

WEEKEND 2 - MONDAY 5 MAY

WARM UP

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

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

SESSION 9 (HEATS)

Phase 1 – Open/Male 15&U – 08:00AM – 08:20AM

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

Phase 3 – Female 15&U – 08:40AM – 09:00AM

SESSION 10 (FINALS AND RELAYS)

Phase 1 – Mixed 13&U – 13:00PM – 13:20PM

Phase 2 – Mixed 14-15 – 13:20PM – 13:40PM

Phase 3 – Mixed 16&O – 13:40PM – 14:00PM

COOL DOWN

09:00AM – 17:45PM

two (2) lanes in Training Pool

DO NOT USE OTHER LANES – MAINTAIN DISCIPLINE.

DO NOT USE DIVE PIT.