

# Winter Program



DAY	TIME	SESSION	VENUE	Levels	FOCUS & NOTES
<b>MONDAY</b>	5:30am – 7am	Squad Swim	Aqualife 50m Outdoor	All Levels	Endurance Focus
	7pm – 8pm	Squad Swim	Aqualife 50m Outdoor	All Levels + Junior Focus	Technique Focus
<b>TUESDAY</b>	5:30pm – 6:30pm	Running	Tompkins Park – Applecross.	All Levels + Junior Focus	Fartlek
<b>WEDNESDAY</b>	5:30am – 7am	Squad Swim	Aqualife 50m Outdoor	All Levels	Threshold Focus
	6:00pm – 7:00pm	Spin Class	Leisurelife Centre, Victoria Park	All Levels	Gym gear + water bottle + Towel
<b>THURSDAY</b>	5:30pm – 6:45pm	Running	South Perth Foreshore (Coode St Carpark)	All Levels + Junior Focus	Threshold & Aerobic Strength
<b>FRIDAY</b>	5:30am – 7am	Squad Swim	Aqualife 50m Outdoor	All Levels	Speed Focus
<b>SATURDAY</b>	From 6:00am	Cycling or MTB'ing	Check Facebook Friday prior for details	All Levels	With coach approval for juniors
	2:15pm – 3:00pm	Strength & Conditioning	Aqualife 50m outdoor area	All Levels + Junior Focus	
	3pm – 4:30pm	Squad Swim	Aqualife 50m Outdoor	All Levels	Recovery Focus
<b>SUNDAY</b>	TBC	TBC	TBC	All Levels	Will be confirmed via Facebook each session