



Squad Training Schedule (Starting New From July 19th 2010)

- ◆ The training schedule may have to be altered at any time due to unforeseen circumstances. Check the website for latest changes. www.caseytigersharks.com.au
- ◆ Weights sessions are for swimmers 12years & over in National, Senior Comp, State Youth where appropriate and approved by the coach. Swimmers must be registered as Teen Gym members at the YMCA to use the gym. . Yoga is currently on hold until Adam returns from Europe. Until then these will be pool deck stretch sessions.
- ◆ Sessions labelled [Make-up session] are *not* regular sessions for that squad. Infrequent replacement sessions only. Regular attendance only after communication with Head Coach.
- ◆ (Dist) (Spr) (Brs) are special “invitation only” sessions for talent ID and fast tracking of those swimmers with special skills in that event. Normal National Squad training.

National			Senior Comp	A/B
Monday AM	ARC	5:30-7:30 (Dist)	Monday AM	RACE 5:30-7:30
Monday PM	ARC	4:00-6:45 (Stretch 6:30-6:45)	Tuesday AM	RACE 5:30-7:30
Tuesday AM	ARC	5:30-7:30	Tuesday PM	RACE 5:45-8:00 (Dryland 5:45-6:15)
Tuesday PM	RACE	4:00-7:00 (Dryland/Gym 6:15-7)	Wednesday AM	RACE 5:30-7:30
Wednesday PM	ARC	4:00-6:30 (Run/Excs 4-4:30)(Spr)	Thursday AM	ARC 5:30-7:30
Thursday AM	RACE	5:30-7:30	Thursday PM	ARC 6:30-8:00 (+Yoga 5:30-6:30)
Thursday PM	RACE	4:00-7:00 (Dryland 6:15-7)	Friday PM	ARC 6:00-7:45
Friday AM	ARC	5:30-7:30 (Brs)	Saturday PM	RACE 4:30-6:45 (+Gym 6:45-7:30)
Friday PM	RACE	4:00-7:30 (Yoga 6:30-7:30)		
Saturday AM	ARC	[8:00-9:30 Gym S&C group]		
Saturday PM	ARC	4:30-7:45 (Gym 7-7:45 / Stretch)		
State Youth			State Target	
Monday PM	ARC	6:00-8:00 (Stretch 6-6:30)	Monday AM	RACE 5:30-7:30
Tuesday PM	ARC	4:00-5:45	Tuesday PM	ARC 5:45-7:45 (Dryland 7:15-7:45)
Wednesday AM	RACE	5:30-7:30	Wednesday AM	ARC [5:30-7:30 Make-up session]
Wednesday PM	RACE	5:00-7:00 (Dryland 6:30-7)	Wednesday PM	ARC 6:30-8:00
Thursday AM	ARC	[5:30-7:30 Make-up session]	Thursday PM	ARC 4:00-5:30 (+Yoga 5:30-6:30)
Thursday PM	RACE	6:00-8:00 (Stretch 6-6:15)	Friday AM	RACE 5:30-7:30
Friday PM	RACE	5:00-7:45 (Yoga 5-6)	Saturday AM	RACE 10:00-12:00 (Dryland 11:30-12)
Saturday AM	RACE	8:00-10:15 (Dryland 10-10:15)		
Saturday PM	RACE	4:30-6:45 (+Gym 6:45-7:30)		
Junior			Development	
Monday PM	RACE	4:00-6:00 (Dryland 4:00-4:30)	Monday PM	RACE 6:00-7:20 (Dryland 7:00-7:20)
Wednesday AM	ARC	5:30-7:15	Wednesday AM	ARC [6:15-7:30 Make-up session]
Wednesday PM	RACE	6:30-8:00	Wednesday PM	RACE 4:00-5:00
Thursday PM	ARC	5:30-6:45 (Stretch 6:30-6:45)	Friday PM	RACE 6:30-7:30
Friday PM	ARC	4:00-6:00 (Stretch 4:00-4:30)	Saturday AM	ARC 10:00-11:30 (Stretch 11:15-11:30)
Saturday AM	ARC	8:00-10:00 (Dryland 9:45-10)		

Call Coach Ben directly with any questions on Mobile: 0413-513-969