CGGS AQUATIC : SQUAD TRAINING TIMETABLE - TERM 1, 2020

Day		State Performance Squad : MINIMUM 5 of 8 swim sessions / week + Dryland / Physiohealth		State Squad : MINIMUM 5 of 7 swim sessions / week + Dryland / Physiohealth		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 - 7.00	CGGS : Peter	5.30 - 7.00	CGGS	4.00 - 5.30	CGGS : James	4.00 - 5.00	CGGS : Caradoc		
	PM							5.00 - 5.45 Dryland	CGGS : Caradoc		
Tue	AM	5.45 - 7.30	CGGS : Peter	5.45 - 7.30	CGGS : James						
	PM	5.00 - 7.00	CGGS : Peter	5.00 - 6.30	CGGS : James					4.00 - 5.00	CGGS : James
	PM										
Wed	AM	Technical Session / Dryland 6.00 - 7.30am	CGGS : Caradoc	Technical Session / Dryland 6.00 - 7.30am	CGGS : Caradoc	Technical Session / Dryland 6.00 - 7.30am	CGGS : Caradoc				
	PM					4.00 - 4.45 Dryland	CGGS : Caradoc (0.75)				
	PM	6.30 - 8.00	CGGS: Peter (Boroondara)	5.00 - 6.30	CGGS: Peter	5.00 - 6.30	CGGS : James	5.00 - 6.30	CGGS : Caradoc		
Thu	AM	5.45 - 7.30	CGGS : Peter (1.75)	5.45 - 7.30	CGGS : James						
	PM					5.00 - 6.30	CGGS : James			4.00 - 5.00	CGGS : James
Fri	AM										
	PM	4:30 - 5.30 (strength and conditioning)	Kew Physio Health	4:30 - 5.30 (strength and conditioning)	Kew Physio Health						
	PM	6.30 - 8.00	CGGS: Peter (Boroondara)	6.30 - 8.00	CGGS: Peter (Boroondara)	6.30 - 8.00	CGGS : James (Boroondara)	5.00 - 6.30	CGGS : Caradoc	4.00 - 5.00	CGGS : Caradoc
Sat	AM	6.15 - 8.00	CGGS : Peter	6.15 - 8.00	CGGS: Peter	6.15 - 8.00	CGGS : Caradoc	8.00 : 9.30	CGGS : Caradoc		