

TRAINING SCHEDULE - NATIONAL AGE SQUAD

MAY - JUNE 2014

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				May 23rd	May 24th	May 25th
				Combined Session with National Open 4.15 pm - 6.30 pm	DIVISION 1 MEET National Squads not competing Training: 5.00 am - 6.30 am	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
May 26th	May 27th	May 28th	May 29th	May 30th	May 31st	June 1st
Combined Session with National Open 5.00 am - 7.00 am 4.15 pm - 6.30 pm	Combined Session with National Open 5.00 am - 7.00 am	Combined Session with National Open 4.15 pm - 6.00 pm	Combined Session with National Open 5.00 am - 7.00 am	Combined Session with National Open 5.00 am - 7.00 am 4.15 pm - 6.30 pm	DIVISION 2 MEET Combined Session with National Open Training: 5.00 am - 6.30 am	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
June 2nd	June 3rd	June 4th	June 5th	June 6th	June 7th	June 8th
Combined Session with National Open 5.00 am - 7.00 am 4.15 pm - 6.30 pm	Combined Session with National Open 5.00 am - 7.00 am	Combined Session with National Open 4.15 pm - 6.30 pm	Combined Session with National Open 5.00 am - 7.00 am	Combined Session with National Open 5.00 am - 7.00 am 4.15 pm - 6.30 pm	CLUB MEET NO TRAINING	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
June 9th	June 10th	June 11th	June 12th	June 13th	June 14th	June 15th
PUBLIC HOLIDAY – NO TRAINING ALL SQUADS	NORMAL TRAINING	NORMAL TRAINING	NORMAL TRAINING	NORMAL TRAINING	NORMAL TRAINING	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
June 16th	June 17th	June 18th	June 19th	June 20th	June 21st	June 22nd
NORMAL TRAINING	NORMAL TRAINING	NORMAL TRAINING	NORMAL TRAINING	NORMAL TRAINING	DIVISION 1 MEET NO TRAINING	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
June 23rd	June 24th	June 25th	June 26th	June 27th	June 28th	June 29th
NORMAL TRAINING	NORMAL TRAINING	NORMAL TRAINING	NORMAL TRAINING	NORMAL TRAINING	JX MEET Combined Session with National Open 5.00 am - 7.00 am No Spin Bike	