

## Swim Smooth Perth's Squad Timetable October 2012 to May 2013

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30		5.35am Squad Swim. Focus = Technique & Endurance	5.35am Squad Swim. Ideal for SOLO / DUO / Ironman		5.35am Squad Swim. Focus = Speed & Fitness	5.30am Swim Session (suitable for Rottneest SOLO & DUO swimmers & also triathletes). This session has two parts - a pool component (5.30am) and an open water component (~8am). Session builds from 4 to 14km over the summer season.	
6:00							
6:30		6.35am Squad Swim. Focus = Technique & Endurance		6.35am Squad Swim. Focus = Speed & Fitness			
7:00	7am Squad Swim. Focus = Technique Development						
7:30							
*7:45*		7.45am 1-2-1 Video Analysis AVAILABILITY. Bookings are essential. 75 mins duration.	7.45am 1-2-1 Video Analysis AVAILABILITY. Bookings are essential. 75 mins duration.		7.45am 1-2-1 Video Analysis AVAILABILITY. Bookings are essential. 75 mins duration.		
8:00	8.10am 1-2-1 Video Analysis AVAILABILITY. Bookings are essential. 75 mins duration.						8am. Usually an open water swimming event OR simply a long, steady open water swim specifically for SOLO, DUO and Ironman triathletes. Details posted each week via the Blog.
8:30							
9:00							
9:30	"Time-4-Me" Squad Swim Squad Swim. Focus = Technique Development	9.30am 1-2-1 Video Analysis AVAILABILITY. Bookings are essential. 75 mins duration.	"Time-4-Me" Squad Swim Session. Focus = Speed & Fitness		"Time-4-Me" Squad Swim Session. Focus = technique & Friday Fun!		
10:00							
10:30							
11:00							
11:30							
12:00					11.00am 1-2-1 Video Analysis AVAILABILITY. Bookings are essential. 75 mins duration.		
12:30							
13:00							
13:30						1.00pm Squad Swim. Focus = open water skills & techniques.	
14:00							
14:30							
15:00						2.30pm 1-2-1 Video Analysis AVAILABILITY. Bookings are essential. 75 mins duration.	
15:30							
16:00							
16:30						4.00pm 1-2-1 Video Analysis AVAILABILITY. Bookings are essential. 75 mins duration.	
17:00							
17:30							
18:00							
18:30		6.30pm Squad Swim. Focus = Technique & Endurance		6.30pm Squad Swim. Focus = Speed & Fitness			
19:00							



## Swim Smooth Perth's Squad Timetable October 2012 to May 2013

Day	Session	Focus	Time From	Time To	Venue /Location	Notes	Cost
Monday	Technique Squad Swim	An easy session of drills and technique work to focus on your efficiency	7:00am	8:00am	Claremont Pool, Davies Road, Claremont	N/A	\$15 (casual) or 1 tick off your PAYG card. Plus pool entry.
	"Time-4-Me" Squad Swim	As above	9:30am	10:30am	Claremont Pool, Davies Road, Claremont	N/A	\$15 (casual) or 1 tick off your PAYG card. Plus pool entry.
Tuesday	Endurance & Technique Squad Swim # 1	A steady session of drills and endurance development work - ideal for triathletes, open water swimmers and those wishing to simply keep fit and have fun!	5:35am	6:35am	Claremont Pool, Davies Road, Claremont	Session actually starts at 5.35am.	\$15 (casual) or 1 tick off your PAYG card. Plus pool entry.
	Endurance & Technique Squad Swim # 2	As above	6:35am	7:35am	Claremont Pool, Davies Road, Claremont	As above. Session actually starts at 6.35am.	\$15 (casual) or 1 tick off your PAYG card. Plus pool entry.
	Endurance & Technique Squad Swim # 3	As above	6:30pm	7:30pm	Claremont Pool, Davies Road, Claremont	N/A	\$15 (casual) or 1 tick off your PAYG card. Plus pool entry.
Wednesday	Challenging Endurance Session	A challenging 1.5hr squad session focused primarily on building endurance and pace awareness over long distances.	5:35am	~7:00am	Claremont Pool, Davies Road, Claremont	Session actually starts at 5.35am.	\$15 (casual) or 1 tick off your PAYG card. Plus pool entry.
	"Time-4-Me" Squad Swim	A very challenging "Fresh & Fruity" session which will develop your sustainable threshold speed and fine-tune your pace awareness. <b>An essential session</b> for those wishing to get faster!	9:30am	10:30am	Claremont Pool, Davies Road, Claremont	N/A.	\$15 (casual) or 1 tick off your PAYG card. Plus pool entry.
Thursday	"Fresh & Fruity" Squad Session # 1	As above	6:30pm	7:30pm	Claremont Pool, Davies Road, Claremont	New session commencing 11/10/12.	\$15 (casual) or 1 tick off your PAYG card. Plus pool entry.
Friday	"Fresh & Fruity" Squad Session # 2	As above	5:35am	6:35am	Claremont Pool, Davies Road, Claremont	Session actually starts at 5.35am.	\$15 (casual) or 1 tick off your PAYG card. Plus pool entry.
	"Fresh & Fruity" Squad Session # 3	As above	6:35am	7:35am	Claremont Pool, Davies Road, Claremont	As above. Session actually starts at 6.35am.	This is a FREE session though every swimmer is responsible for their own safety. Please be careful and sensible!
	"Time-4-Me" Squad Swim	A fun, relaxing, technique swim with a few "hidden" extras to keep you on your toes!	9:30am	10:30am	Claremont Pool, Davies Road, Claremont	N/A	\$15 (casual) or 1 tick off your PAYG card. Plus pool entry.
Saturday	Long, endurance swim	Totally specific session for Rottneest Channel Swimmers (SOLO & DUO).	5:30am	8:30am	Part 1 @ Challenge Stadium	Part 2 @ the ocean (watch the Blog)	Follow Blog for details each week (FREE)
	Open Water Skills swim	Fun squad session focused on OW skills. <b>Easily the most enjoyable and beneficial session of the week!</b>	1:00pm	2:00pm	Claremont Pool, Davies Road, Claremont	N/A	\$15 (casual) or 1 tick off your PAYG card. Plus pool entry.