

# SURREY PARK TRAINING TIMETABLE AS OF 13 JANUARY

HIGH PERFORMANCE SQUAD												
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Location	Balwyn	Balwyn	AQBH	Balwyn	OFF	Balwyn	AQBH	Balwyn	AQBH	OFF	Balwyn Swim/AQBH Gym	
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	7.10 - 7.30am
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				7.45 - 9.30am				8.30 - 9.45am	5.45 - 7.00am
Notes											Distance	Sprint

  

OPEN PERFORMANCE - SPRINT & OPEN WATER SQUADS												
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Location	AQBH	Trinity	Balwyn	Balwyn Open Water	AQBH	Trinity	Blackburn	Balwyn 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 PERFORMANCE TRANSITION SQUAD												
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Location	Balwyn	Balwyn	AQBH	Balwyn	OFF	Balwyn	AQBH	Balwyn	AQBH	OFF	Balwyn Swim/AQBH Gym	
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	7.10 - 7.30am
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			5.00 - 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		Saturday	
Location	Balwyn	Balwyn	AQBH	OFF	OFF	Balwyn	AQBH	Balwyn	Balwyn	OFF	AQBH Sprint	Balwyn 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

  

NATIONAL TARGET SQUAD												
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Location	Blackburn	OFF	AQBH	Balwyn	OFF	Balwyn	AQBH	Balwyn	OFF	OFF	AQBH Sprint	Balwyn Distance
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			5.45 - 6.00am	5.40 - 6.00am
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			6.00 - 8.00am	6.00 - 8.15am
Gym AQBH			6.30 - 7.45am				6.30 - 7.45am					

  

STATE PERFORMANCE SQUAD												
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Location	AQBH	Trinity	OFF	Balwyn	AQBH	OFF	Balwyn		OFF	Hawthorn	AQBH Sprint	Balwyn Distance
Activation	5.00 - 5.15am	5.00 - 5.15pm		4.40 - 5.00pm	5.00 - 5.15am		5.15 - 5.30am			4.15 - 4.30pm	5.45 - 6.00am	5.40 - 6.00am
Swim	5.15 - 6.20am	5.15 - 7.15pm		5.00 - 7.00pm	5.15 - 6.20am		5.30 - 7.30am			4.30 - 6.30pm	6.00 - 8.00am	6.00 - 8.15am
Gym AQBH	6.30 - 7.45am				6.30 - 7.30am							

  

STATE SENIOR SQUAD												
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Location	AQBH By Invitation	Trinity	OFF	OFF	AQBH	Trinity	Blackburn By Invitation	OFF	AQBH Indoors	OFF	AQBH Outdoors	
Activation		5.00 - 5.15pm				5.00 - 5.15pm						7.45 - 8.00am
Swim	6.20 - 7.45am	5.15 - 7.15pm			6.20 - 7.45am	5.15 - 7.15pm	5.30 - 7.30am		6.00 - 7.30am		6.00 - 8.00am	
Gym AQBH	5.00 - 6.20am				5.00 - 6.20am				5.00 - 6.00am		8.00 - 9.30am	

  

STATE JUNIOR SQUAD												
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Location	Blackburn Invitation Only	OFF	Blackburn	Balwyn Invitation Only	OFF	AQBH	OFF	Trinity	Blackburn	OFF	AQBH Indoors	
Activation	5.15 - 5.30am		5.15 - 5.30am	4.40 - 5.00pm				5.00 - 5.15pm	5.15 - 5.30am		5.45 - 6.00am	
Swim	5.30 - 7.30am		5.30 - 7.30am	5.00 - 7.00pm		5.30 - 7.00pm		5.15 - 7.15pm	5.30 - 7.30am		6.00 - 8.00am	
Gym AQBH						4.00 - 5.30pm						

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STATE TARGET SQUAD											
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Location	OFF	OFF	AQBH Indoors	Trinity	OFF	OFF	OFF	Trinity	AQBH Indoors	OFF	AQBH Outdoors
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		

  

STATE DEVELOPMENT SQUAD											
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Location	OFF	AQBH	OFF	Trinity	Blackburn	OFF	OFF	AQBH	Blackburn <i>Invitation Only</i>	OFF	Blackburn
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 ADVANCED SQUAD											
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Location	AQBH Indoor	OFF	OFF	AQBH	OFF	AQBH	OFF	OFF	OFF	AQBH	Blackburn
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

  

JUNIOR INTERMEDIATE SQUAD											
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Location	OFF	AQBH	OFF	AQBH	OFF	OFF	OFF	Blackburn	OFF	OFF	Strathcona
Activation		5.15 - 5.30pm		3.50 - 4.00pm				6.15 - 6.30pm			6.15 - 6.30am
Swim		5.30 - 7.00pm		4.00 - 5.30pm				6.30 - 7.45pm			6.30 - 8.00am

  

JUNIOR BEGINNER SQUAD											
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Location	OFF	OFF	OFF	Blackburn	OFF	OFF	OFF	AQBH	OFF	AQBH	Strathcona
Activation				6.15 - 6.30pm				3.50 - 4.00pm		3.50 - 4.00pm	6.15 - 6.30am
Swim				6.30 - 7.45pm				4.00 - 5.30pm		4.00 - 5.30pm	6.30 - 8.00am

  

TRAINING POOLS	Aqualink Box Hill/AQBH: Surrey Drive, Box Hill						Blackburn/BB: 313 Middleborough Rd, Box Hill Sth (between Spotlight and Anaconda)					
	Strathcona Girls Grammar Pool: Surrey Park access via Bryson St entrance, Canterbury						Balwyn (Boroondarra Sports Complex): 271C Belmore Rd, Nth Balwyn					
	Trinity Grammar School Pool: Surrey Park access is via Stanley St gate (only), Kew						Hawthorn Aquatic & Leisure Centre: 1 Grace St, Hawthorn					