## SURREY PARK TRAINING TIMETABLE AS OF 13 JANUARY

					HIGH PER	RFORMAN	ICE SQUAI	D				
	Mo	nday	Tue	sday	Wedn	esday	Thur	rsday	Fri	day	Satu	ırday
Location	Balwyn	Balwyn	AQBH	Balwyn	OFF	Balwyn	AQBH	Balwyn	AQBH	OFF	Balwyn Swin	n/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 - 7.30ar
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 - 9.30ar
Gym AQBH			7.45 - 9.30am				7.45 - 9.30am				8.30 - 9.45am	5.45 - 7.00ai
Notes											Distance	Sprint
			OP	EN PERFO	RMANCE	- SPRINT a	& OPEN W	ATER SQU	JADS			
	Mo	nday	Tue	sday	Wedn	esday	Thur	rsday	Fri	day	Satu	ırday
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	PERFORM	IANCE TR	ANSITION	SQUAD				
	Mo	nday	Tue	sday		esday	Thur	•	Fri	day	Satu	ırday
Location	Balwyn	Balwyn	AQBH	Balwyn	OFF	Balwyn	AQBH	Balwyn	AQBH	OFF	Balwyn Swin	n/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 - 7.30an
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 - 9.30ar
Gym AQBH			5.00 - 6.15am				5.00 - 6.15am				8.30 - 9.45am	5.45 - 7.00ar
Notes											Distance	Sprint
				NAT	IONAL AG	E PERFOR	MANCE S	QUAD				
	Mo	nday	Tue	sday		esday	Thur	-	Fri	day	Satu	ırday
Location	Balwyn	Balwyn	AQBH	OFF	OFF	Balwyn	AQBH	Balwyn	Balwyn	OFF	AQBH	Balwyn
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		Sprint 5.45 - 6.00am	Distance 5.40 - 6.00ar
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 - 8.00ar
Gym AQBH	5.50 - 7.50am	3.00 - 7.00pm	6.30 - 7.45am			5.00 - 7.00pm	6.30 - 7.45am	5.00 - 7.00pm	5.50 - 7.50am		8.15 - 9.30am	8.15 - 9.30an
-,			oloc moul								onizo procum	0120 01000
					ΝΑΤΙΟΝ	IAL TARGI	ET SQUAD					
	Mo	nday	Тие	sday		lesday	Thur		Fri	day	Satu	ırday
		-		-				-		-	AQBH	Balwyn
Location	Blackburn	OFF	AQBH	Balwyn	OFF	Balwyn	AQBH	Balwyn	OFF	OFF	Sprint	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 - 8.15an
Gym AQBH			6.30 - 7.45am				6.30 - 7.45am					
	•		T		STATE PE	RFORMA	-					
	Mo	nday	Tuesday		Wednesday		Thursday		Friday		Saturday	
Location	AQBH	Trinity	OFF	Balwyn	AQBH	OFF	Balwyn		OFF	Hawthorn	AQBH Sprint	Balwyn Distance
	-				5.00 E 15am					4.15 - 4.30pm	5.45 - 6.00am	5.40 - 6.00am
Activation	5.00 - 5.15am	5.00 - 5.15pm		4.40 - 5.00nm			5.15 - 5.30am					
		5.00 - 5.15pm		4.40 - 5.00pm 5.00 - 7.00pm						4.30 - 6.30pm	6.00 - 8.00am	6.00 - 8.15an
Activation Swim Gym AQBH		5.00 - 5.15pm 5.15 - 7.15pm			5.15 - 6.20am 6.30 - 7.30am		5.15 - 5.30am 5.30 - 7.30am			4.30 - 6.30pm	6.00 - 8.00am	6.00 - 8.15am
Swim	5.15 - 6.20am				5.15 - 6.20am					4.30 - 6.30pm	6.00 - 8.00am	6.00 - 8.15am
Swim	5.15 - 6.20am				5.15 - 6.20am <b>6.30 - 7.30am</b>	E SENIOR	5.30 - 7.30am			4.30 - 6.30pm	6.00 - 8.00am	6.00 - 8.15am
Swim	5.15 - 6.20am 6.30 - 7.45am		Tue		5.15 - 6.20am 6.30 - 7.30am STAT	E SENIOR Jesday	5.30 - 7.30am SQUAD	rsday	Fri	4.30 - 6.30pm		6.00 - 8.15an
Swim	5.15 - 6.20am 6.30 - 7.45am Mon AQBH	5.15 - 7.15pm	Tue	5.00 - 7.00pm	5.15 - 6.20am 6.30 - 7.30am STAT Wedn	esday	5.30 - 7.30am SQUAD Thur Blackburn		AQBH		Satu	
Swim Gym AQBH Location	5.15 - 6.20am 6.30 - 7.45am Mor	5.15 - 7.15pm nday Trinity		5.00 - 7.00pm	5.15 - 6.20am 6.30 - 7.30am STAT	esday Trinity	5.30 - 7.30am SQUAD Thur Blackburn By Invitation	rsday		day	Satu AQBH O	ırday
Swim Gym AQBH Location Activation	5.15 - 6.20am 6.30 - 7.45am Mor AQBH By Invitation	5.15 - 7.15pm nday Trinity 5.00 - 5.15pm		5.00 - 7.00pm	5.15 - 6.20am 6.30 - 7.30am STAT Wedn AQBH	Trinity	5.30 - 7.30am SQUAD Thur Blackburn By Invitation 5.15 - 5.30am	rsday	AQBH Indoors	day	Satu AQBH 0 7.45 - 8.00am	ırday
Swim Gym AQBH Location Activation Swim	5.15 - 6.20am 6.30 - 7.45am Mor AQBH By Invitation 6.20 - 7.45am	5.15 - 7.15pm nday Trinity		5.00 - 7.00pm	5.15 - 6.20am 6.30 - 7.30am STAT Wedn AQBH 6.20 - 7.45am	esday Trinity	5.30 - 7.30am SQUAD Thur Blackburn By Invitation	rsday	AQBH Indoors 6.00 - 7.30am	day	Satu AQBH O	ırday
Swim Gym AQBH Location Activation	5.15 - 6.20am 6.30 - 7.45am Mor AQBH By Invitation	5.15 - 7.15pm nday Trinity 5.00 - 5.15pm		5.00 - 7.00pm	5.15 - 6.20am 6.30 - 7.30am STAT Wedn AQBH	Trinity	5.30 - 7.30am SQUAD Thur Blackburn By Invitation 5.15 - 5.30am	rsday	AQBH Indoors	day	Satu AQBH 0 7.45 - 8.00am	ırday
Swim Gym AQBH Location Activation Swim	5.15 - 6.20am 6.30 - 7.45am Mor AQBH By Invitation 6.20 - 7.45am	5.15 - 7.15pm nday Trinity 5.00 - 5.15pm		5.00 - 7.00pm	5.15 - 6.20am 6.30 - 7.30am STAT Wedn AQBH 6.20 - 7.45am 5.00 - 6.20am	esday Trinity 5.00 - 5.15pm 5.15 - 7.15pm	5.30 - 7.30am SQUAD Thur Blackburn By Invitation 5.15 - 5.30am 5.30 - 7.30am	rsday	AQBH Indoors 6.00 - 7.30am	day	Satu AQBH 0 7.45 - 8.00am	ırday
Swim Gym AQBH Location Activation Swim	5.15 - 6.20am 6.30 - 7.45am Mor AQBH By Invitation 6.20 - 7.45am 5.00 - 6.20am	5.15 - 7.15pm nday Trinity 5.00 - 5.15pm 5.15 - 7.15pm	OFF	5.00 - 7.00pm sday OFF	5.15 - 6.20am 6.30 - 7.30am STAT Wedn AQBH 6.20 - 7.45am 5.00 - 6.20am	esday Trinity 5.00 - 5.15pm 5.15 - 7.15pm E JUNIOR	5.30 - 7.30am SQUAD Thur Blackburn By Invitation 5.15 - 5.30am 5.30 - 7.30am SQUAD	sday OFF	AQBH Indoors 6.00 - 7.30am 5.00 - 6.00am	day OFF	Satu AQBH O 7.45 - 8.00am 8.00 - 9.30am	Irday Dutdoors
Swim Gym AQBH Location Activation Swim Gym AQBH	5.15 - 6.20am 6.30 - 7.45am Mor AQBH By Invitation 6.20 - 7.45am 5.00 - 6.20am	5.15 - 7.15pm nday Trinity 5.00 - 5.15pm 5.15 - 7.15pm	OFF	5.00 - 7.00pm sday OFF	5.15 - 6.20am 6.30 - 7.30am STAT Wedn AQBH 6.20 - 7.45am 5.00 - 6.20am STAT Wedn	rrinity 5.00 - 5.15pm 5.15 - 7.15pm E JUNIOR esday	5.30 - 7.30am SQUAD Thur Blackburn <i>By Invitation</i> 5.15 - 5.30am 5.30 - 7.30am SQUAD Thur	sday OFF	AQBH Indoors 6.00 - 7.30am 5.00 - 6.00am	day OFF day	Satu AQBH Q 7.45 - 8.00am 8.00 - 9.30am Satu	rday butdoors
Swim Gym AQBH Location Activation Swim	5.15 - 6.20am 6.30 - 7.45am Mor AQBH By Invitation 6.20 - 7.45am 5.00 - 6.20am	5.15 - 7.15pm nday Trinity 5.00 - 5.15pm 5.15 - 7.15pm	OFF	5.00 - 7.00pm sday OFF	5.15 - 6.20am 6.30 - 7.30am STAT Wedn AQBH 6.20 - 7.45am 5.00 - 6.20am	esday Trinity 5.00 - 5.15pm 5.15 - 7.15pm E JUNIOR	5.30 - 7.30am SQUAD Thur Blackburn By Invitation 5.15 - 5.30am 5.30 - 7.30am SQUAD	sday OFF	AQBH Indoors 6.00 - 7.30am 5.00 - 6.00am	day OFF	Satu AQBH Q 7.45 - 8.00am 8.00 - 9.30am Satu	Irday Dutdoors
Swim Gym AQBH Location Activation Swim Gym AQBH Location Activation	5.15 - 6.20am 6.30 - 7.45am Moi AQBH By Invitation 6.20 - 7.45am 5.00 - 6.20am Blackburn Invitation Only 5.15 - 5.30am	5.15 - 7.15pm nday Trinity 5.00 - 5.15pm 5.15 - 7.15pm	OFF Tue Blackburn 5.15 - 5.30am	5.00 - 7.00pm sday OFF sday Balwyn Invitation Only 4.40 - 5.00pm	5.15 - 6.20am 6.30 - 7.30am STAT Wedn AQBH 6.20 - 7.45am 5.00 - 6.20am STAT Wedn	rrinity 5.00 - 5.15pm 5.15 - 7.15pm E JUNIOR esday AQBH	5.30 - 7.30am SQUAD Thur Blackburn <i>By Invitation</i> 5.15 - 5.30am 5.30 - 7.30am SQUAD Thur	sday OFF	AQBH Indoors 6.00 - 7.30am 5.00 - 6.00am Fri Blackburn 5.15 - 5.30am	day OFF day	Satu AQBH Q 7.45 - 8.00am 8.00 - 9.30am Satu AQBH I 5.45 - 6.00am	rday butdoors
Swim Gym AQBH Location Activation Swim Gym AQBH Location	5.15 - 6.20am 6.30 - 7.45am Mol AQBH <i>By Invitation</i> 6.20 - 7.45am 5.00 - 6.20am Blackburn <i>Invitation Only</i>	5.15 - 7.15pm nday Trinity 5.00 - 5.15pm 5.15 - 7.15pm	OFF Tue Blackburn	5.00 - 7.00pm sday OFF sday sday Balwyn <i>Invitation Only</i>	5.15 - 6.20am 6.30 - 7.30am STAT Wedn AQBH 6.20 - 7.45am 5.00 - 6.20am STAT Wedn	rrinity 5.00 - 5.15pm 5.15 - 7.15pm E JUNIOR esday	5.30 - 7.30am SQUAD Thur Blackburn <i>By Invitation</i> 5.15 - 5.30am 5.30 - 7.30am SQUAD Thur	sday OFF sday Trinity	AQBH Indoors 6.00 - 7.30am 5.00 - 6.00am Fri Blackburn	day OFF day	Satu AQBH Q 7.45 - 8.00am 8.00 - 9.30am Satu AQBH	rday butdoors

## SURREY PARK TRAINING TIMETABLE AS OF 13 JANUARY

					STATE	E TARGET	SQUAD					
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
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	Friday		Saturday	
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 Strati 6.15 - 6.30am 6.30 - 8.00am Satu Strati	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 5trati 6.15 - 6.30am 6.30 - 8.00am Satu 5trati 6.15 - 6.30am 6.30 - 8.00am	rday ncona
Swim Location Activation Swim Location Activation	Mor OFF OFF Aqualink Box H	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