## SURREY PARK TRAINING TIMETABLE AS OF 13 JANUARY

					HIGH PE	RFORMAN	ICE SQUA	D				
	Mor	nday	Tue	sday		esday		sday	Fri	day	Satu	rday
Location	Balwyn	Balwyn	AQBH	Balwyn	OFF	Balwyn	AQBH	Balwyn	AQBH	OFF	Balwyn Swin	
Activation	5.10 - 5.30am	2.40 - 3.00pm	6.00 - 6.20am	2.40 - 3.00pm		2.40 - 3.00pm		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	5.50 - 7.50am	3.00 - 3.00pm	7.45 - 9.30am	3.00 - 3.00pm		3.00 - 3.00pm	7.45 - 9.30am	3.00 - 3.00pm	5.15 - 7.45am		8.30 - 9.45am	5.45 - 7.00am
Notes			7.45 5.50um				7.45 5.50um				Distance	Sprint
											Distance	opint
			OP		DMANCE		& OPEN W					
	Mor	nday	Tue			esday		rsday		day	Satu	rdav
				Balwyn				Balwyn				-
Location	AQBH	Trinity	Balwyn	Open Water	AQBH	Trinity	Blackburn	Open Water	OFF	Hawthorn	AQBH (	Outside
Activation		5.00 - 5.15pm	5.15 - 5.30am	2.40 - 3.00pm		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	ANCE TR	ANSITION	SOLIAD				
	Mor	nday	Tue	sday		lesday		sday	Fri	day	Satu	rday
Location	Balwyn	Balwyn	AQBH	Balwyn	OFF	Balwyn	AQBH	Balwyn	AQBH	OFF	Balwyn Swin	-
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	
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		5.15 - 7.45pm		6.00 - 8.15am	7.30 - 9.30am
Gym AQBH	2.00 7.00dill	2.00 7.000	5.00 - 6.15am	5.00pm		2.00 3.00pm	5.00 - 6.15am	2.00 3.00pm	5.45 7.45pm		8.30 - 9.45am	5.45 - 7.00am
Notes	-		5.00 - 0.15am	-			5.00 - 0.15am				Distance	Sprint
Notes											Distance	Sprint
	I		-					-				
		nday	Tue	-		esday	Thur	-		day	Satu AQBH	rday Balwyn
Location	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
					NATION	IAL TARGI	T SQUAD					
	Mor	nday	Tue	sday		esday		sday	Fri	day	Satu	rday
Location	Blackburn	OFF	AQBH	Balwyn	OFF	Balwyn	AQBH	Balwyn	OFF	OFF	AQBH	Balwyn
Active		-		4.40 - 5.00pm	-			-	-		Sprint	Distance 5.40 - 6.00am
	5.10 - 5.30am										5.45 - 6.00 am	J.40 - 0.00am
Activation	5.10 - 5.30am		5.00 - 5.15am			4.40 - 5.00pm	5.00 - 5.15am	4.40 - 5.00pm			5.45 - 6.00am	6 00 - 8 15am
Swim	5.10 - 5.30am 5.30 - 7.30am		5.15 - 6.20am	5.00 - 7.00pm		4.40 - 5.00pm 5.00 - 7.00pm	5.15 - 6.20am	4.40 - 3.00pm 5.00 - 7.00pm			5.45 - 6.00am 6.00 - 8.00am	6.00 - 8.15am
												6.00 - 8.15am
Swim			5.15 - 6.20am	5.00 - 7.00pm		5.00 - 7.00pm	5.15 - 6.20am 6.30 - 7.45am	5.00 - 7.00pm				6.00 - 8.15am
Swim	5.30 - 7.30am		5.15 - 6.20am 6.30 - 7.45am	5.00 - 7.00pm		5.00 - 7.00pm	5.15 - 6.20am 6.30 - 7.45am NCE SQUA	5.00 - 7.00pm		day	6.00 - 8.00am	
Swim	5.30 - 7.30am	nday	5.15 - 6.20am 6.30 - 7.45am	5.00 - 7.00pm		5.00 - 7.00pm	5.15 - 6.20am 6.30 - 7.45am NCE SQUA	5.00 - 7.00pm	Fri	day	6.00 - 8.00am Satu	rday
Swim	5.30 - 7.30am	nday Trinity	5.15 - 6.20am 6.30 - 7.45am	5.00 - 7.00pm		5.00 - 7.00pm	5.15 - 6.20am 6.30 - 7.45am NCE SQUA	5.00 - 7.00pm	Fri	day Hawthorn	6.00 - 8.00am Satu AQBH	rday Balwyn
Swim Gym AQBH	5.30 - 7.30am Mor AQBH	Trinity	5.15 - 6.20am 6.30 - 7.45am Tue	5.00 - 7.00pm sday Balwyn	Wedr AQBH	5.00 - 7.00pm	5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thur Balwyn	5.00 - 7.00pm		Hawthorn	6.00 - 8.00am Satu AQBH Sprint	rday Balwyn Distance
Swim Gym AQBH Location	5.30 - 7.30am Mor AQBH 5.00 - 5.15am	-	5.15 - 6.20am 6.30 - 7.45am Tue	5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm	Wedr AQBH	5.00 - 7.00pm	5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thur	5.00 - 7.00pm		Hawthorn 4.15 - 4.30pm	6.00 - 8.00am Satu AQBH Sprint 5.45 - 6.00am	rday Balwyn
Swim Gym AQBH Location Activation	5.30 - 7.30am Mor AQBH 5.00 - 5.15am 5.15 - 6.20am	Trinity 5.00 - 5.15pm	5.15 - 6.20am 6.30 - 7.45am Tue	5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm	Wedr AQBH 5.00 - 5.15am 5.15 - 6.20am	5.00 - 7.00pm	5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thur Balwyn 5.15 - 5.30am	5.00 - 7.00pm		Hawthorn	6.00 - 8.00am Satu AQBH Sprint 5.45 - 6.00am	rday Balwyn Distance 5.40 - 6.00am
Swim Gym AQBH Location Activation Swim	5.30 - 7.30am Mor AQBH 5.00 - 5.15am	Trinity 5.00 - 5.15pm	5.15 - 6.20am 6.30 - 7.45am Tue	5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm	Wedr AQBH 5.00 - 5.15am	5.00 - 7.00pm	5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thur Balwyn 5.15 - 5.30am	5.00 - 7.00pm		Hawthorn 4.15 - 4.30pm	6.00 - 8.00am Satu AQBH Sprint 5.45 - 6.00am	rday Balwyn Distance 5.40 - 6.00am
Swim Gym AQBH Location Activation Swim	5.30 - 7.30am Mor AQBH 5.00 - 5.15am 5.15 - 6.20am	Trinity 5.00 - 5.15pm	5.15 - 6.20am 6.30 - 7.45am Tue	5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm	Wedr AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am	5.00 - 7.00pm RFORMAI esday OFF	5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thur Balwyn 5.15 - 5.30am 5.30 - 7.30am	5.00 - 7.00pm		Hawthorn 4.15 - 4.30pm	6.00 - 8.00am Satu AQBH Sprint 5.45 - 6.00am	rday Balwyn Distance 5.40 - 6.00am
Swim Gym AQBH Location Activation Swim	5.30 - 7.30am Mor AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am	Trinity 5.00 - 5.15pm	5.15 - 6.20am 6.30 - 7.45am Tue OFF	5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm	Wedr AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am	5.00 - 7.00pm	5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thur Balwyn 5.15 - 5.30am 5.30 - 7.30am	5.00 - 7.00pm	OFF	Hawthorn 4.15 - 4.30pm	6.00 - 8.00am Satu AQBH <i>Sprint</i> 5.45 - 6.00am 6.00 - 8.00am	rday Balwyn Distance 5.40 - 6.00am
Swim Gym AQBH Location Activation Swim Gym AQBH	5.30 - 7.30am Mor AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am	Trinity 5.00 - 5.15pm 5.15 - 7.15pm	5.15 - 6.20am 6.30 - 7.45am Tue OFF	5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm 5.00 - 7.00pm	Wedr AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am STAT Wedr	5.00 - 7.00pm RFORMAI esday OFF E SENIOR esday	5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thur Balwyn 5.15 - 5.30am 5.30 - 7.30am	5.00 - 7.00pm D sday sday	OFF	Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm	6.00 - 8.00am Satu AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am	rday Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am
Swim Gym AQBH Location Activation Swim	5.30 - 7.30am Mor AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am	Trinity 5.00 - 5.15pm 5.15 - 7.15pm Inday Trinity	5.15 - 6.20am 6.30 - 7.45am Tue OFF	5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm 5.00 - 7.00pm	Wedr AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am	5.00 - 7.00pm RFORMAI esday OFF E SENIOR esday Trinity	5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thur Balwyn 5.15 - 5.30am 5.30 - 7.30am SQUAD Thur	5.00 - 7.00pm D sday	OFF	Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm	6.00 - 8.00am Satu AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am	rday Balwyn <i>Distance</i> 5.40 - 6.00am 6.00 - 8.15am
Swim Gym AQBH Location Activation Swim Gym AQBH	5.30 - 7.30am Mor AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am Mor AQBH	Trinity 5.00 - 5.15pm 5.15 - 7.15pm	5.15 - 6.20am 6.30 - 7.45am Tue OFF	5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm 5.00 - 7.00pm	Wedr AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am STAT Wedr	5.00 - 7.00pm RFORMAI esday OFF E SENIOR esday	5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thur Balwyn 5.15 - 5.30am 5.30 - 7.30am SQUAD Thur Blackburn	5.00 - 7.00pm D sday sday	OFF Fri AQBH	Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm	6.00 - 8.00am Satu AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am	rday Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am
Swim Gym AQBH Location Activation Swim Gym AQBH Location	5.30 - 7.30am Mor AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am Mor AQBH	Trinity 5.00 - 5.15pm 5.15 - 7.15pm Inday Trinity	5.15 - 6.20am 6.30 - 7.45am Tue OFF	5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm 5.00 - 7.00pm	Wedr AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am STAT Wedr AQBH	5.00 - 7.00pm RFORMAI esday OFF E SENIOR esday Trinity	5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thur Balwyn 5.15 - 5.30am 5.30 - 7.30am SQUAD Thur Blackburn By Invitation	5.00 - 7.00pm D sday sday	OFF Fri AQBH	Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm	6.00 - 8.00am Satu AQBH <i>Sprint</i> 5.45 - 6.00am 6.00 - 8.00am Satu AQBH O	rday Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am
Swim Gym AQBH Location Activation Gym AQBH Location Gym AQBH Location Activation Activation	5.30 - 7.30am Mor AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am Mor AQBH By Invitation	Trinity 5.00 - 5.15pm 5.15 - 7.15pm Inday Trinity 5.00 - 5.15pm	5.15 - 6.20am 6.30 - 7.45am Tue OFF	5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm 5.00 - 7.00pm	Wedr AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am STAT Wedr AQBH	5.00 - 7.00pm RFORMAI esday OFF E SENIOR esday Trinity 5.00 - 5.15pm	5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thur Balwyn 5.15 - 5.30am 5.30 - 7.30am SQUAD Thur Blackburn By Invitation 5.15 - 5.30am	5.00 - 7.00pm D sday sday	OFF Fri AQBH Indoors	Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm	6.00 - 8.00am Satu AQBH <i>Sprint</i> 5.45 - 6.00am 6.00 - 8.00am AQBH O 7.45 - 8.00am	rday Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am
Swim Gym AQBH Location Activation Swim Gym AQBH Location Activation Swim	5.30 - 7.30am Mor AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am Mor AQBH By Invitation 6.20 - 7.45am	Trinity 5.00 - 5.15pm 5.15 - 7.15pm Inday Trinity 5.00 - 5.15pm	5.15 - 6.20am 6.30 - 7.45am Tue OFF	5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm 5.00 - 7.00pm	Wedr AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am STAT Wedr AQBH 6.20 - 7.45am	5.00 - 7.00pm RFORMAI esday OFF E SENIOR esday Trinity 5.00 - 5.15pm	5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thur Balwyn 5.15 - 5.30am 5.30 - 7.30am SQUAD Thur Blackburn By Invitation 5.15 - 5.30am	5.00 - 7.00pm D sday sday	OFF Fri AQBH Indoors 6.00 - 7.30am	Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm	6.00 - 8.00am Satu AQBH <i>Sprint</i> 5.45 - 6.00am 6.00 - 8.00am Satu AQBH O 7.45 - 8.00am 6.00 - 8.00am	rday Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am
Swim Gym AQBH Location Activation Swim Gym AQBH Location Activation Swim	5.30 - 7.30am Mor AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am Mor AQBH By Invitation 6.20 - 7.45am	Trinity 5.00 - 5.15pm 5.15 - 7.15pm Inday Trinity 5.00 - 5.15pm	5.15 - 6.20am 6.30 - 7.45am Tue OFF	5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm 5.00 - 7.00pm	Wedr AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am STAT Wedr AQBH 6.20 - 7.45am 5.00 - 6.20am	5.00 - 7.00pm RFORMAI esday OFF E SENIOR esday Trinity 5.00 - 5.15pm	5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thur Balwyn 5.15 - 5.30am 5.30 - 7.30am SQUAD Blackburn By Invitation 5.15 - 5.30am 5.30 - 7.30am	5.00 - 7.00pm D sday sday	OFF Fri AQBH Indoors 6.00 - 7.30am	Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm	6.00 - 8.00am Satu AQBH <i>Sprint</i> 5.45 - 6.00am 6.00 - 8.00am Satu AQBH O 7.45 - 8.00am 6.00 - 8.00am	rday Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am
Swim Gym AQBH Location Swim Gym AQBH Location Location Swim	5.30 - 7.30am Mor AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am 6.30 - 7.45am 5.00 - 6.20am	Trinity 5.00 - 5.15pm 5.15 - 7.15pm Inday Trinity 5.00 - 5.15pm	5.15 - 6.20am 6.30 - 7.45am Tue OFF OFF	5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm 5.00 - 7.00pm	Wedr AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am STAT Wedr AQBH 6.20 - 7.45am 5.00 - 6.20am	5.00 - 7.00pm RFORMAI esday OFF E SENIOR esday Trinity 5.00 - 5.15pm 5.15 - 7.15pm	5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thur Balwyn 5.15 - 5.30am 5.30 - 7.30am SQUAD Thur Blackburn By Invitation 5.15 - 5.30am 5.30 - 7.30am	5.00 - 7.00pm D sday sday	OFF Fri AQBH Indoors 6.00 - 7.30am 5.00 - 6.00am	Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm	6.00 - 8.00am Satu AQBH <i>Sprint</i> 5.45 - 6.00am 6.00 - 8.00am Satu AQBH O 7.45 - 8.00am 6.00 - 8.00am	rday Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am rday rday
Swim Gym AQBH Location Swim Gym AQBH Location Location Swim	5.30 - 7.30am Mor AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am 6.30 - 7.45am 5.00 - 6.20am 5.00 - 6.20am	Trinity 5.00 - 5.15pm 5.15 - 7.15pm day Trinity 5.00 - 5.15pm 5.15 - 7.15pm	5.15 - 6.20am 6.30 - 7.45am Tue OFF OFF	5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm 5.00 - 7.00pm sday OFF sday sday Balwyn	Wedr AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am STAT Wedr AQBH 6.20 - 7.45am 5.00 - 6.20am	5.00 - 7.00pm RFORMAI esday OFF E SENIOR esday Trinity 5.00 - 5.15pm 5.15 - 7.15pm E JUNIOR esday	5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thur Balwyn 5.15 - 5.30am 5.30 - 7.30am SQUAD Thur Blackburn By Invitation 5.15 - 5.30am 5.30 - 7.30am	5.00 - 7.00pm D sday sday OFF sday sday	OFF Fri AQBH Indoors 5.00 - 7.30am 5.00 - 6.00am	Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm day OFF	6.00 - 8.00am Satu AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Satu AQBH C 7.45 - 8.00am 6.00 - 9.30am Satu	rday Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am rday rday
Swim Gym AQBH Location Activation Swim Gym AQBH Location Swim Gym AQBH	5.30 - 7.30am Mor AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am Mor AQBH By Invitation 6.20 - 7.45am 5.00 - 6.20am	Trinity 5.00 - 5.15pm 5.15 - 7.15pm aday Trinity 5.00 - 5.15pm 5.15 - 7.15pm	5.15 - 6.20am 6.30 - 7.45am Tue OFF OFF OFF UE Blackburn	5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm 5.00 - 7.00pm sday OFF sday sday Balwyn Invitation Only	Wedr AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am STAT Wedr 6.20 - 7.45am 5.00 - 6.20am STAT Wedr	5.00 - 7.00pm RFORMAI esday OFF E SENIOR esday Trinity 5.00 - 5.15pm 5.15 - 7.15pm E JUNIOR	5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thur Balwyn 5.15 - 5.30am 5.30 - 7.30am SQUAD Thur Blackburn By Invitation 5.15 - 5.30am 5.30 - 7.30am SQUAD SQUAD	5.00 - 7.00pm D sday sday OFF sday sday Trinity	OFF Fri AQBH Indoors 6.00 - 7.30am 5.00 - 6.00am Fri Blackburn	Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm day OFF day day	6.00 - 8.00am Satu AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Control - 8.00am 6.00 - 8.00am 6.00 - 8.00am 8.00 - 9.30am 8.00 - 9.30am	rday Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am rday utdoors
Swim Gym AQBH Location Activation Swim Gym AQBH Location Swim Gym AQBH	5.30 - 7.30am Mor AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am Mor AQBH By Invitation 6.20 - 7.45am 5.00 - 6.20am Blackburn Invitation Only 5.15 - 5.30am	Trinity 5.00 - 5.15pm 5.15 - 7.15pm aday Trinity 5.00 - 5.15pm 5.15 - 7.15pm	5.15 - 6.20am 6.30 - 7.45am Tue OFF OFF OFF U U U U U U U U U U U U U U	5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm 5.00 - 7.00pm sday OFF sday sday sday Balwyn <i>Invitation Only</i> 4.40 - 5.00pm	Wedr AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am STAT Wedr 6.20 - 7.45am 5.00 - 6.20am STAT Wedr	5.00 - 7.00pm RFORMAI esday OFF E SENIOR esday Trinity 5.00 - 5.15pm 5.15 - 7.15pm E JUNIOR esday AQBH	5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thur Balwyn 5.15 - 5.30am 5.30 - 7.30am SQUAD Thur Blackburn By Invitation 5.15 - 5.30am 5.30 - 7.30am SQUAD SQUAD	5.00 - 7.00pm D sday sday OFF sday Trinity 5.00 - 5.15pm	OFF Fri AQBH Indoors 6.00 - 7.30am 5.00 - 6.00am Fri Blackburn 5.15 - 5.30am	Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm day OFF day day	6.00 - 8.00am Satu AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am AQBH 0 7.45 - 8.00am 6.00 - 8.00am 6.00 - 8.00am 5.45 - 6.00am	rday Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am rday utdoors
Swim Gym AQBH Location Activation Gym AQBH Location Swim Gym AQBH	5.30 - 7.30am Mor AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am Mor AQBH By Invitation 6.20 - 7.45am 5.00 - 6.20am	Trinity 5.00 - 5.15pm 5.15 - 7.15pm aday Trinity 5.00 - 5.15pm 5.15 - 7.15pm	5.15 - 6.20am 6.30 - 7.45am Tue OFF OFF OFF UE Blackburn	5.00 - 7.00pm sday Balwyn 4.40 - 5.00pm 5.00 - 7.00pm sday OFF sday sday Balwyn Invitation Only	Wedr AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am STAT Wedr 6.20 - 7.45am 5.00 - 6.20am STAT Wedr	5.00 - 7.00pm RFORMAI esday OFF E SENIOR esday Trinity 5.00 - 5.15pm 5.15 - 7.15pm E JUNIOR esday	5.15 - 6.20am 6.30 - 7.45am NCE SQUA Thur Balwyn 5.15 - 5.30am 5.30 - 7.30am SQUAD Thur Blackburn By Invitation 5.15 - 5.30am 5.30 - 7.30am SQUAD SQUAD	5.00 - 7.00pm D sday sday OFF sday sday Trinity	OFF Fri AQBH Indoors 6.00 - 7.30am 5.00 - 6.00am Fri Blackburn	Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm day OFF day day	6.00 - 8.00am Satu AQBH Sprint 5.45 - 6.00am 6.00 - 8.00am Control - 8.00am 6.00 - 8.00am 6.00 - 8.00am 8.00 - 9.30am 8.00 - 9.30am	rday Balwyn Distance 5.40 - 6.00am 6.00 - 8.15am rday utdoors

## SURREY PARK TRAINING TIMETABLE AS OF 13 JANUARY

					STATE	E TARGET	SQUAD					
	Mor	nday	Tue	sday	Wedn	esday	Thu	rsday	Fri	day	Satu	rday
Location	OFF	OFF	AQBH Indoors	Trinity	OFF	OFF	OFF	Trinity	AQBH Indoors	OFF	AQBH O	utdoors
Activation			5.50 - 6.00am	5.00 - 5.15pm				5.00 - 5.15pm			7.45 - 8.00am	
Swim			6.00 - 7.30am	5.15 - 7.15pm				5.15 - 7.15pm	6.00 - 7.30am		8.00 - 9.30am	
Gym AQBH									5.00 - 6.00am			
	1				STATE DE							*
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Location	OFF	AQBH	OFF	Trinity	Blackburn	OFF	OFF	AQBH	Blackburn Invitation Only	OFF		tburn
Activation		3.50 - 4.00pm		5.00 - 5.15pm	5.15 - 5.30am			5.15 - 5.30pm	5.15 - 5.30am		5.30 - 5.45am	
Swim		4.00 - 5.30pm		5.15 - 7.15pm	5.30 - 7.30am			5.30 - 7.00pm	5.30 - 7.30am		5.45 - 7.15am	
					JUNIOR	ADVANC	ED SQUAD	)				
	Mor	nday	Tue	sday	Wedn	esday	Thu	rsday	Fri	day	Satu	rday
Location	AQBH Indoor	OFF	OFF	AQBH	OFF	AQBH	OFF	OFF	OFF	AQBH	Black	burn
Activation	5.50 - 6.00am			5.15 - 5.30pm		3.50 - 4.00pm				5.15 - 5.30pm	5.30 - 5.45am	
				· · · ·								
Swim	6.00 - 7.30am			5.30 - 7.00pm		4.00 - 5.30pm				5.30 - 7.00pm	5.45 - 7.15am	
	6.00 - 7.30am			5.30 - 7.00pm		4.00 - 5.30pm				5.30 - 7.00pm	5.45 - 7.15am	
	6.00 - 7.30am				IUNIOR IN	•	ATE SQU/	AD		5.30 - 7.00pm	5.45 - 7.15am	
		nday	Tue		-	•	· · · ·	AD rsday	Frid	5.30 - 7.00pm day		rday
		nday AQBH	Tue		-	ITERMED	· · · ·		Frid		Satu	rday ncona
Swim	Мог			sday	Wedn	ITERMED esday	Thu	rsday		day	Satu	
Swim	Мог	AQBH		sday AQBH	Wedn	ITERMED esday	Thu	rsday Blackburn		day	Satu Strati	
Swim Location Activation	Мог	AQBH 5.15 - 5.30pm		sday AQBH 3.50 - 4.00pm	Wedn	ITERMED esday	Thu	Blackburn 6.15 - 6.30pm		day	Satu Strati 6.15 - 6.30am	
Swim Location Activation	Мог	AQBH 5.15 - 5.30pm		sday AQBH 3.50 - 4.00pm	Wedn OFF	ITERMEDI esday OFF	Thu	Blackburn 6.15 - 6.30pm 6.30 - 7.45pm		day	Satu Strati 6.15 - 6.30am	
Swim Location Activation	Mor OFF	AQBH 5.15 - 5.30pm	OFF	sday AQBH 3.50 - 4.00pm	Wedn OFF JUNIOR	ITERMEDI esday OFF	OFF R SQUAD	Blackburn 6.15 - 6.30pm 6.30 - 7.45pm	OFF	day	Satu Stratł 6.15 - 6.30am 6.30 - 8.00am	
Swim Location Activation	Mor OFF	AQBH 5.15 - 5.30pm 5.30 - 7.00pm	OFF	sday AQBH 3.50 - 4.00pm 4.00 - 5.30pm	Wedn OFF JUNIOR	ITERMEDI esday OFF BEGINNE	OFF R SQUAD	rsday Blackburn 6.15 - 6.30pm 6.30 - 7.45pm	OFF	day OFF	Satu Stratł 6.15 - 6.30am 6.30 - 8.00am	rday
Swim Location Activation Swim	Mor OFF Mor	AQBH 5.15 - 5.30pm 5.30 - 7.00pm	OFF	sday AQBH 3.50 - 4.00pm 4.00 - 5.30pm sday	Wedn OFF JUNIOR Wedn	ITERMEDI esday OFF BEGINNE esday	Thu OFF	rsday Blackburn 6.15 - 6.30pm 6.30 - 7.45pm	OFF	day OFF day	Satu Strati 6.15 - 6.30am 6.30 - 8.00am Satu	rday
Swim Location Activation Swim Location	Mor OFF Mor	AQBH 5.15 - 5.30pm 5.30 - 7.00pm	OFF	sday AQBH 3.50 - 4.00pm 4.00 - 5.30pm sday Blackburn	Wedn OFF JUNIOR Wedn	ITERMEDI esday OFF BEGINNE esday	Thu OFF	rsday Blackburn 6.15 - 6.30pm 6.30 - 7.45pm rsday AQBH	OFF	day OFF day AQBH	Satu Stratł 6.15 - 6.30am 6.30 - 8.00am Satu Stratł	rday
Swim Location Activation Swim Location Activation	Mor OFF Mor	AQBH 5.15 - 5.30pm 5.30 - 7.00pm	OFF	sday AQBH 3.50 - 4.00pm 4.00 - 5.30pm sday Blackburn 6.15 - 6.30pm	Wedn OFF JUNIOR Wedn	ITERMEDI esday OFF BEGINNE esday	Thu OFF	rsday Blackburn 6.15 - 6.30pm 6.30 - 7.45pm rsday AQBH 3.50 - 4.00pm	OFF	day OFF day AQBH 3.50 - 4.00pm	Satu Stratt 6.15 - 6.30am 6.30 - 8.00am Satu Stratt 6.15 - 6.30am	rday
Swim Location Activation Swim Location Activation Swim	Mor OFF Mor OFF	AQBH 5.15 - 5.30pm 5.30 - 7.00pm	OFF Tue OFF	sday AQBH 3.50 - 4.00pm 4.00 - 5.30pm sday Blackburn 6.15 - 6.30pm 6.30 - 7.45pm	Wedn OFF JUNIOR Wedn	ITERMEDI esday OFF BEGINNE esday	Thu OFF R SQUAD Thu OFF	rsday Blackburn 6.15 - 6.30pm 6.30 - 7.45pm rsday AQBH 3.50 - 4.00pm	OFF Fri OFF	day OFF day AQBH 3.50 - 4.00pm 4.00 - 5.30pm	Satu 5.15 - 6.30am 6.30 - 8.00am Satu 5.15 - 6.30am 6.30 - 8.00am	rday ncona
Swim Location Activation Swim Location Activation	Mor OFF OFF OFF	AQBH 5.15 - 5.30pm 5.30 - 7.00pm nday OFF iill/AQBH: Surre	OFF Tue OFF ey Drive, Box H	sday AQBH 3.50 - 4.00pm 4.00 - 5.30pm sday Blackburn 6.15 - 6.30pm 6.30 - 7.45pm	Wedn OFF JUNIOR Wedn OFF	BEGINNE esday OFF BEGINNE esday OFF	Thu OFF R SQUAD Thu OFF Blackburn/BB:	rsday Blackburn 6.15 - 6.30pm 6.30 - 7.45pm rsday AQBH 3.50 - 4.00pm 4.00 - 5.30pm	OFF Fri OFF ough Rd, Box H	day OFF AQBH 3.50 - 4.00pm 4.00 - 5.30pm ill Sth (between	Satu Stratł 6.15 - 6.30am 6.30 - 8.00am Stratł 6.15 - 6.30am 6.30 - 8.00am Spotlight and A	rday ncona