



FAST Squad

This squad is for swimmers who wish to maintain a base swimming fitness in a fun and casual environment. Competition requirements for swimmers in this squad are flexible as they are only required to attend club-organised meets throughout the year. FAST Squad is offered 4 times per week. The FAST Squad swimmers may attend between 1 and 4 sessions per week with the required number of sessions determined by the Coach together with the athlete, based on age, personal goals/aspirations, background and ability. Swimmers will develop all aspects of stroke technique, fitness and race skills with a focus on race strategy as they prepare for their competitions.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM			6.00-7.30			9.00-10.30	
PM		5.00-6.30		4.30-5.00 Circuit 5.00-6.30			

TRAINING BREAKS

FAST Squad will follow the school term and holidays.

EQUIPMENT

- Spare pair of goggles (preferably kept in gear bag)
- Short blade fins (DMC)
- Pull Buoy
- Paddles
- Pull Band
- Kickboard