

NATIONAL PATHWAY

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>METRO</u> "Sprint"	AM	5:15 – 7:00		Swim: 5:15-6:30 Gym: 6:30-7:00		Swim: 5:15-6:30 Gym: 6:30-7:00	5:30 – 7:30
	PM		4:30 – 6:00	5:30 – 7:00	4:30 – 6:00		
<u>STATE</u>	AM	5:15 – 7:15 or DRUMMOYNE	5:15 – 7:15	Gym: 5:30-6:00 Swim: 6:00-7:15		Gym: 5:30-6:00 Swim: 6:00-7:15	5:30 – 7:30
	PM	5:30 – 7:00	4:30 – 6:00	5:30 – 7:00 or CABARITA	4:30 – 6:00		
<u>NATIONAL</u>	AM	DRUMMOYNE or PLC w STATE	5:15 – 7:15	5:15-7:15	Gym: 6:00-7:00 PLC students	5:15 – 7:15	5:30 – 7:30
	PM	5:30 – 7:00		CABARITA or PLC w STATE	4:30 – 6:00		

LONG COURSE SESSION TIMES

With Brett	DRUMMOYNE 5:30 – 7:30 AM		CABARITA 4:15 – 6:15 PM			
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LONG COURSE: Feb 4th – April 3rd

Eligibility:

- Achieved (likely too) a 2019 National Age/Open Qualifying Time (& plan to attend the 2019 Championships)
- Competed at 2018 "Summer" State Age (12/13+) Championships
- Team member of 2018, 2019 PLC – IGSSA Swim Team
- Head Coach discretion

NSW PATHWAY

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUNIOR DEVELOPMENT	AM	7:00 – 8:00		7:00 – 8:00			
	PM	3:30 – 4:30		3:30 – 4:30		3:30 – 4:30	
TARGET	AM	7:00 – 8:00		7:00 – 8:00		7:00 – 8:00	6:30 – 8:00
	PM		3:30 – 4:30		3:30 – 4:30		
REP	AM	6:00 – 7:30	Gym: 5:45-6:15 Swim: 6:15-7:30	6:00 – 7:30		6:00 – 7:30	6:30 – 8:00
	PM	Gym: 3:45-4:15 Swim: 4:30-5:45		4:30 – 6:00		Gym: 3:45-4:15 Swim: 4:15-5:30	

FITNESS

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUNIOR FITNESS	AM		7:00 – 8:00				
	PM					5:00 – 6:00	
SENIOR FITNESS	AM		Gym: 6:15-6:45 Swim: 6:45-7:45				
	PM	5:00 – 6:00		Gym: 4:30-5:00 Swim: 5:00-6:00	4:30 – 5:30		

Helpful Notes & Information:

- Following the revised Swimming Australia and Swimming NSW competition structure, we have implemented changes within our program to reflect the separated development pathways.
- A refreshed timetable was implemented during term 4: 2018 with phase 2 to commence from 2019.
 - Please see revised squad lists and descriptions for your athletes training group.
- Long Course training continues in the lead up to IGSSA & Nationals.
 - This is only during term time: Monday Feb 4th through till Wednesday April 3rd
 - Refer to the timetable for times and adhere to eligibility requirements.
 - Athletes are required to bring their regular training equipment.
 - Further queries should be emailed to the Head Coach: bwinkworth@plc.nsw.edu.au
- Times & their meanings:
 - **Pool:** times listed are “IN THE WATER” (stretching and getting changed needs to happen before water time)
 - **Gym:** due to safety and cohesion, athletes arriving 5+ minutes late will be unable to participate
- Any questions regarding the timetable, program, squad flow or ??? please contact Brett.