

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 the club captain to run the dry land on Tuesday / Thursday afternoons.					
Junior Development	3:30-4:30PM	3:30-4:30PM		3:30-4:30PM	3:30-4:30PM
Regional	4:00-5:30 PM	3:30-3:55PM - Land 4:00-5:30PM - Swim		4:00-5:30 PM	4:00-5:30 PM
State / National	4:00-5:30 PM	3:30-3:55PM - Land 4:00-5:30PM - Swim	3:30-4:15PM - Gym with Adam 4:20 - 5PM recovery swim through	3:30-3:55PM - Land 4:00-5:30PM - Swim	4:00-5:30 PM