

Springfield Waterworx Swimming Club

Squad Training Timetable

SQUAD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Sessions					
Junior Development	6:15-7:00 AM	6:15-7:00 AM	6:15-7:00 AM	6:15-7:00 AM	6:15-7:00 AM
Regional	5:30-7:00 AM	5:30-7:00 AM	5:30-7:00 AM	5:30-7:00 AM	5:30-7:00 AM
State / National	5:30-7:00 AM	5:30-7:00 AM	5:30-7:00 AM	5:30-7:00 AM	5:30-7:00 AM
Masters Squad	5:30-6:30 AM	5:30-6:30 AM	5:30-6:30 AM	5:30-6:30 AM	5:30-6:30 AM
Afternoon Sessions					
Swimmers will be given a program they must complete on pool deck (LAND) - it is up to the club captain to run the dry land on Tuesday / Thursday afternoons.					
Junior Development	4:00-5:00PM	4:00-5:00PM		4:00-5:00PM	4:00-5:00PM
Regional	4:00-5:30 PM	4:00-4:30PM - Land 4:30-5:00PM - Swim		4:00-4:30PM - Land 4:30-5:00PM - Swim	4:00-5:30 PM
State / National	4:00-5:30 PM	4:00-4:30PM - Land 4:30-5:00PM - Swim		4:00-4:30PM - Land 4:30-5:00PM - Swim	4:00-5:30 PM

SPRINGFIELD WATERWORX SWIM CLUB

SQUAD LEVELS



Junior Development

Designed for young swimmers who are competent in all four strokes.

The focus is on developing fundamental techniques, including stroke efficiency, body positioning, and kick propulsion.

Experienced coaches provide personalized attention to help build a strong foundation for competitive swimming at local and country swim meets.

Target: Club nights & Club Carnivals.



Regional

Designed for swimmers who are making regional school teams and qualifying for Brisbane Championships.

This squad includes 1 dry land session before a pool session each week and introduces swimmers to race strategies, while continuing to build on stroke development, endurance, and competitive readiness at the regional and metropolitan levels.

Target: Brisbane Championships.



State & National

This squad is designed for dedicated swimmers committed to reaching the highest levels of competitive swimming. It caters to athletes aiming for State and National-level success, including Age Nationals and Open Nationals.

Training programs are highly structured and individually tailored, with a focus on:

- Advanced techniques
- Endurance and strength development
- Race-specific strategies

Target: State Championships / Age Nationals.



Masters

Designed for adult swimmers of all levels, from former competitive athletes to fitness-focused swimmers, the Masters Squad provides a supportive and structured training environment.

Sessions focus on technique refinement, aerobic conditioning, and race-specific skills tailored to individual goals whether it's general fitness, open water events, or Masters competitions.

The squad emphasises community, consistency, and progression, with coaching tailored to suit a range of abilities and ambitions.

Target: GLORY!