

**CGGS AQUATIC : SQUAD TRAINING TIMETABLE - TERM 4, 2019**

Day	State Performance Squad : MINIMUM 5 of 7 swim sessions / week + Pool Dryland / Physiohealth		State Squad : MINIMUM 5 of 7 swim sessions / week + Pilates		State Target Squad : MINIMUM 4 of 5 swim sessions / week + Dryland		Emerging Squad A : MINIMUM 3 of 4 sessions / week + Dryland		Development Squad : MINIMUM 2 of 3 sessions / week	
	Time	Location	Time	Location	Time	Location	Time	Location	Time	Location
Mon	AM									
	PM	5.30 - 7.30 CGGS : Peter	5.30 - 7.00 CGGS : Peter	4.00 - 5.30 CGGS : Peter	4.00 - 5.00 CGGS : Caradoc	5.00 - 5.45 Dryland CGGS : Caradoc				
Tue	AM	5.45 - 7.30 CGGS : Peter	5.45 - 7.30 CGGS : Peter / James							
	PM	5.00 - 7.00 CGGS : Peter	5.00 - 6.30 CGGS : Peter						4.00 - 5.30 CGGS : James	
	PM									
Wed	AM	Mandatory Session: Swimmers within 3 sec of Age National Qualifying Times 6.00 - 7.30 (Oct 2, 16, 30), (Nov 13, 27), (Dec 11) CGGS : Peter	Optional Technical session : State Performance / State Swimmers 6.00 - 7.30 (Oct 9, 23), (Nov 6, 20), (Dec 4, 18) CGGS : Caradoc / James	Optional Technical session 7.30 (Oct 9, 23), (Nov 6, 20), (Dec 4, 18) 6.00 - CGGS : Caradoc / James						
	PM			4.00 - 4.45 Dryland CGGS : Caradoc						
	PM	6.15 - 8.00 CGGS : Peter (Boroondara)	5.00 - 6.30 CGGS : Peter	5.00 - 6.30 CGGS : Peter / James	5.00 - 6.30 CGGS : Caradoc					
Thu	AM	5.45 - 7.30 CGGS : Peter / James	5.45 - 7.30 CGGS : Peter / James							
	PM			5.00 - 6.30 CGGS : James					4.00 - 5.00 CGGS : James	
Fri	AM									
	PM	4.45 - 5.45pm Gym - weight training Kew Physio Health								
Sat	AM	6.15 - 8.00 CGGS : Peter (Boroondara)	6.15 - 8.00 CGGS : Peter (Boroondara)	6.30 - 8.00 CGGS : James (Boroondara)	5.00 - 6.00 CGGS : Caradoc	4.00 - 5.00 CGGS : Caradoc				
	AM	6.15 - 8.30 CGGS : Peter	6.15 - 8.00 CGGS : Peter / Caradoc	6.15 - 8.00 CGGS : Caradoc	8.00 : 9.30 CGGS : Caradoc					
			9.00 - 10.00 Pilates Kew Physio Health							