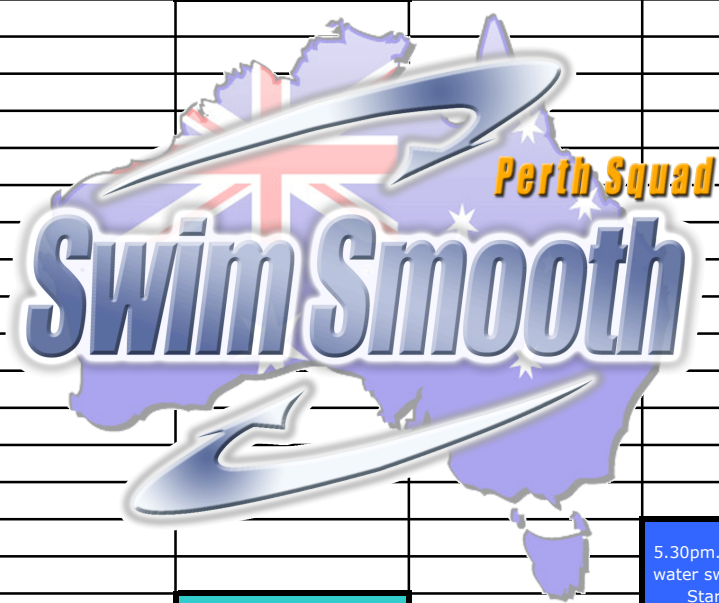


Swim Smooth Perth's Squad Timetable October 2010 to May 2011

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30		5.30am Squad Swim. Focus = technique & endurance. Bookings.	5.30am Squad Swim (TBC). Starting on 8/12/2010. Ideal for SOLO / DUO / Ironman	5.30am Squad Swim. Focus = speed & fitness. Bookings.		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		6.30am Squad Swim. Focus = technique & endurance. Bookings.		6.30am Squad Swim. Focus = speed & fitness. Bookings.			
7:00	7am Squad Technique Session (TBC), Starting 3/1/2011						
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.		7.45am 1-2-1 Video Analysis AVAILABILITY. Bookings are essential. 75 mins duration.		
8:00							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. Starts 31/10/2010
8:30							
9:00							
9:30	"Time-4-Me" Squad Swim Session. Focus = technique & endurance	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							
*10:45*					10.45am 1-2-1 Video Analysis AVAILABILITY. Bookings are essential. 75 mins duration.		
11:00							
11:30							
12:00							
12:30							
13:00						1.00pm Squad Swim. Focus = open water skills & techniques.	
13:30							
14:00							
14:30						2.30pm 1-2-1 Video Analysis AVAILABILITY. Bookings are essential. 75 mins duration.	
15:00							
15:30							
16:00						4.00pm 1-2-1 Video Analysis AVAILABILITY. Bookings are essential. 75 mins duration.	
16:30							
17:00							
17:30							
18:00				5.30pm. Rough, cold open water swim at Trigg SLSC. Starts 2/12/2010.			
18:30		6.30pm Squad Swim (TBC). Starting 7/12/2010					
19:00							



## Swim Smooth Perth's Squad Timetable October 2010 to May 2011

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	Due to commence on Monday 3/1/2011.	\$15 (casual) or 1 tick off your PAYG card. Plus pool entry.
	"Time-4-Me" Squad Swim	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!	9:30am	10:30am	Challenge Stadium (outdoor 8 lane pool) until 6/12/2010	Session will move to Claremont Pool, Davies Road, Claremont from 6/12/2010 onwards.	\$15 (casual) or 1 tick off your PAYG card. Plus pool entry.
Tuesday	Endurance & Technique Squad Swim # 1	As above	5:30am	6:30am	Challenge Stadium (outdoor 8 lane pool) until 7/12/2010	Session will move to Claremont Pool, Davies Road, Claremont from 7/12/2010 onwards. 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	6:30am	7:30am	As above	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	Due to recommence on 7/12/2010.	\$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.	5:30am	7:00am	Claremont Pool, Davies Road, Claremont	Due to recommence on 8/12/2010.	\$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	Challenge Stadium (outdoor 8 lane pool) until 8/12/2010	Session will move to Claremont Pool, Davies Road, Claremont from 8/12/2010 onwards.	\$15 (casual) or 1 tick off your PAYG card. Plus pool entry.
Thursday	"Fresh & Fruity" Squad Session # 1	As above	5:30am	6:30am	Challenge Stadium (outdoor 8 lane pool) until 9/12/2010	Session will move to Claremont Pool, Davies Road, Claremont from 9/12/2010 onwards. Session actually starts at 5.35am.	\$15 (casual) or 1 tick off your PAYG card. Plus pool entry.
	"Fresh & Fruity" Squad Session # 2	As above	6:30am	7:30am	As above	As above. Session actually starts at 6.35am.	\$15 (casual) or 1 tick off your PAYG card. Plus pool entry.
	Rough Open Water Swim	A cold, rough, continuous open water swim session dedicated for all Rottnest Swimmers.	5:30pm	6:30pm	Trigg SLSC	Due to commence on Thursday 2/12/2010.	This is a FREE session though every swimmer is responsible for their own safety. Please be careful and sensible!
Friday	"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	Challenge Stadium (outdoor 8 lane pool) until 10/12/2010	Session will move to Claremont Pool, Davies Road, Claremont from 10/12/2010 onwards.	\$15 (casual) or 1 tick off your PAYG card. Plus pool entry.
Saturday	Long, endurance swim	Totally specific session for Rottnest Channel Swimmers (SOLO & DUO).	5:30am	8:30am	Part 1 @ Challenge Stadium	Part 2 @ the ocean (watch the Blog)	FREE - as per Rough OW swim (above)
	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	Challenge Stadium (outdoor 8 lane pool) until 11/12/2010	Session will move to Claremont Pool, Davies Road, Claremont from 11/12/2010 onwards.	\$15 (casual) or 1 tick off your PAYG card. Plus pool entry.