

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 <i>Open Water</i>	AQBH	Trinity	Blackburn	Balwyn <i>Open Water</i>	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 <i>Sprint</i>	Balwyn <i>Distance</i>
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 <i>Sprint</i>	Balwyn <i>Distance</i>
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 <i>Sprint</i>	Balwyn <i>Distance</i>
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 <i>By Invitation</i>	Trinity	OFF	OFF	AQBH	Trinity	Blackburn <i>By Invitation</i>	OFF	AQBH <i>Indoors</i>	OFF	AQBH Outdoors	
Activation		5.00 - 5.15pm				5.00 - 5.15pm	5.15 - 5.30am				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		8.00 - 9.30am	
Gym AQBH	5.00 - 6.20am				5.00 - 6.20am				5.00 - 6.00am			

STATE JUNIOR SQUAD												
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Location	Blackburn <i>Invitation Only</i>	OFF	Blackburn	Balwyn <i>Invitation Only</i>	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					