

## NATIONAL PATHWAY

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>SPRINT</b>	AM	5:15 – 7:00 Swim		5:15 – 7:00 Swim + Gym	Gym	5:15 – 7:00 Swim + Gym	5:30 – 7:30
	PM	5:30 – 7:00	4:30 – 6:00	5:30 – 7:00	4:30 – 6:00		

<b>STATE</b>	AM	5:15 – 7:15 Swim / Gym	5:15 – 7:15 Swim + <span style="color: red;">Gym</span>	5:15 – 7:15 Gym + Swim	Gym + Conditioning	5:15 – 7:15 Swim / Gym	5:30 – 7:30
	PM	4:45 Gym 5:30 – 7:00		PLC: 5:30-7:00 <span style="color: blue;">CAB: 4:00-6:15</span>	4:00 – 6:15 Land + Swim		

<b>NATIONAL</b>	AM	<b>DRM: 5:30-7:30</b>	5:15 – 7:15 Swim + Gym	5:15 – 7:15	Gym + Conditioning	5:15 – 7:15 Swim, Gym, +Stretch(selected)	5:30 – 8:30 Swim + Cond.
	PM	4:45 Gym 5:30 – 7:00		<b>CAB: 4:00-6:15</b>	4:00 – 6:15 Land + Swim		

**GYM** - Please check gym table for times and groups (No admittance after listed start time)

- PLC - PLC students only
- SN - State + National squad members who are not PLC Students

<b>GYM</b> “# weekly as prescribed”	AM	5:30 - 6:15 SN <span style="color: red;">6:30 - 7:15 PLC</span>	5:45 - 6:15 Rep 6:15 - 6:45 Fit 6:30 - 7:15 Nat <span style="color: red;">6:50 - 7:20 PLC</span>	5:30 - 6:00 S + <span style="color: red;">PLC</span> 5:45 - 6:00 Rep 6:30 - 7:00 Metro	<b>6:00 - 7:00 PLC</b>	5:30 - 6:00 SN 5:45 - 6:00 Rep 6:00 - 6:30 STRETCH 6:30 - 7:00 Metro <span style="color: red;">6:50 - 7:20 PLC</span>	7:45 - 8:30 Nat
	PM	3:45 - 4:15 Rep (w. Brett on Lawn) 4:45 - 5:15 SN		4:30 - 5:00 Fit	4:00 - 4:30 SN (Poolside or outside)	3:45 - 4:15 Rep	

## 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	5:45 – 7:15	5:45 – 7:30 Gym + Swim	5:45 – 7:15 Abs + Swim		5:45 – 7:15 Abs + Swim	6:30 – 8:00
	PM	3:45 – 5:45 Land + Swim		4:30 – 6:00		3:45 – 5:45 Gym + Swim	

## FITNESS

FITNESS (Gym Year 6 and over)	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	4:30 – 5:30	