am - 7.30am	OFF	OFF	<b>Blackburn</b> Activation 5.15am - 5.30am Swim 5.30am - 7.30am	<b>AQBH Outdoor Pool</b> Activation 5.45am - 6.00am Swim 6.00am - 8.00am
PM		<b>(By Invitation) Balwyn</b> Activation 4.40pm - 5.00pm Swim 5.00pm - 7.00pm	<b>AQBH</b> Gym 4:00pm - 5:30pm Swim 5.30pm - 7.00pm	<b>Blackburn</b> Activation 4.15pm - 4.30pm Swim 4.30pm - 6.30pm		

# SCHOOL HOLIDAYS TRAINING: WEEK 2 (26 SEPT TO 1 OCT)

STATE TARGET SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	<b>AQBH</b> Gym 5.00am - 6.20am Swim 6.20am - 7.45am	OFF	<b>AQBH</b> Gym 5.00am - 6.20am Swim 6.30am - 7.45am		OFF	<b>AQBH Outdoor Pool</b> Activation 5.45am - 6.00am Swim 6.00am - 8.00am
PM	OFF	<b>Balwyn</b> Activation 4.40pm - 5.00pm Swim 5.00pm - 7.00pm	<b>AQBH</b> Activation 3.50pm - 4.00pm Swim 4.00pm - 5.30pm	<b>Blackburn</b> Activation 4.15pm - 4.30pm Swim 4.30pm - 6.30pm	OFF	
STATE DEVELOPMENT SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		OFF	<b>Blackburn</b> Activation 5.15am - 5.30am Swim 5.30am - 7.30am	OFF	<b>(By Invitation) Blackburn</b> Activation 5.15am - 5.30am Swim 5.30am - 7.30am	<b>Blackburn</b> Activation 5.30am - 5.45am Swim 5.45am - 7.15am
PM	<b>AQBH</b> Activation 3.50pm - 4.00pm Swim 4.00pm - 5.30pm	<b>AQBH</b> Activation 5.15pm - 5.30pm Swim 5.30pm - 7.00pm	OFF	<b>AQBH</b> Activation 5.15pm - 5.30pm Swim 5.30pm - 7.00pm	OFF	
JUNIOR ADVANCED SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>AQBH Indoor Pool</b> Activation 5.50am - 6.00am Swim 6.00am - 7.30am	<b>AQBH</b> Activation 5.15pm - 5.30pm Swim 5.30pm - 7.00pm	<b>AQBH</b> Activation 3.50pm - 4.00pm Swim 4.00pm - 5.30pm		<b>AQBH</b> Activation 5.15pm - 5.30pm Swim 5.30pm - 7.00pm	<b>AQBH Outdoor Pool</b> Activation 7.45am - 8.00am Swim 8.00am - 9.30am
JUNIOR INTERMEDIATE SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>AQBH</b> Activation 5.15pm - 5.30pm Swim 5.30pm - 7.00pm	<b>AQBH</b> Activation 3.50pm - 4.00pm Swim 4.00pm - 5.30pm		<b>Blackburn</b> Activation 6.15pm - 6.30pm Swim 6.30pm - 7.45pm		<b>AQBH Indoor Pool</b> Activation 6.45am - 7.00am Swim 7.00am - 8.30am
JUNIOR BEGINNER SQUAD						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	OFF	<b>Blackburn</b> Activation 6.15pm - 6.30pm Swim 6.30pm - 7.45pm	OFF	<b>AQBH</b> Activation 3.50pm - 4.00pm Swim 4.00pm - 5.30pm	<b>AQBH</b> Activation 3.50pm - 4.00pm Swim 4.00pm - 5.30pm	<b>AQBH Indoor Pool</b> Activation 6.45am - 7.00am Swim 7.00am - 8.30am

## TRAINING VENUES:

Aqualink Box Hill/AQBH: Surrey Drive, Box Hill

Blackburn: 313 Middleborough Rd, Box Hill Sth (between Spotlight and Anaconda)

Trinity Grammar School Pool: Surrey Park access is via Stanley St gate (only), Kew

Balwyn (Boroondarra Sports Complex): 271C Belmore Rd, Nth Balwyn

Hawthorn Aquatic & Leisure Centre: 1 Grace St, Hawthorn