

DISTANCE SQUAD TRAINING TIMETABLE

(Target 7 Sessions)

	AM	PM
MON	Strength & Cond. 5:45 – 7:00am	Loosen 5:10 – 5:30pm Pool Training 5:30 – 7:00pm Stretch
TUE	Loosen 5:45 – 6:00 Pool Training 6:00 – 7:00 Stretch	Loosen 4:40 – 5:00pm Pool Training 5:00 – 7:00pm Stretch
WED	REST	Loosen 5:10 – 5:30pm Pool Training 5:30 – 7:00pm Stretch
THU	Strength & Cond. 5:45 – 7:00am	Loosen 4:40 – 5:00pm Pool Training 5:00 – 7:00pm Stretch
FRI	REST	REST
SAT	Loosen 7:00 – 7:15pm Pool Training 7:15 – 9:00pm Stretch	REST
SUN	REST	REST