SURREY PARK TRAINING TIMETABLE TERM 3 2024

| | | | | | HIGH PFF | REORMAN | ICE SQUA | D | | | | |
|---|--|--|---|---|--|---|---|--|--|--|---|---|
| | Mor | nday | Tue | sday | | esday | | rsday | Frie | day | Satu | rday |
| Location | Balwyn | Balwyn | AQBH | Balwyn | OFF | Balwyn | AQBH | Balwyn | AQBH | OFF | Balwyn Swim | |
| Activation | 5.10 - 5.30am | 2.40 - 3.00pm | 6.00 - 6.20am | 2.40 - 3.00pm | | 2.40 - 3.00pm | 6.00 - 6.20am | 2.40 - 3.00pm | 5.00 - 5.15am | | 5.40 - 6.00am | |
| Swim | 5.30 - 7.30am | 3.00 - 5.00pm | 6.20 - 7.45am | 3.00 - 5.00pm | | 3.00 - 5.00pm | 6.20 - 7.45am | 3.00 - 5.00pm | 5.15 - 7.45am | | 6.00 - 8.15am | 7.30 - 9.30am |
| Gym AQBH | | | 7.45 - 9.30am | 2.22 | | 3.00 | 7.45 - 9.30am | | | | 8.30 - 9.45am | 5.45 - 7.00am |
| Notes | | | | | | | | | | | Distance | Sprint |
| | | | | | | | | l | | | _ 100000 | - |
| | | | | 00000 | | | | | _ | | | |
| | | | | OPEN PI | RFORMA | NCE & OP | EN WATE | R SQUADS | <u> </u> | | | |
| | Mor | nday | Tue | sday | Wedn | esday | Thur | rsday | Frie | day | Satu | rday |
| Location | AQBH | Trinity | Balwyn | Balwyn | AQBH | Trinity | Blackburn | Balwyn | OFF | Hawthorn | AQBH (| Outside |
| Activation | | F 00 F 4F | 5.45 5.30 | Open Water | | 5.00 5.45 | 5.45 5.30 | Open Water | | 1.15 1.20 | 5 45 C 00 | |
| | 6 20 7 45 | 5.00 - 5.15pm | 5.15 - 5.30am | 2.40 - 3.00pm | 6 20 7 45 | 5.00 - 5.15pm | 5.15 - 5.30am | 2.40 - 3.00pm | | 4.15 - 4.30pm | 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 - 6.30pm | 6.00 - 8.00am | |
| Gym AQBH | 5.00 - 6.20am | | | | 5.00 - 6.20am | | | | | | 8.00 - 9.30am | |
| | | | | | | | | | | | | |
| | | | | HIGH | PERFORM | IANCE TRA | ANSITION | SOUAD | | | | |
| | Mor | ndav | Tue | sday | Wedn | | | rsday | Frie | day | Satu | rday |
| Location | Balwyn | Balwyn | AQBH | Balwyn | OFF | Balwyn | AQBH | Balwyn | AQBH | OFF | Balwyn Swim | |
| Activation | 5.10 - 5.30am | 4.40 - 5.00pm | | 2.40 - 3.00pm | | 2.40 - 3.00pm | | 2.40 - 3.00pm | 5.10 - 5.15am | | 5.40 - 6.00am | <u> </u> |
| Swim | 5.30 - 7.30am | 5.00 - 7.00pm | 6.15 - 7.45am | 3.00 - 5.00pm | | 3.00 - 5.00pm | 6.15 - 7 45am | 3.00 - 5.00pm | 5.15 - 7.45pm | | 6.00 - 8.15am | 7.30 - 9.30am |
| Gym AQBH | 5.50 7.50am | 3.00 7.00pill | 5.00 - 6.15am | 3.00pm | | 3.00 J.00piii | 5.00 - 6.15am | 5.00 5.00pm | 5.15 7.45pm | | 8.30 - 9.45am | 5.45 - 7.00am |
| Notes | | | J.00 - 0.15am | | | | J.00 - 0.13aM | | | | Distance | |
| Notes | | | | | | | | | | | Distance | Sprint |
| | | | | | | | | | | | | |
| | | | | NAT | IONAL AG | E PERFOR | MANCE S | QUAD | | | | |
| | Mor | nday | Tue | sday | Wedn | esday | Thur | rsday | Fri | day | Satu | rday |
| Location | Polynom | Paluara | AORU | OFF | OFF | Polynom | AORU | Paluara | Polyman | OFF | AQBH | Balwyn |
| | Balwyn | Balwyn | AQBH | OFF | OFF | Balwyn | AQBH | Balwyn | Balwyn | OFF | Sprint | Distance |
| Activation | 5.10 - 5.30am | 4.40 - 5.00pm | 5.00 - 5.15am | | | 4.40 - 5.00pm | 5.00 - 5.15am | 4.40 - 5.00pm | 5.10 - 5.30am | | 5.45 - 6.00am | 5.40 - 6.00am |
| Swim | 5.30 - 7.30am | 5.00 - 7.00pm | 5.15 - 6.20am | | | 5.00 - 7.00pm | 5.15 - 6.20am | 5.00 - 7.00pm | 5.30 - 7.30am | | 6.00 - 8.00am | 6.00 - 8.00am |
| Gym AQBH | | | 6.30 - 7.45am | | | | 6.30 - 7.45am | | | | 8.15 - 9.30am | 8.15 - 9.30am |
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| | NATIONAL TARGET SQUAD Monday Tuesday Wednesday Thursday Friday | | | | | | T SOLIAD | 1 | | | | |
| | | | T | -d | | | | | e.d | d | Cata | |
| | Mor | nday | Tue | sday | NATION Wedn | | | rsday | Frie | day | | rday Balwyn |
| Location | Mor Blackburn | nday OFF | Tue AQBH | sday Balwyn | | | | | Fri OFF | day OFF | AQBH | Balwyn |
| Location Activation | | | | | Wedn | esday | Thui | rsday I | | | | |
| | Blackburn | | AQBH | Balwyn | Wedn | esday Balwyn | Thui | rsday Balwyn | | | AQBH Sprint | Balwyn Distance |
| Activation | Blackburn 5.10 - 5.30am | | AQBH 5.00 - 5.15am | Balwyn 4.40 - 5.00pm | Wedn | Balwyn 4.40 - 5.00pm | AQBH 5.00 - 5.15am | Balwyn 4.40 - 5.00pm | | | AQBH Sprint 5.45 - 6.00am | Balwyn Distance 5.40 - 6.00am |
| Activation Swim | Blackburn 5.10 - 5.30am | | AQBH 5.00 - 5.15am 5.15 - 6.20am | Balwyn 4.40 - 5.00pm | Wedn | Balwyn 4.40 - 5.00pm | AQBH 5.00 - 5.15am 5.15 - 6.20am | Balwyn 4.40 - 5.00pm | | | AQBH Sprint 5.45 - 6.00am | Balwyn Distance 5.40 - 6.00am |
| Activation Swim | Blackburn 5.10 - 5.30am | | AQBH 5.00 - 5.15am 5.15 - 6.20am | Balwyn 4.40 - 5.00pm | OFF | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm | AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm | | | AQBH Sprint 5.45 - 6.00am | Balwyn Distance 5.40 - 6.00am |
| Activation Swim | Blackburn 5.10 - 5.30am | | AQBH 5.00 - 5.15am 5.15 - 6.20am | Balwyn 4.40 - 5.00pm | Wedn | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm | AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm | | | AQBH Sprint 5.45 - 6.00am | Balwyn Distance 5.40 - 6.00am |
| Activation Swim | Blackburn 5.10 - 5.30am | OFF | AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am | Balwyn 4.40 - 5.00pm | OFF STATE PE | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm | AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm | OFF | | AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am | Balwyn Distance 5.40 - 6.00am |
| Activation Swim Gym AQBH | Blackburn 5.10 - 5.30am 5.30 - 7.30am | OFF | AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm | OFF STATE PE | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm | Thui AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am VCE SQUA Thui | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm | OFF | OFF | AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH | Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am |
| Activation Swim Gym AQBH Location | 8lackburn 5.10 - 5.30am 5.30 - 7.30am Mor | OFF Inday Trinity | AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm | STATE PE Wedn | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm | Thui AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thui Balwyn | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm | OFF | OFF day Hawthorn | AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH Sprint | Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am rday Balwyn Distance |
| Activation Swim Gym AQBH Location Activation | Blackburn 5.10 - 5.30am 5.30 - 7.30am Mor AQBH 5.00 - 5.15am | OFF Inday Trinity 5.00 - 5.15pm | AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm | STATE PE Wedn AQBH 5.00 - 5.15am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm | Thui AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thui Balwyn 5.15 - 5.30am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm | OFF | day Hawthorn 4.15 - 4.30pm | AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH Sprint 5.45 - 6.00am | Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am rday Balwyn Distance 5.40 - 6.00am |
| Activation Swim Gym AQBH Location Activation Swim | 8lackburn 5.10 - 5.30am 5.30 - 7.30am Mor | OFF Inday Trinity 5.00 - 5.15pm | AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm | STATE PE Wedn | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm | Thui AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thui Balwyn | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm | OFF | OFF day Hawthorn | AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH Sprint 5.45 - 6.00am | Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am rday Balwyn Distance 5.40 - 6.00am |
| Activation Swim Gym AQBH Location Activation | Blackburn 5.10 - 5.30am 5.30 - 7.30am Mor AQBH 5.00 - 5.15am | OFF Inday Trinity 5.00 - 5.15pm | AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm | STATE PE Wedn AQBH 5.00 - 5.15am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm | Thui AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thui Balwyn 5.15 - 5.30am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm | OFF | day Hawthorn 4.15 - 4.30pm | AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH Sprint 5.45 - 6.00am | Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am rday Balwyn Distance 5.40 - 6.00am |
| Activation Swim Gym AQBH Location Activation Swim | Mor AQBH 5.00 - 5.15am 5.10 - 5.30am 5.30 - 7.30am | OFF Inday Trinity 5.00 - 5.15pm | AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm | STATE PE Wedn AQBH 5.00 - 5.15am 5.15 - 6.20am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm | Thui AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thui Balwyn 5.15 - 5.30am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm | OFF | day Hawthorn 4.15 - 4.30pm | AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH Sprint 5.45 - 6.00am | Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am rday Balwyn Distance 5.40 - 6.00am |
| Activation Swim Gym AQBH Location Activation Swim | Mor AQBH 5.00 - 5.15am 5.10 - 5.30am 5.30 - 7.30am | OFF Inday Trinity 5.00 - 5.15pm | AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm | Wedn OFF STATE PE Wedn AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm RFORMAN esday OFF | Thui AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thui Balwyn 5.15 - 5.30am 5.30 - 7.30am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm | OFF | day Hawthorn 4.15 - 4.30pm | AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH Sprint 5.45 - 6.00am | Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am rday Balwyn Distance 5.40 - 6.00am |
| Activation Swim Gym AQBH Location Activation Swim | Mor AQBH 5.00 - 5.15am 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am | OFF Inday Trinity 5.00 - 5.15pm 5.15 - 7.15pm | AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am Tue | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm 5.00 - 7.00pm | STATE PE Wedn AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm RFORMAN esday OFF | Thui AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thui Balwyn 5.15 - 5.30am 5.30 - 7.30am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm | OFF Fri | day Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm | AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am | Balwyn <i>Distance</i> 5.40 - 6.00am 6.00 - 8.15am rday Balwyn <i>Distance</i> 5.40 - 6.00am 6.00 - 8.15am |
| Activation Swim Gym AQBH Location Activation Swim | Mor 5.10 - 5.30am 5.30 - 7.30am Mor AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am | OFF Inday Trinity 5.00 - 5.15pm 5.15 - 7.15pm | AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am Tue | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm 5.00 - 7.00pm | STATE PE Wedn AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm RFORMAN esday OFF | Thui AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thui Balwyn 5.15 - 5.30am 5.30 - 7.30am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm | OFF Fri | day Hawthorn 4.15 - 4.30pm | AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH Sprint 5.45 - 6.00am | Balwyn <i>Distance</i> 5.40 - 6.00am 6.00 - 8.15am rday Balwyn <i>Distance</i> 5.40 - 6.00am 6.00 - 8.15am |
| Activation Swim Gym AQBH Location Activation Swim | Mor AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am | OFF Inday Trinity 5.00 - 5.15pm 5.15 - 7.15pm | AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am Tue | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm Balwyn 4.40 - 5.00pm 5.00 - 7.00pm | STATE PE Wedn AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm RFORMAN esday OFF | Thui AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thui Balwyn 5.15 - 5.30am 5.30 - 7.30am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm | OFF Fri | day Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm | AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am | Balwyn <i>Distance</i> 5.40 - 6.00am 6.00 - 8.15am rday Balwyn <i>Distance</i> 5.40 - 6.00am 6.00 - 8.15am |
| Activation Swim Gym AQBH Location Activation Swim Gym AQBH | Mor AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am Mor Blackburn Invitation Only | OFF Inday Trinity 5.00 - 5.15pm 5.15 - 7.15pm | AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am Tue OFF Tue Blackburn | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm 5.00 - 7.00pm | STATE PE Wedn AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am STATI | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm RFORMAN esday OFF E JUNIOR esday | Thui AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thui Balwyn 5.15 - 5.30am 5.30 - 7.30am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm D rsday Trinity | OFF Frie | day Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm | AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH 5.45 - 6.00am 6.00 - 8.00am | Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am rday Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am |
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| Activation Swim Gym AQ8H Location Activation Swim Gym AQ8H Location Activation Activation Activation | Mor AQBH 5.00 - 5.15 - 6.20am 6.30 - 7.45am Mor Blackburn Invitation Only 5.15 - 5.30am | OFF Inday Trinity 5.00 - 5.15pm 5.15 - 7.15pm | AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am Tue OFF Tue Blackburn 5.15 - 5.30am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm 5.00 - 7.00pm sday Balwyn Invitation Only 4.40 - 5.00pm | STATE PE Wedn AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am STATI | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm RFORMAN esday OFF E JUNIOR esday AQBH | Thui AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thui Balwyn 5.15 - 5.30am 5.30 - 7.30am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm Trinity 5.00 - 5.15pm | OFF Frie OFF Frie Blackburn 5.15 - 5.30am | day Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm | AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH Sprint 5.45 - 6.00am AQBH Satu AQBH Satu | Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am rday Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am |
| Activation Swim Gym AQ8H Location Activation Swim Gym AQ8H Location Activation Swim Gym AQ8H | Mor AQBH 5.00 - 5.15 - 6.20am 6.30 - 7.45am Mor Blackburn Invitation Only 5.15 - 5.30am | OFF Inday Trinity 5.00 - 5.15pm 5.15 - 7.15pm | AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am Tue OFF Tue Blackburn 5.15 - 5.30am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm 5.00 - 7.00pm sday Balwyn Invitation Only 4.40 - 5.00pm | STATE PE Wedn AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am STATI | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm RFORMAN resday OFF E JUNIOR resday AQBH 5.30 - 7.00pm | Thui AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thui Balwyn 5.15 - 5.30am 5.30 - 7.30am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm Trinity 5.00 - 5.15pm | OFF Frie OFF Frie Blackburn 5.15 - 5.30am | day Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm | AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH Sprint 5.45 - 6.00am AQBH Satu AQBH Satu | Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am rday Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am |
| Activation Swim Gym AQ8H Location Activation Swim Gym AQ8H Location Activation Swim Gym AQ8H | Mor AQBH 5.00 - 5.15 - 6.20am 6.30 - 7.45am Mor Blackburn Invitation Only 5.15 - 5.30am | OFF Inday Trinity 5.00 - 5.15pm 5.15 - 7.15pm | AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am Tue OFF Tue Blackburn 5.15 - 5.30am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm 5.00 - 7.00pm sday Balwyn Invitation Only 4.40 - 5.00pm | Wedn OFF STATE PE Wedn AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am STATI Wedn OFF | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm RFORMAN resday OFF E JUNIOR resday AQBH 5.30 - 7.00pm | Thui AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thui Balwyn 5.15 - 5.30am 5.30 - 7.30am SQUAD Thui | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm Trinity 5.00 - 5.15pm | OFF Frie OFF Frie Blackburn 5.15 - 5.30am | day Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm | AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH Sprint 5.45 - 6.00am AQBH Satu AQBH Satu | Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am rday Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am |
| Activation Swim Gym AQ8H Location Activation Swim Gym AQ8H Location Activation Swim Gym AQ8H | Mor AQBH 5.00 - 5.15 - 6.20am 6.30 - 7.45am Mor Blackburn Invitation Only 5.15 - 5.30am | OFF Inday Trinity 5.00 - 5.15pm 5.15 - 7.15pm | AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am Tue OFF Tue Blackburn 5.15 - 5.30am 5.30 - 7.30am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm 5.00 - 7.00pm sday Balwyn Invitation Only 4.40 - 5.00pm | STATE PE Wedn AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am STATI | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm RFORMAN esday OFF E JUNIOR esday AQBH 5.30 - 7.00pm 4.00 - 5.30pm | Thui AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thui Balwyn 5.15 - 5.30am 5.30 - 7.30am SQUAD Thui OFF | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm Trinity 5.00 - 5.15pm | Frii OFF Frii Blackburn 5.15 - 5.30am 5.30 - 7.30am | day Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm | AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH Sprint 5.45 - 6.00am AQBH Satu AQBH Satu | Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am rday Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am |
| Activation Swim Gym AQBH Location Activation Swim Gym AQBH Location Activation Swim Gym AQBH | Mor AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am Mor Blackburn Invitation Only 5.15 - 5.30am 5.30 - 7.30am | OFF Inday Trinity 5.00 - 5.15pm 5.15 - 7.15pm OFF | AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am Tue OFF Tue Blackburn 5.15 - 5.30am 5.30 - 7.30am | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm 5.00 - 7.00pm sday Balwyn 1nvitation Only 4.40 - 5.00pm 5.00 - 7.00pm | STATE PE Wedn AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am STATI Wedn OFF | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm PEFORMAN PESSARY OFF BUNIOR PESSARY AQBH 5.30 - 7.00pm 4.00 - 5.30pm | Thui AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thui Balwyn 5.15 - 5.30am 5.30 - 7.30am SQUAD Thui OFF | RSday Balwyn 4.40 - 5.00pm 5.00 - 7.00pm RD RSday Trinity 5.00 - 5.15pm 5.15 - 7.15pm | Frii OFF Frii Blackburn 5.15 - 5.30am 5.30 - 7.30am | day Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm day OFF | AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am 6.00 - 8.00am | Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am rday Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am |
| Activation Swim Gym AQBH Location Activation Swim Gym AQBH Location Activation Swim Gym AQBH Location Location Location | Mor AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am Mor Blackburn Invitation Only 5.15 - 5.30am 5.30 - 7.30am | OFF Inday Trinity 5.00 - 5.15pm 5.15 - 7.15pm | AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am Tue OFF Tue Blackburn 5.15 - 5.30am 5.30 - 7.30am Tue AQBH Indoor | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm 5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm 5.00 - 7.00pm rivitation Only 4.40 - 5.00pm 5.00 - 7.00pm | STATE PE Wedn AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am STATI Wedn OFF | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm RFORMAN esday OFF E JUNIOR esday AQBH 5.30 - 7.00pm 4.00 - 5.30pm | Thui AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thui Balwyn 5.15 - 5.30am 5.30 - 7.30am SQUAD Thui OFF | rsday Balwyn 4.40 - 5.00pm 5.00 - 7.00pm rsday Trinity 5.00 - 5.15pm 5.15 - 7.15pm | Frii OFF Frii Blackburn 5.15 - 5.30am 5.30 - 7.30am | day Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm day OFF | AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH S.45 - 6.00am 6.00 - 8.00am | Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am rday Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am |
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| Activation Swim Gym AQBH Location Activation Swim Gym AQBH Location Activation Swim Gym AQBH Location Location | Mor AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am Mor Blackburn Invitation Only 5.15 - 5.30am 5.30 - 7.30am | OFF Inday Trinity 5.00 - 5.15pm 5.15 - 7.15pm OFF | AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am Tue OFF Tue Blackburn 5.15 - 5.30am 5.30 - 7.30am Tue AQBH Indoor | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm 5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm 5.00 - 7.00pm rivitation Only 4.40 - 5.00pm 5.00 - 7.00pm | STATE PE Wedn AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am STATI Wedn OFF | Balwyn 4.40 - 5.00pm 5.00 - 7.00pm RFORMAN esday OFF E JUNIOR esday AQBH 5.30 - 7.00pm 4.00 - 5.30pm | Thui AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thui Balwyn 5.15 - 5.30am 5.30 - 7.30am SQUAD Thui OFF | rsday Balwyn 4.40 - 5.00pm 5.00 - 7.00pm rsday Trinity 5.00 - 5.15pm 5.15 - 7.15pm | Frii OFF Frii Blackburn 5.15 - 5.30am 5.30 - 7.30am | day Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm day OFF | AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH S.45 - 6.00am 6.00 - 8.00am | 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 3 2024

| | | | | STATE DE | VELOPME | NT SQUA | D | | | | |
|---------------------|--|---|---|---------------|--|--|--|--|--|--|--|
| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
| OFF | AQBH | OFF | Trinity | Blackburn | OFF | OFF | AQBH | Blackburn Invitation Only | OFF | AQBH C | utdoor |
| | 3.50 - 4.00pm | | 5.00 - 5.15pm | 5.15 - 5.30am | | | 5.15 - 5.30pm | 5.15 - 5.30am | | 7.45 - 8.00am | |
| | 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 | |
| AQBH Indoor | OFF | OFF | AQBH | OFF | AQBH | OFF | OFF | OFF | AQBH | | burn |
| 5.50 - 6.00am | | | 5.15 - 5.30pm | | 3.50 - 4.00pm | | | | | | |
| 6.00 - 7.30am | | | 5.30 - 7.00pm | | 4.00 - 5.30pm | | | | 5.30 - 7.00pm | 5.45 - 7.15am | |
| | | | | | | | | | | | |
| | | | | JUNIOR IN | ITERMEDI | ATE SQUA | 4D | | | | |
| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
| OFF | AQBH | OFF | AQBH | OFF | OFF | OFF | Blackburn | OFF | OFF | | burn |
| | | | | | | | | | | | |
| | 5.30 - 7.00pm | | 4.00 - 5.30pm | | | | 6.30 - 7.45pm | | | 5.45 - 7.15am | |
| | | | | | | | | | | | |
| | | | | | | | | | | | |
| | | | | JUNIOR | BEGINNE | R SQUAD | | | | | |
| Mor | nday | Tue | sday | | BEGINNE nesday | | rsday | Frie | day | Satu | rday |
| Mor OFF | nday OFF | Tue OFF | sday Blackburn | | | | | Frie OFF | day AQBH | Satu Strath | |
| | | | | Wedn | esday | Thu | rsday | | | Strath | |
| | | | Blackburn | Wedn | esday | Thu | rsday AQBH | | AQBH | Strath 6.15 - 6.30am | |
| | | | Blackburn 6.15 - 6.30pm | Wedn | esday | Thu | AQBH 3.50 - 4.00pm | | AQBH 3.50 - 4.00pm | Strath 6.15 - 6.30am | |
| OFF | | OFF | Blackburn 6.15 - 6.30pm 6.30 - 7.45pm | Wedn | esday | Thu: OFF | AQBH 3.50 - 4.00pm | OFF | AQBH 3.50 - 4.00pm 4.00 - 5.30pm | Strath 6.15 - 6.30am 6.30 - 8.00am | icona |
| OFF Aqualink Box H | OFF Hill/AQBH: Surre | OFF ey Drive, Box H | Blackburn 6.15 - 6.30pm 6.30 - 7.45pm | Wedn OFF | OFF | Thui OFF Blackburn/BB: | AQBH 3.50 - 4.00pm 4.00 - 5.30pm | OFF ough Rd, Box H | AQBH 3.50 - 4.00pm 4.00 - 5.30pm | Strath 6.15 - 6.30am 6.30 - 8.00am Spotlight and A | icona |
| | Moi AQBH Indoor 5.50 - 6.00am 6.00 - 7.30am | Monday | AQBH OFF AQBH OFF | AQBH OFF | OFF AQBH OFF Trinity Blackburn | OFF AQBH OFF Trinity Blackburn OFF 3.50 - 4.00pm 5.00 - 5.15pm 5.15 - 5.30am 5.15 - 5.30am 4.00 - 5.30pm 5.15 - 7.15pm 5.30 - 7.30am JUNIOR ADVANCE Monday Tuesday Wednesday AQBH Indoor OFF AQBH OFF AQBH 5.50 - 6.00am 5.15 - 5.30pm 3.50 - 4.00pm 4.00 - 5.30pm 6.00 - 7.30am 5.30 - 7.00pm 4.00 - 5.30pm JUNIOR INTERMEDI Monday Tuesday Wednesday OFF AQBH OFF OFF 5.15 - 5.30pm 3.50 - 4.00pm 9F | OFF AQBH OFF Trinity Blackburn OFF OFF | OFF AQBH OFF Trinity Blackburn OFF OFF AQBH 3.50 - 4.00pm 5.00 - 5.15pm 5.15 - 5.30am 5.15 - 5.30pm 4.00 - 5.30pm 5.15 - 7.15pm 5.30 - 7.30am 5.30 - 7.00pm JUNIOR ADVANCED SQUAD Monday Tuesday Wednesday Thursday AQBH Indoor OFF AQBH OFF AQBH 5.50 - 6.00am 5.15 - 5.30pm 3.50 - 4.00pm 0.00 - 7.30pm 6.00 - 7.30am 5.30 - 7.00pm 4.00 - 5.30pm 0.00 - 7.30pm JUNIOR INTERMEDIATE SQUAD Monday Tuesday Wednesday Thursday OFF AQBH OFF OFF OFF Blackburn 5.15 - 5.30pm 3.50 - 4.00pm 6.15 - 6.30pm | OFF AQBH OFF Trinity Blackburn OFF OFF AQBH Blackburn Invitation Only 3.50 - 4.00pm 5.00 - 5.15pm 5.15 - 5.30am 5.15 - 5.30pm 5.15 - 5.30pm 5.15 - 5.30pm 5.15 - 5.30pm 5.30 - 7.30am JUNIOR ADVANCED SQUAD Monday Tuesday Wednesday Thursday Fri AQBH Indoor OFF OFF AQBH OFF OFF OFF OFF 5.50 - 6.00am 5.15 - 5.30pm 3.50 - 4.00pm 0.00 - 7.30am 0.00 - 7. | OFF AQBH OFF Trinity Blackburn OFF OFF AQBH Blackburn Invitation Only OFF Invitation Only 3.50 - 4.00pm 5.00 - 5.15pm 5.15 - 5.30am 5.15 - 5.30pm 5.15 - 5.30pm 5.15 - 5.30am 4.00 - 5.30pm 5.15 - 7.15pm 5.30 - 7.30am 5.30 - 7.00pm 5.30 - 7.30am JUNIOR ADVANCED SQUAD Monday Tuesday Wednesday Thursday Friday AQBH Indoor OFF OFF AQBH OFF OFF OFF OFF AQBH 5.00 - 6.00am 5.15 - 5.30pm 3.50 - 4.00pm 5.30 - 7.00pm 6.15 - 6.30pm 6.15 - 6.30pm 6 | OFF AQBH OFF Trinity Blackburn OFF OFF AQBH Blackburn Invitation Only Invitati |