

Developing National Squad Timetable – 2017 Winter Season

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5.20am -7.30am HBF – Outdoor 8 lane pool	5.15am – 7.30am HBF Gym/Swim – Outdoor 8 lane pool	5.20am – 7.30am HBF – Outdoor 8 lane pool	5.15am – 7.30am HBF Gym/Swim Outdoor 8 lane pool	5.20am – 7.30am HBG Outdoor 8 lane pool	6.00 – 9.00am UWA
PM			4.30pm – 7.00pm HBF Outdoor 8 lane pool		4.30 – 6.30pm HBF Outdoor 8 lane pool	
Coaches: Rob & Ryan	Developing Nationals Squad recommends at least 6 – 7 session per week					