

KWA Squad Training Schedule - Effective 6 June 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	6.00-8.00 Perform Swim	6.00-8.00 Perform Swim	6.00-8.00 Perform Swim	6.00-8.00 Perform Swim	6.00-8.00 Perform Swim	7.00-9.30 Perform Swim	
	6.00-8.00 Race Swim	6.00-8.00 Race Swim	6.00-8.00 Race Swim	6.00-8.00 Race Swim	6.00-8.00 Race Swim	7.00-9.30 Race Swim	
	6.00-8.00 Masters Swim	6.00-8.00 Masters Swim	6.00-8.00 Masters Swim	6.00-8.00 Masters Swim	6.00-8.00 Masters Swim	9.30-10.30 Development Swim	
	8.00 - 10.00 Masters Swim		8.00 - 10.00 Masters Swim		8.00 - 10.00 Masters Swim		
PM	3.30 - 4.30 Development Swim	4.00 - 5.00 Development Swim	3.30 - 4.30 Development Swim	4.00 - 5.00 Development Swim	3.30 - 4.30 Development Swim		
	4.00 - 6.00 Race Swim	4.30 - 6.30 Race Swim	4.00 - 6.00 Race Swim	4.30 - 6.30 Race Swim	4.00 - 6.00 Race Swim		
	5.30 - 8.00 Perform Swim	5.30 - 8.00 Perform Swim	5.30 - 8.00 Perform Swim		5.00 - 8.00 Perform Land/Swim	5.00 - 6.00 Masters Swim	