

DEVELOPMENT SQUAD TRAINING SCHEDULES EFFECTIVE 30/9/2024

SQUAD		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
		AM	PM	AM	PM	AM	PM	AM	PM	АМ	PM	АМ
	Swim	6.00am-7.30am	4.00pm-5.30pm	6.00am-7.30am			6.00pm-7.30pm	6.00am-7.30am		6.00am-7.30am	4.00pm-5.30pm	5.30am-7.30am
BLACK		NAC (LC)	NAC (LC)	NAC (SC)			NAC (LC)	NAC (SC)		AUTM (SC)	NAC (SC)	AUTM (LC)
BEARS			5.45pm-6.15pm	·			4.45pm-5.45pm	6.00am-7.30am			5.30pm-6.00pm	7.45am-9.00am
			DRYLAND				BIKE	BIKE			DRYLAND	AD

SQUAD		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
		AM	PM	AM	PM	AM	PM	АМ	PM	AM	PM	AM
	Swim	6.00am-7.30am	4.00pm-5.30pm	6.00am-7.30am			6.00pm-7.30pm	6.00am-7.30am		6.00am-7.30am	4.00pm-5.30pm	
BROWN		AUTM (SC)	NAC (LC)	AUTM (SC)			NAC (LC)	NAC (SC)		NAC (LC)	NAC (SC)	
BEARS			5.45pm-6.15pm				4.50pm-5.50pm				5.30pm-6.00pm	
			DRYLAND				AD				DRYLAND	

SQUAD		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
		AM	PM	AM	PM	АМ	PM	АМ	PM	АМ	PM	AM
	Swim	5.30am-7.00am		5.30am-7.00am				5.30am-7.00am		5.30am-7.00am		
SWIMFIT		AUTM (SC)		AUTM (SC)				AUTM (SC)		AUTM (SC)		