

# WEEKEND 2 - SATURDAY 3 MAY

## WARM UP

Sprint Starts – Both ends – last 5 mins of each Phase.

Sprint Starts – Swim to 25m and exit to side.

## SESSION 5 (HEATS)

Phase 1 – Female 15&U – 08:00AM – 08:20AM

Phase 2 – Mixed 16&O – 08:20AM – 08:40AM

Phase 3 – Open/Male 15&U – 08:40AM – 09:00AM

## SESSION 5 (MID BREAK – NO COOL DOWN)

Mixed – 30 minutes

## SESSION 6 (FINALS AND RELAYS)

Phase 1 – Mixed 13&U – 14:15PM – 14:35PM

Phase 2 – Mixed 14-15 – 14:35PM – 14:55PM

Phase 3 – Mixed 16&O – 14:55PM – 15:15PM

## COOL DOWN

09:00AM – 13:00PM

two (2) lanes in Training Pool

**DO NOT USE OTHER LANES – MAINTAIN DISCIPLINE.**

13:00PM – END OF DAY

Dive Pit

**DO NOT USE DIVE PIT OUTSIDE  
OF THESE TIMES.**