## **SURREY PARK TRAINING TIMETABLE TERM 2 2024**

HIGH PERFORMANCE SQUAD			
Location Balwyn Balwyn AQBH Balwyn OFF Balwyn AQBH Balwyn AC	Friday	Cati	ırday
			n/AQBH Gym
	5.15am	5.40 - 6.00am	7.10 - 7.30am
	7.45am	6.00 - 8.15am	7.30 - 9.30am
Gym         7.45 - 9.30am         7.45 - 9.30am		8.30 - 9.45am	5.45 - 7.00am
Notes South		Distance	Sprint
OPEN PERFORMANCE & OPEN WATER SQUADS			
Monday Tuesday Wednesday Thursday	Friday	Sati	ırday
Ralwyn Ralwyn			•
Location AQBH Trinity Balwyn Open Water AQBH Trinity Blackburn Open Water Open Water	FF Hawthorn	AQBH	Outside
Activation         5.10 - 5.15am         5.15 - 5.30am         2.40 - 3.00pm         5.00 - 5.15pm         5.15 - 5.30am         2.40 - 3.00pm	4.15 - 4.30pr	n 5.45 - 6.00am	
Swim         6.20 - 7.45am         5.15 - 7.15pm         5.30 - 7.30am         3.00 - 5.00pm         6.20 - 7.45am         5.15 - 7.15pm         5.30 - 7.30am         3.00 - 5.00pm	4.30 - 6.30pi	n 6.00 - 8.00am	
Gym 5.00 - 6.20am 5.00 - 6.20am		8.00 - 9.30am	
HIGH PERFORMANCE TRANSITION SQUAD			
Monday Tuesday Wednesday Thursday	Friday	Satu	ırday
	BH OFF		n/AQBH Gym
	5.15am	5.40 - 6.00am	7.10 - 7.30am
	7.45pm	6.00 - 8.15am	7.30 - 9.30am
Gym 5.00 - 6.15am 5.00 - 6.15am		8.30 - 9.45am	5.45 - 7.00am
Notes		Distance	Sprint
NATIONAL AGE PERFORMANCE SQUAD			
Monday Tuesday Wednesday Thursday	Friday	Sati	ırday
		AQBH	Balwyn
	wyn OFF	Sprint	Distance
	5.30am	5.45 - 6.00am	5.40 - 6.00am
	7.30am	6.00 - 8.00am	6.00 - 8.15am
Gym         6.30 - 7.45am         6.30 - 7.45am			
NATIONAL TARGET SQUAD			
Mandau Turadau Malaista William			
Monday Tuesday Wednesday Thursday	Friday	Satu	ırday
	Friday FF OFF	AQBH	Balwyn
Location Blackburn OFF AQBH Balwyn OFF Balwyn AQBH Balwyn O		AQBH Sprint	Balwyn Distance
Location         Blackburn         OFF         AQBH         Balwyn         OFF         Balwyn         AQBH         Balwyn         O           Activation         5.10 - 5.30am         5.00 - 5.15am         4.40 - 5.00pm         4.40 - 5.00pm         5.00 - 5.15am         4.40 - 5.00pm		AQBH Sprint 5.45 - 6.00am	Balwyn Distance 5.40 - 6.00am
Location         Blackburn         OFF         AQBH         Balwyn         OFF         Balwyn         AQBH         Balwyn         O           Activation         5.10 - 5.30am         5.00 - 5.15am         4.40 - 5.00pm         4.40 - 5.00pm         5.00 - 5.15am         4.40 - 5.00pm           Swim         5.30 - 7.30am         5.15 - 6.20am         5.00 - 7.00pm         5.00 - 7.00pm         5.15 - 6.20am         5.00 - 7.00pm		AQBH Sprint	Balwyn Distance
Location         Blackburn         OFF         AQBH         Balwyn         OFF         Balwyn         AQBH         Balwyn         O           Activation         5.10 - 5.30am         5.00 - 5.15am         4.40 - 5.00pm         4.40 - 5.00pm         5.00 - 5.15am         4.40 - 5.00pm		AQBH Sprint 5.45 - 6.00am	Balwyn Distance 5.40 - 6.00am
Location         Blackburn         OFF         AQBH         Balwyn         OFF         Balwyn         AQBH         Balwyn         O           Activation         5.10 - 5.30am         5.00 - 5.15am         4.40 - 5.00pm         4.40 - 5.00pm         5.00 - 5.15am         4.40 - 5.00pm         4.40 - 5.00pm         5.00 - 7.00pm         5.15 - 6.20am         5.00 - 7.00pm         5.15 - 6.20am         5.00 - 7.00pm         6.30 - 7.45am         6.30 - 7.4		AQBH Sprint 5.45 - 6.00am	Balwyn Distance 5.40 - 6.00am
Location         Blackburn         OFF         AQBH         Balwyn         OFF         Balwyn         AQBH         Balwyn         O           Activation         5.10 - 5.30am         5.00 - 5.15am         4.40 - 5.00pm         5.00 - 7.00pm         5.00 - 7.00pm         4.40 - 5.00pm         4.40 - 5.00pm         5.00 - 7.00pm         5.00 - 7.0		AQBH Sprint 5.45 - 6.00am	Balwyn Distance 5.40 - 6.00am
Location         Blackburn         OFF         AQBH         Balwyn         OFF         Balwyn         AQBH         Balwyn         O           Activation         5.10 - 5.30am         5.00 - 5.15am         4.40 - 5.00pm         4.40 - 5.00pm         5.00 - 5.15am         4.40 - 5.00pm         4.40 - 5.00pm         5.00 - 7.00pm         5.15 - 6.20am         5.00 - 7.00pm         5.15 - 6.20am         5.00 - 7.00pm         5.00 - 7.0		AQBH <u>Sprint</u> 5.45 - 6.00am 6.00 - 8.00am	Balwyn Distance 5.40 - 6.00am
Location         Blackburn         OFF         AQBH         Balwyn         OFF         Balwyn         AQBH         Balwyn         O           Activation         5.10 - 5.30am         5.00 - 5.15am         4.40 - 5.00pm         4.40 - 5.00pm         5.00 - 5.15am         4.40 - 5.00pm           Swim         5.30 - 7.30am         5.15 - 6.20am         5.00 - 7.00pm         5.00 - 7.00pm         5.15 - 6.20am         5.00 - 7.00pm           Gym         6.30 - 7.45am         6.30 - 7.45am         6.30 - 7.45am         7.45am         7.45am           STATE PERFORMANCE SQUAD           Monday         Tuesday         Wednesday         Thursday	FF OFF	AQBH	Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am
Location         Blackburn         OFF         AQBH         Balwyn         OFF         Balwyn         AQBH         Balwyn         O           Activation         5.10 - 5.30am         5.00 - 5.15am         4.40 - 5.00pm         4.40 - 5.00pm         5.00 - 5.15am         4.40 - 5.00pm         5.00 - 5.15am         4.40 - 5.00pm         5.00 - 7.00pm         5.00 - 7.00pm         5.15 - 6.20am         5.00 - 7.00pm         5.00 - 7.	Friday FF Hawthorn	AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH Sprint	Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am  orday  Balwyn Distance
Location         Blackburn         OFF         AQBH         Balwyn         OFF         Balwyn         AQBH         Balwyn         O           Activation         5.10 - 5.30am         5.00 - 5.15am         4.40 - 5.00pm         4.40 - 5.00pm         5.00 - 5.15am         4.40 - 5.00pm         5.00 - 5.15am         4.40 - 5.00pm         5.00 - 7.00pm         5.00 - 7.00pm         5.15 - 6.20am         5.00 - 7.00pm         5.00 - 7.	Friday FF Hawthorn 4.15 - 4.30pr	AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH Sprint 1 5.45 - 6.00am	Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am orday Balwyn Distance 5.40 - 6.00am
Location   Blackburn   OFF   AQBH   Balwyn   OFF   Balwyn   AQBH   AQD   AQD   AQD   AQD   AQD   AQD   AQD   AQD   AQBH   AQD   AQBH   AQBH	Friday FF Hawthorn 4.15 - 4.30pr	AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH Sprint	Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am orday Balwyn Distance 5.40 - 6.00am
Location         Blackburn         OFF         AQBH         Balwyn         OFF         Balwyn         AQBH         Balwyn         O           Activation         5.10 - 5.30am         5.00 - 5.15am         4.40 - 5.00pm         4.40 - 5.00pm         5.00 - 5.15am         4.40 - 5.00pm         5.00 - 5.15am         4.40 - 5.00pm         5.00 - 7.00pm         5.00 - 7.00pm         5.15 - 6.20am         5.00 - 7.00pm         5.00 - 7.	Friday FF Hawthorn 4.15 - 4.30pr	AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH Sprint 1 5.45 - 6.00am	Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am orday Balwyn Distance 5.40 - 6.00am
Location         Blackburn         OFF         AQBH         Balwyn         OFF         Balwyn         AQBH         Balwyn         O           Activation         5.10 - 5.30am         5.00 - 5.15am         4.40 - 5.00pm         4.40 - 5.00pm         5.00 - 5.15am         4.40 - 5.00pm           Swim         5.30 - 7.30am         5.15 - 6.20am         5.00 - 7.00pm         5.00 - 7.00pm         5.15 - 6.20am         5.00 - 7.00pm           Gym         6.30 - 7.45am         Tuesday         Wednesday         Thursday           Location         AQBH         Trinity         OFF         Balwyn         AQBH         OFF         Balwyn         O           Activation         5.00 - 5.15am         5.00 - 5.15pm         4.40 - 5.00pm         5.00 - 5.15am         5.15 - 5.30am         5.15 - 5.30am           Swim         5.15 - 6.20am         5.15 - 7.15pm         5.00 - 7.00pm         5.15 - 6.20am         5.30 - 7.30am         6.30 - 7.30am	Friday FF Hawthorn 4.15 - 4.30pr	AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH Sprint 1 5.45 - 6.00am	Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am orday Balwyn Distance 5.40 - 6.00am
Location   Blackburn   OFF   AQBH   Balwyn   OFF   Balwyn   AQBH   AQ	Friday FF Hawthorn 4.15 - 4.30pr	AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH Sprint 1 5.45 - 6.00am	Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am orday Balwyn Distance 5.40 - 6.00am
Location   Blackburn   OFF   AQBH   Balwyn   OFF   Balwyn   AQBH   Balwyn   OFF   AQBH   Balwyn   OFF   AQBH   AQB	Friday FF Hawthorn 4.15 - 4.30pr	AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH Sprint 1 5.45 - 6.00am 1 6.00 - 8.00am	Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am orday Balwyn Distance 5.40 - 6.00am
Location   Blackburn   OFF   AQBH   Balwyn   OFF   Balwyn   AQBH   AQ	Friday  FF Hawthorn  4.15 - 4.30pr  4.30 - 6.30pr	AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH Sprint n 5.45 - 6.00am n 6.00 - 8.00am	Balwyn
Location   Blackburn   OFF   AQBH   Balwyn   OFF   Balwyn   AQBH   Balwyn   OFF   Balwyn   AQBH   Balwyn   OFF   Balwyn   AQBH   Balwyn   OFF   Balwyn   AQBH   Balwyn   OFF   AQBH   Balwyn   OFF   AQBH   A.40 - 5.00pm   5.00 - 5.15am   4.40 - 5.00pm   5.30 - 7.30am   5.30 - 7.30am   5.15 - 6.20am   5.00 - 7.00pm   5.00 - 7.00pm   5.15 - 6.20am   5.00 - 7.00pm   OFF   Balwyn   OFF   Balwyn   OFF   Balwyn   OFF   Balwyn   OFF   Balwyn   OFF   OFF	Friday  FF Hawthorn  4.15 - 4.30pr  4.30 - 6.30pr  Friday  kburn OFF	AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH Sprint 1 5.45 - 6.00am 1 6.00 - 8.00am	Balwyn <i>Distance</i> 5.40 - 6.00am 6.00 - 8.15am orday Balwyn <i>Distance</i> 5.40 - 6.00am 6.00 - 8.15am
Location   Blackburn   OFF   AQBH   Balwyn   OFF   Balwyn   AQBH   Balwyn   OFF   Balwyn   AQBH   Balwyn   OFF   Balwyn   AQBH   Balwyn   OFF   Balwyn   AQBH   Balwyn   OFF   AQBH   Balwyn   OFF   Balwyn   AQBH   A40 - 5.00pm   5.00 - 5.15am   4.40 - 5.00pm   5.00 - 7.00pm   5.00 - 7.00pm   5.00 - 7.00pm   5.00 - 7.00pm   OFF   AQBH   OFF   Balwyn   OFF   Balwyn   OFF   Balwyn   OFF   Balwyn   OFF   Balwyn   OFF   Balwyn   OFF   OFF	Friday  Friday  FF Hawthorn  4.15 - 4.30pr  4.30 - 6.30pr  Friday  kburn OFF  5.30am	AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH Sprint 10 5.45 - 6.00am 10 6.00 - 8.00am AQBH SATU AQBH SATU	Balwyn
Location   Blackburn   OFF   AQBH   Balwyn   OFF   Balwyn   AQBH   Balwyn   OFF   Balwyn   AQBH   Balwyn   OFF   Balwyn   AQBH   Balwyn   OFF   Balwyn   AQBH   Balwyn   OFF   AQBH   Balwyn   OFF   AQBH   A40 - 5.00pm   5.00 - 5.15am   4.40 - 5.00pm   5.00 - 7.00pm   5.00 - 7.00pm   5.00 - 7.00pm   5.00 - 7.00pm   OFF   AQBH   OFF   Balwyn   OFF	Friday  FF Hawthorn  4.15 - 4.30pr  4.30 - 6.30pr  Friday  kburn OFF	AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH Sprint 1 5.45 - 6.00am 1 6.00 - 8.00am	Balwyn
Location   Blackburn   OFF   AQBH   Balwyn   OFF   Balwyn   AQBH   Balwyn   OFF   Balwyn   AQBH   Balwyn   OFF   Balwyn   AQBH   Balwyn   OFF   Balwyn   AQBH   Balwyn   OFF   AQBH   Balwyn   OFF   AQBH   A40 - 5.00pm   5.00 - 5.15am   4.40 - 5.00pm   5.00 - 7.00pm   5.00 - 7.00pm   5.00 - 7.00pm   5.00 - 7.00pm   OFF   AQBH   OFF   Balwyn   OFF   Balwyn   OFF   Balwyn   OFF   Balwyn   OFF   Balwyn   OFF   Balwyn   OFF	Friday  Friday  FF Hawthorn  4.15 - 4.30pr  4.30 - 6.30pr  Friday  kburn OFF  5.30am	AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH Sprint 10 5.45 - 6.00am 10 6.00 - 8.00am AQBH SATU AQBH SATU	Balwyn
Docation   Blackburn   OFF	Friday  Friday  FF Hawthorn  4.15 - 4.30pr  4.30 - 6.30pr  Friday  kburn OFF  5.30am	AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH Sprint 10 5.45 - 6.00am 10 6.00 - 8.00am AQBH SATU AQBH SATU	Balwyn
Location   Blackburn   OFF   AQBH   Balwyn   OFF   Balwyn   AQBH   Balwyn   OFF   Balwyn   AQBH   Balwyn   OFF   Balwyn   AQBH   Balwyn   OFF   Balwyn   AQBH   Balwyn   OFF   AQBH   Balwyn   OFF   AQBH   A40 - 5.00pm   5.00 - 5.15am   4.40 - 5.00pm   5.00 - 7.00pm   5.00 - 7.00pm   5.00 - 7.00pm   5.00 - 7.00pm   OFF   AQBH   OFF   Balwyn   OFF	Friday  Friday  FF Hawthorn  4.15 - 4.30pr  4.30 - 6.30pr  Friday  kburn OFF  5.30am	AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH Sprint 10 5.45 - 6.00am 10 6.00 - 8.00am AQBH SATU AQBH SATU	Balwyn
Location   Blackburn   OFF   AQBH   Balwyn   OFF   Balwyn   AQBH   A.40 - 5.00pm   5.00 - 5.15am   4.40 - 5.00pm   5.00 - 7.00pm   5.00 - 7.00pm   5.00 - 7.00pm   5.00 - 7.00pm   6.30 - 7.45am   OFF   Balwyn   AQBH   OFF   Balwyn   OFF   OF	Friday  Friday  FF Hawthorn  4.15 - 4.30pr  4.30 - 6.30pr  Friday  kburn OFF  5.30am	AQBH	Balwyn
Docation   Blackburn   OFF   AQBH   Balwyn   OFF   Balwyn   AQBH   Balwyn   OFF   Balwyn   AQBH   Balwyn   OFF   AQBH   Balwyn   OFF   AQBH   Balwyn   OFF   AQBH   Balwyn   OFF   AQBH   A40 - 5.00pm   5.00 - 5.15am   4.40 - 5.00pm   5.00 - 7.00pm   5.15 - 6.20am   5.00 - 7.00pm   OFF   AQBH   OFF   AQ	Friday  Friday  Friday  4.15 - 4.30pt  4.30 - 6.30pt  Friday  kburn OFF  5.30am  7.30am	AQBH	Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am  rday  Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am
Docation   Blackburn   OFF   AQBH   Balwyn   OFF   Balwyn   AQBH   Balwyn   OFF   Balwyn   AQBH   Balwyn   OFF   Balwyn   AQBH   Balwyn   OFF   Balwyn   AQBH   Balwyn   OFF   AQBH   Balwyn   OFF   AQBH   A40 - 5.00pm   A40 - 5.00	Friday  Friday  Friday  Friday  Kburn OFF  5.30am  7.30am  Friday	AQBH	Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am  rday  Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am
Docation   Blackburn   OFF   AQBH   Balwyn   OFF   Balwyn   AQBH   Balwyn   OFF   Balwyn   AQBH   Balwyn   OFF   Balwyn   AQBH   Balwyn   OFF   Balwyn   AQBH   ACCORD   AQBH   AQBH   AQBH   ACCORD   AQBH   AQBH   ACCORD   AQBH   AQBH   ACCORD   ACCOR	Friday  Friday  Friday  Friday  Kburn OFF  5.30am  7.30am  Friday	AQBH	Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am  rday  Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am

## **SURREY PARK TRAINING TIMETABLE TERM 2 2024**

					STATE DE	VELOPME	<b>NT SQUA</b>	D					
	Monday Tuesday			sday	Wednesday		Thursday		Friday		Saturday		
Location	OFF	AQBH	OFF	Trinity	Blackburn	OFF	OFF	AQBH	Blackburn Invitation Only	OFF	AQBH C	utdoor	
Activation		3.50 - 4.00pm		5.00 - 5.15pm	5.15 - 5.30am			5.15 - 5.30pm	5.15 - 5.30am		7.45 - 8.00am		
Swim		4.00 - 5.30pm		5.15 - 7.15pm	5.30 - 7.30am			5.30 - 7.00pm	5.30 - 7.30am		8.00 - 9.30am		
					JUNIOR	ADVANCE	D SQUAD	)					
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
Location	AQBH Indoor	OFF	OFF	AQBH	OFF	AQBH	OFF	OFF	OFF	AQBH	Black	burn	
	5.50 - 6.00am			5.15 - 5.30pm		3.50 - 4.00pm				5.15 - 5.30pm			
Swim	6.00 - 7.30am			5.30 - 7.00pm		4.00 - 5.30pm				5.30 - 7.00pm	5.45 - 7.15am		
					JUNIOR IN	ITERMEDI	ATE SQU	AD					
	Mor	nday	Tue	sday	Wedn	esday	Thu	rsday	Frie	Friday		Saturday	
Location	OFF	AQBH	OFF	AQBH	OFF	OFF	OFF	Blackburn	OFF	OFF	Black	burn	
Activation		5.15 - 5.30pm		3.50 - 4.00pm				6.15 - 6.30pm			5.30 - 5.45am		
Swim		5.30 - 7.00pm		4.00 - 5.30pm				6.30 - 7.45pm			5.45 - 7.15am		
Swim				4.00 - 5.30pm									
Swim				4.00 - 5.30pm	JUNIOR	BEGINNE	R SQUAD	6.30 - 7.45pm					
Swim	Mor	5.30 - 7.00pm	Tue	4.00 - 5.30pm		BEGINNE		6.30 - 7.45pm	Fri	day		rday	
Swim Location	Mor OFF	5.30 - 7.00pm	Tue OFF	sday Blackburn				6.30 - 7.45pm rsday AQBH	Fri OFF	AQBH	5.45 - 7.15am Satu Strath		
		5.30 - 7.00pm		sday	Wedn	esday	Thu	6.30 - 7.45pm rsday AQBH 3.50 - 4.00pm		AQBH 3.50 - 4.00pm	\$ - 7.15am		
Location		5.30 - 7.00pm		sday Blackburn	Wedn	esday	Thu	6.30 - 7.45pm rsday AQBH		AQBH	\$ - 7.15am		
Location Activation		5.30 - 7.00pm		sday Blackburn 6.15 - 6.30pm	Wedn	esday	Thu	6.30 - 7.45pm rsday AQBH 3.50 - 4.00pm		AQBH 3.50 - 4.00pm	\$ - 7.15am		
Location Activation Swim	OFF	5.30 - 7.00pm	OFF	sday Blackburn 6.15 - 6.30pm 6.30 - 7.45pm	Wedn	esday	Thu: OFF	6.30 - 7.45pm rsday AQBH 3.50 - 4.00pm	OFF	AQBH 3.50 - 4.00pm 4.00 - 5.30pm	\$atu \$trath 6.15 - 6.30am 6.30 - 8.00am	icona	
Location Activation Swim	OFF Aqualink Box F	5.30 - 7.00pm	OFF ey Drive, Box H	sday Blackburn 6.15 - 6.30pm 6.30 - 7.45pm	Wedn OFF	OFF OFF	Thu OFF Blackburn/BB:	rsday AQBH 3.50 - 4.00pm 4.00 - 5.30pm	OFF ough Rd, Box H	AQBH 3.50 - 4.00pm 4.00 - 5.30pm	\$45 - 7.15am \$400 \$15 - 6.30am \$6.30 - 8.00am \$200 - 8.00am	icona	