

CGGS AQUATIC - TERM 2 HOLIDAY TRAINING PROGRAM

(Monday 28TH June - Friday 9TH July 2021)

Squad Level	Mon 28 th June	Tue 29 th June	Wed 30 th June	Thur 1 st July	Fri 2 nd July	Mon 5 th July	Tue 6 th July	Wed 7 th July	Thu 8 th July	Fri 9 th July
National Development	No Training	No Training	9.00 -11.30am (Peter)	No Training	No Training	5.00 – 7.00pm (Amon) 5 lanes	5.00 – 7.00pm (Amon) 5 lanes	5.00 – 7.00pm (Amon) 5 lanes	5.00 – 7.00pm (Amon) 5 lanes	5.00 – 6.30pm (Amon) 5 lanes
	HELL WEEK									
	5.00 – 7.00pm (Peter) 5 lanes	5.00 – 7.00pm (Peter) 5 lanes	5.00 – 7.00pm (Peter) 5 lanes	5.00 – 7.00pm (Peter) 5 lanes	5.00 – 6.30pm (Peter) 5 lanes					
State	3.30 – 5.00pm (Amon) 3 lanes	3.00 – 5.00pm (Amon) 3 lanes	No Training	3.00 – 5.00pm (Amon) 3 lanes	3.30 – 5.00pm (Amon) 3 lanes	3.30 – 5.00pm (Amon) 3 lanes	3.00 – 5.00pm (Amon) 3 lanes	No Training	3.00 – 5.00pm (Amon) 3 lanes	3.30 – 5.00pm (Amon) 3 lanes
Junior State	3.30 – 5.00pm (Lisa) 2 lanes	No Training	3.30 – 5.00pm (Amon) 5 lanes	No Training	3.30 – 5.00pm (Olivia) 2 lanes	3.30 – 5.00pm (Olivia) 2 lanes	No Training	3.30 – 5.00pm (Amon) 5 lanes	No Training	3.30 – 5.00pm (Olivia) 2 lanes
Emerging	No Training	3.30 – 5.00pm (Lisa) 1 lane Drills + Skills Butterfly	No Training	3.30 – 5.00pm (Olivia) 1 lane Drills + Skills Backstroke	No Training	No Training	3.30 – 5.00pm (Olivia) 1 lane Drills + Skills Breaststroke	No Training	3.00 – 4.30pm (Olivia) 1 lane Drills + Skills Freestyle	No Training
Development	No Training	3.30 – 5.00pm (Olivia) 1 lane Drills + Skills Butterfly	No Training	3.30 – 5.00pm (Olivia) 1 lane Drills + Skills Backstroke	No Training	No Training	3.30 – 5.00pm (Olivia) 1 lane Drills + Skills Breaststroke	No Training	3.00 – 4.30pm (Olivia) 1 lane Drills + Skills Freestyle	No Training