

St Leonard's College Swimming Training Timetable Term 1 2024



		National Squad	Gold Squad	Silver Squad	Bronze Squad	Junior Squad	Development Squad	ACS	Fitness	Adult
Mon	am	Swim 6.00am-8.00am	Swim 6.00am-8.00am					Swim 7.00am-8.00am		
	pm	Swim 4:30-6:00pm	Gym 4:00-5:00pm	Gym 4:00-5:00pm Swim 5:00-6:30pm	Gym 5:00-6:00pm Swim 6:00-7:30pm	Swim 4.00pm-5.00pm Gym 5:00-6:00pm	Swim 3:45-4:30pm			Swim 6.30pm-7.30pm
Tue	am	Swim 6:00-8:00am		Swim 6.00- 8.00am						
	pm	Gym 4:30-5:30pm	Gym 4.30pm-5.30pm Swim 5:30-7:00pm		Swim 4.30-6:00pm	Swim 4.30pm-5:30pm	Swim 3:45-4:30pm		Swim 6.00pm-7.00pm	
Wed	am		Swim 6:00-8:00am	Swim 6:00-8:00am	Swim 6:00-7:30am			Swim 7.00am-8.00am		
	pm	Swim 4:45-6:30pm	Swim 4.45pm-6.30pm			Swim 3:45-4:45pm	Swim 3:45-4:30pm			Swim 6.30pm-7.30pm
Thu	am	Swim 6:00-7:30am GESAC	Swim 6.00am-7.30am *GESAC	Swim 6.00am-7.30am *GESAC						
	pm	Gym 4:30-5:30pm Swim 5:30-7:00pm		Swim 5:00-6:30pm	Swim 4:00-5:30pm	Swim 4.00pm-5.00pm			Swim 6.30pm-7.30pm	
Fri	am	Swim 6:00-8:00am	Swim 6.00am-8.00am					Swim 7:00am-8.00am		
	pm			Swim 4:00-6:00pm	Swim 4:00-6:00pm	Swim 4:00-5:00pm	Swim 4:00-5:00pm			
Sat	am	Swim 6:30am-8:30am Gym 9:00-10:00am	Swim 6.30am-8.30am Gym 9.00am-10.00am	Swim 6.30am-8.30am Gym 9:00-10:00am	Gym 7.30am-8.30am Swim 8.30am-10.00am	Gym 7:30-8:30am Swim 8:30-9:30am			Swim 10:00-11:00am	

National Squad	Gold Squad	Silver Squad	Bronze Squad	Junior Squad	Development Squad	ACS	Fitness	Adult
Criteria:	Criteria:	Criteria:	Criteria:	Criteria:	Criteria:	Age: 13+	Age: 13+	Age: 18+
National Qualifying Time	Working towards State Finals	Working towards State Finals	Working towards State Qualifying Times	100 Freestyle under 1:40m, 50 metres Free kick under 1:10mins	Minimum 2 sessions per week	St Leonard's College Student	Swim 50 Free in 40 seconds	Swim 50 Free in 50 Seconds
Minimum 6 sessions per week	Minimum 4 sessions per week	Minimum 5 sessions per week	100 Freestyle under 1:30m, 50 metres Free kick under 1:00mins	Minimum 2 sessions per week	Swims 50 Free under 45, 100 IM under 2.15	Swim 50 Free in 40 seconds	Swim 400 Continuously	Swim 400 Continuously
8 Swim and 3 Gym sessions available per week	7 Swim and 2 Gym sessions available per week	7 Swim and 2 Gym sessions available per week	Minimum 4 sessions per week	5 Swim and 3 Dryland Sessions available	4 Sessions available	Swim 400 Continuously	Swim 100IM under 2:00	
			6 Swim and 3 Dryland Sessions available		Completed Level 9/10	Swim 100 IM under 2:00		