



Squad training schedule

Effective from Monday 23 October 2023

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5.30AM – 6.00AM Active Warm-Up	State Gold, State Silver & State Bronze	State Gold, State Silver & State Bronze		Self-regulated	National, Target, State Gold & State Silver	State Gold, State Silver & State Bronze
6.00AM – 7.30AM	<p>National & Target DKHAC: Rachel</p> <p>State Gold, State Silver, State Bronze & H2O Collegiate: Dylan</p>	<p>National & Target DKHAC: Harry</p> <p>State Silver, State Bronze & H2O Collegiate: Sophie</p>	<p>H2O Collegiate: John</p>	<p>National & Target Collegiate: Rachel</p> <p>Distance Program: Collegiate: Rachel 5.30AM-7.30AM</p>	<p>National & Target Collegiate: Rachel</p> <p>State Gold & State Silver Collegiate: Dylan</p> <p>Distance Program: Collegiate: Rachel 5.30AM-7.30AM</p>	<p>National & Target, Distance Program & State Gold Collegiate (6.00AM-8.00AM): Harry</p> <p>Juniors & Matrix Collegiate (8:00am–9:00am) John</p>
4.00PM – 5.00PM	<p>Junior Racers & Juniors Collegiate: Harry</p>	<p>Junior Racers & Juniors Collegiate: Harry</p>	<p>Juniors Collegiate: Sophie</p>	<p>Junior Racers & Juniors Collegiate: Sophie</p>	<p>Juniors Collegiate: Harry</p>	
4.30PM – 5.00PM Active Warm-Up	State Gold, State Silver & State Bronze	National & Target	Self Regulated	Self Regulated		
<p>4.30PM – 6.00PM DKHAC</p> <p>5.00PM – 6.30PM Collegiate</p>	<p>National DKHAC (4:30PM-6:00PM): Rachel</p> <p>State Gold, State Silver & State Bronze Collegiate: Harry</p> <p>Matrix Squad Collegiate (5.00PM-6.00PM): John</p>	<p>National Collegiate: Rachel</p> <p>Target & State Gold Collegiate: Harry</p> <p>H2O Collegiate: Dylan</p>	<p>National & Target Collegiate: Dylan</p> <p>Breaststroke Squad Rachel</p> <p>State Gold, State Silver & State Bronze DKHAC (4:30PM-6:00PM): Harry</p> <p>H2O Collegiate: Sophie</p>	<p>National & Target Collegiate: Dylan</p> <p>State Gold, State Silver & State Bronze DKHAC (4:30PM-6:00PM): Harry</p> <p>H2O Collegiate: John</p>	<p>Matrix Squad Collegiate (5.00PM-6.00PM): Tessa</p>	<p><i>* Please note: Coaches on each session are subject to change</i></p>