

## NATIONAL PATHWAY

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>METRO / SPRINT</b>	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	Stretch: 4-4:25 Swim: 4:30-6:00		
<b><u>STATE</u></b>	AM	5:15 – 7:15	5:15 – 7:15	Gym: 5:30-6:00 Swim: 6:00-7:15	<b>Gym: 6:00-7:00 PLC students</b>	Gym: 5:30-6:00 Swim: 6:00-7:15	5:30 – 7:30
	PM	Gym: 4:30-5:15 Swim: 5:30-7:00	4:30 – 6:00	5:30 – 7:00	Stretch: 4-4:25 Swim: 4:30-6:00		
<b><u>NATIONAL</u> (From July)</b>	AM	5:15 – 7:15	Swim: 5:15-6:30 Fit: 6:30-7:30	5:15 – 7:15	<b>Gym: 6:00-7:00 PLC students</b>	5:15 – 7:15	Swim: 5:30-7:00 Fit: 7:00-8:00
	PM	Core: 5:00-5:30 Swim: 5:30-7:00		Core: 5:00-5:30 Swim: 5:30-7:00	Stretch: 4-4:25 Swim: 4:30-6:15		

## NSW PATHWAY

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b><u>JUNIOR DEVELOPMENT</u></b>	AM	7:00 – 8:00		7:00 – 8:00			
	PM	3:30 – 4:30		3:30 – 4:30		3:30 – 4:30	

<b><u>TARGET</u></b>	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		

<b><u>REP</u></b>	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: 4:30-5:45	

## FITNESS

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>JUNIOR FITNESS</b>	AM		7:00 – 8:00				
	PM					5:00 – 6:00	

<b>SENIOR FITNESS</b>	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:

- For squad information please refer to the Squad Descriptions.
- Our pathways reflect the competition structure developed by Swimming Australia and Swimming NSW. The National & the NSW pathways are strongly supported by training models primarily focussed on the needs of developing swimmers with the aim of creating long term growth.
- Timetable meanings:
  - **Swim:** Time dedicated to swim training (athlete's ready & poolside 5 minutes prior to listed times)
  - **Gym:** Dryland sessions in the gym or grounds following the Strength & Conditioning (S & C) coach guidelines (athletes are trained based on group & age priorities) *"no admittance beyond 5 minutes after start time"*
  - **Core:** National Squad stretching, rolling & core - poolside (as per plan)
  - **Fit:** National Squad fitness circuits - or challenges
  - **Stretch:** A combined time for flexibility and socialisation amongst all 'National Pathway' swimmers *"also a perfect time for team briefings when leading into carnivals"*
- Exact National training squad criteria to be released in June
- Any questions regarding the timetable, program, or squad flow should be emailed to the Head Coach:  
Brett Winkworth  
[bwinkworth@plc.nsw.edu.au](mailto:bwinkworth@plc.nsw.edu.au)