

eSWIM ROTTO TRAINING SQUAD CALENDAR

Date	Training Week	Day	Time	Phase	Session length	Recommended Event
20-27 Oct 2025						RCS - Solo Registration for Rottnest Channel Swim (inc tandem solo)
28 October 2025						RCS Duos - until sold out
29 October 2025						RCS Teams - until sold out
11 October 2025		Saturday	3.30pm - 5.00pm	eSWIM ROTTO SQUAD INFO SESSION - Lecture Theatre, Perth HPC		
12 October 2025		Sunday	10am - 12pm	eSWIM ROTTO SQUAD GRADING SESSION - Perth HPC		
13 October 2025	1	Monday	5.30am - 7.00am	PHASE 1 - TECHNIQUE	1.5 hours	
14 October 2025		Tuesday	5.30am - 7.00am		1.5 hours	
16 October 2025		Thursday	7.00pm - 8.30pm		1.5 hours	
18 October 2025		Saturday	5.30am - 7.30am		2 hours	Mindset Seminar with Patrick Verryn - 8.15am RLSSWA
20 October 2025	2	Monday	5.30am - 7.00am		1.5 hours	
21 October 2025		Tuesday	5.30am - 7.00am		1.5 hours	
23 October 2025		Thursday	7.00pm - 8.30pm		1.5 hours	
25 October 2025		Saturday	5.30am - 7.30am		2 hours	
26 October 2025		Sunday	2pm - 3.30pm		1.5 hours	Time Trial #1 - Session A (3 x slots available)
27 October 2025	3	Monday	5.30am - 7.00am		1.5 hours	
28 October 2025		Tuesday	5.30am - 7.00am		1.5 hours	
30 October 2025		Thursday	7.00pm - 8.30pm		1.5 hours	
1 November 2025		Saturday	5.30am - 7.45am		2.25hours	Super Saturday
2 November 2025		Sunday	2pm - 3.30pm		1.5 hours	Time Trial #1 - Session B (3 x slots available)
3 November 2025	4	Monday	5.30am - 7.00am		1.5 hours	
4 November 2025		Tuesday	5.30am - 7.00am		1.5 hours	
6 November 2025		Thursday	7.00pm - 8.30pm		1.5 hours	Stretch & Flex class 6.10pm - 6.50pm
8 November 2025		Saturday	5.30am - 7.30am		2 hours	Nutrition Works Seminar - race testing - 8.15am
9 November 2025		Sunday	7am - 10.30am		3 hours	Lake Leschenaultia swim + Squad breakfast
10 November 2025	5	Monday	5.30am - 7.00am		1.5 hours	
11 November 2025		Tuesday	5.30am - 7.00am		1.5 hours	
13 November 2025		Thursday	7.00pm - 8.30pm		1.5 hours	
15 November 2025		Saturday	5.30am - 7.30am		2 hours	Geo Bay Swim (Optional)

17 November 2025	6	Monday	5.30am - 7.00am	PHASE 2 - ENDURANCE	1.5 hours	
18 November 2025		Tuesday	5.30am - 7.00am		1.5 hours	
20 November 2025		Thursday	7.00pm - 8.30pm		1.5 hours	
22 November 2025		Saturday	5.30am - 7.30am		2 hours	
24 November 2025	7	Monday	5.30am - 7.00am		1.5 hours	
25 November 2025		Tuesday	5.30am - 7.00am		1.5 hours	
27 November 2025		Thursday	7.00pm - 8.30pm		1.5 hours	
29 November 2025		Saturday	6.30am - 8.30am		2 hours	Squad Christmas Coogee ocean swim + breakfast
29 November 2025		Saturday	4pm - 5pm		1 hour	Online Teams Meeting with Patrick Verryn (Mindset)
30 November 2025		Sunday	2pm - 3.30pm		1.5 hours	Time Trial #2 - Session A (3 x slots available)
1 December 2025	8	Monday	5.30am - 7.00am		1.5 hours	
2 December 2025		Tuesday	5.30am - 7.00am		1.5 hours	
4 December 2025		Thursday	7.00pm - 8.30pm		1.5 hours	Stretch & Flex class 6.10pm - 6.50pm
6 December 2025		Saturday	5.30am - 7.30am		2 hours	
7 December 2025		Sunday	2pm - 3.30pm		1.5 hours	Time Trial #2 - Session B (3 x slots available)
8 December 2025	9	Monday	5.30am - 7.00am	TEST	1.5 hours	
9 December 2025		Tuesday	5.30am - 7.00am		1.5 hours	
11 December 2025		Thursday	7.00pm - 8.00pm		1.5 hours	
13 December 2025		Saturday	5.30am - 8.00am		2.5 hours	Christmas Super Set - 100s
15 December 2025	10	Monday	5.30am - 6.30am		1 hour	Taper session
16 December 2025		Tuesday	5.30am - 6.30am		1.5 hours	Taper session
17 December 2025		Thursday	7pm - 8pm		1 hour	Taper session
20 December 2025		Saturday	From 7.30am		Christmas 10K - All swimmers	
CHRISTMAS BREAK 21/12/2025 - 4/1/2026 INCLUSIVE						
5 January 2026	11	Monday	5.30am - 7.00am	PHASE 3 - SPEED	1.5 hours	
6 January 2026		Tuesday	5.30am - 7.00am		1.5 hours	
8 January 2026		Thursday	7.00pm - 8.30pm		1.5 hours	
10 January 2026		Saturday	5.30am - 7.30am		2 hours	OCEAN SESSION
11 January 2026		Sunday	2pm - 3.30pm		1.5 hours	Time Trial #3 - Session A (3 x slots available)
12 January 2026	12	Monday	5.30am - 7.00am		1.5 hours	
13 January 2026		Tuesday	5.30am - 7.00am		1.5 hours	
15 January 2026		Thursday	7.00pm - 8.30pm		1.5 hours	
17 January 2026		Saturday	5.30am - 7.30am		2 hours	OCEAN SESSION

18 January 2026		Sunday	7am - 10.30am		3.5 hours	Swim Thru Perth (optional)
19 January 2026	13	Monday	5.30am - 7am		1.5 hours	Swimwild Escape Margaret River Retreat 19 - 22nd Jan (optional)
20 January 20026		Tuesday	5.30am - 7.00am		1.5 hours	
22 January 2026		Thursday	7.00pm - 8.30pm		1.5 hours	Stretch & Flex class 6.10pm - 6.50pm
24 January 2026		Saturday	5.30am - 7.30am		2 hours	OCEAN SESSION
26 January 2026		14	Monday			NO TRAINING PUBLIC HOLIDAY
27 January 2026	Tuesday		5.30am - 7.00am	1.5 hours		
29 January 2026	Thursday		7.00pm - 8.30pm	1.5 hours		
31 January 2026	Saturday		5.30am - 7.30am	2 hours		
1 February 2026	Sunday		6.00am	2+ hours	Squad Ocean Swim - Leighton to City Beach	
2 February 2026	15	Monday	5.30am - 7.00am	1.5 hours		
3 February 2026		Tuesday	5.30am - 7.00am	1.5 hours		
5 February 2026		Thursday	7.00pm - 8.30pm	1.5 hours	Stretch & Flex class 6.10pm - 6.50pm	
7 February 2026		Saturday	5.30am - 7.30am	2 hours		
8 February 2026		Sunday	4pm - 5pm	1 hour	Online Teams Meeting with Patrick Verryn (Mindset)	
9 February 2026	16	Monday	5.30am - 7.00am	1.5 hours		
10 February 2026		Tuesday	5.30am - 7.00am	1.5 hours		
12 February 2026		Thursday	5.30am - 7.00am	1.5 hours		
14 February 2026		Saturday	5.30am - 7.30am	1.5 hours		
15 February 2026		Sunday	6.00am - 7.30am	1.5 hours	Squad Ocean Swim - Cottesloe	
16 February 2026	17	Monday	5.30am - 6.30am	1 hour	Taper session	
17 February 2026		Tuesday	5.30am - 6.30am	1 hour	Taper session	
19 February 2026		Thursday	7pm - 8pm	1 hour	Optional light training session	
21 February 2026		Saturday	5.45am	2026 ROTTNEST CHANNEL SWIM		
25 February 2025		Wednesday	6.30pm	SQUAD DINNER AND AWARDS NIGHT - Location TBC		