

eSWIM ROTTO TRAINING SQUAD CALENDAR

Date	Training Week	Day	Time	Phase	Session length	Recommended Event
19 - 26 Oct 2026						RCS - Solo Reg period for Rottneest Channel Swim (incl tandem solo)
27 October 2026						RCS Duos - until sold out
28 October 2026						RCS Teams - until sold out
10 October 2026		Saturday	3.30pm - 5.00pm	eSWIM ROTTO SQUAD INFO SESSION - TBC		
11 October 2026		Sunday	10am - 12pm	eSWIM ROTTO SQUAD GRADING SESSION - Perth HPC		
12 October 2026	1	Monday	5.30am - 7.00am	PHASE 1 - TECHNIQUE	1.5 hours	
13 October 2026		Tuesday	5.30am - 7.00am		1.5 hours	
15 October 2026		Thursday	7.00pm - 8.30pm		1.5 hours	
17 October 2026		Saturday	5.30am - 7.30am		2 hours	
19 October 2026	2	Monday	5.30am - 7.00am		1.5 hours	
20 October 2026		Tuesday	5.30am - 7.00am		1.5 hours	
22 October 2026		Thursday	7.00pm - 8.30pm		1.5 hours	
24 October 2026		Saturday	5.30am - 7.30am		2 hours	
25 October 2026		Sunday	2pm - 3.30pm		1.5 hours	Time Trial #1 - Session A (3 x slots available)
26 October 2026	3	Monday	5.30am - 7.00am		1.5 hours	
27 October 2026		Tuesday	5.30am - 7.00am		1.5 hours	
29 October 2026		Thursday	7.00pm - 8.30pm		1.5 hours	
31 October 2026		Saturday	5.30am - 7.45am		2.25hours	Nutrition Works Seminar - 8.15am RLSSWA
1 November 2026		Sunday	2pm - 3.30pm		1.5 hours	Time Trial #1 - Session B (3 x slots available)
2 November 2026	4	Monday	5.30am - 7.00am		1.5 hours	
3 November 2026		Tuesday	5.30am - 7.00am		1.5 hours	
5 November 2026		Thursday	7.00pm - 8.30pm		1.5 hours	Stretch & Flex class 6.10pm - 6.50pm
7 November 2026		Saturday	5.30am - 7.30am		2 hours	Mindset Seminar with Patrick Verryn - 8.15am RLSSWA
8 November 2026		Sunday	7am - 10.30am		3 hours	Lake Leschenaultia swim + Squad breakfast
9 November 2026	5	Monday	5.30am - 7.00am		1.5 hours	
10 November 2026		Tuesday	5.30am - 7.00am		1.5 hours	
12 November 2026		Thursday	7.00pm - 8.30pm		1.5 hours	
14 November 2026		Saturday	5.30am - 7.30am		2 hours	Geo Bay Swim (Optional)

16 November 2026	6	Monday	5.30am - 7.00am	PHASE 2 - ENDURANCE	1.5 hours	
17 November 2026		Tuesday	5.30am - 7.00am		1.5 hours	
19 November 2026		Thursday	7.00pm - 8.30pm		1.5 hours	
21 November 2026		Saturday	5.30am - 7.30am		2 hours	
22 November 2026		Sunday	5.30pm - 6.30pm		1 hour	Online Teams Meeting with Patrick Verryn (Mindset)
23 November 2026	7	Monday	5.30am - 7.00am		1.5 hours	
24 November 2026		Tuesday	5.30am - 7.00am		1.5 hours	
26 November 2026		Thursday	7.00pm - 8.30pm		1.5 hours	
28 November 2026		Saturday	6.30am - 8.30am		2 hours	Squad Christmas Coogee ocean swim + breakfast
29 November 2026		Sunday	2pm - 3.30pm		1.5 hours	Time Trial #2 - Session A (3 x slots available)
30 November 2026	8	Monday	5.30am - 7.00am		1.5 hours	
1 December 2026		Tuesday	5.30am - 7.00am		1.5 hours	
3 December 2026		Thursday	7.00pm - 8.30pm		1.5 hours	Stretch & Flex class 6.10pm - 6.50pm
5 December 2026		Saturday	5.30am - 7.30am		2 hours	
6 December 2026		Sunday	2pm - 3.30pm		1.5 hours	Time Trial #2 - Session B (3 x slots available)
7 December 2026	9	Monday	5.30am - 7.00am	TEST	1.5 hours	
8 December 2026		Tuesday	5.30am - 7.00am		1.5 hours	
10 December 2026		Thursday	7.00pm - 8.00pm		1.5 hours	
12 December 2026		Saturday	5.30am - 8.00am		2.5 hours	Christmas Super Set - 100s
14 December 2026	10	Monday	5.30am - 6.30am		1 hour	Taper session
15 December 2026		Tuesday	5.30am - 6.30am		1.5 hours	Taper session
17 December 2026		Thursday	7pm - 8pm		1 hour	Taper session
19 December 2026		Saturday	From 7.30am		Christmas 10K - All swimmers	
21 December 2026	11	Monday	5.30am - 6.30am	Recovery	1.5 hours	Recovery session
22 December 2026		Tuesday	5.30am - 6.30am		1.5 hours	Recovery session
CHRISTMAS BREAK 21/12/2025 - 4/1/2026 INCLUSIVE						
4 January 2027	11	Monday	5.30am - 7.00am		1.5 hours	
5 January 2027		Tuesday	5.30am - 7.00am		1.5 hours	
7 January 2027		Thursday	7.00pm - 8.30pm		1.5 hours	
9 January 2027		Saturday	5.30am - 7.30am		2 hours	OCEAN SESSION - Details TBC + SUPPORT CREW SEMINAR Time TBC
10 January 2027		Sunday	2pm - 3.30pm		1.5 hours	Time Trial #3 - Session A (3 x slots available)
11 January 2027		Monday	5.30am - 7.00am		1.5 hours	

12 January 2027	12	Tuesday	5.30am - 7.00am	PHASE 3 - SPEED	1.5 hours	
14 January 2027		Thursday	7.00pm - 8.30pm		1.5 hours	
16 January 2027		Saturday	5.30am - 7.30am		2 hours	OCEAN SESSION + Paddler training session- Details TBC
17 January 2027		Sunday	7am - 10.30am		3.5 hours	Swim Thru Perth
18 January 2027	13	Monday	5.30am - 7am		1.5 hours	
19 January 2027		Tuesday	5.30am - 7.00am		1.5 hours	Swimwild Escape Margaret River Retreat 19 - 22nd Jan (optional)
21 January 2027		Thursday	7.00pm - 8.30pm		1.5 hours	Stretch & Flex class 6.10pm - 6.50pm
23 January 2027		Saturday	5.30am - 7.30am		2 hours	OCEAN SESSION - Details TBC
25 January 2027	14	Monday		PHASE 4 - PACING		NO TRAINING LONG WEEKEND MINI BREAK
26 January 2027		Tuesday				NO TRAINING PUBLIC HOLIDAY
28 January 2027		Thursday	7.00pm - 8.30pm		1.5 hours	
30 January 2027		Saturday	5.30am - 7.30am		2 hours	
31 January 2027		Sunday	6.00am		2+ hours	Squad Ocean Swim - Leighton to City Beach 12km
1 February 2027	15	Monday	5.30am - 7.00am		1.5 hours	
2 February 2027		Tuesday	5.30am - 7.00am		1.5 hours	
4 February 2027		Thursday	7.00pm - 8.30pm		1.5 hours	
6 February 2027		Saturday	5.30am - 7.30am		2 hours	
7 February 2027		Sunday	5.30pm - 6.30pm		1 hour	Online Teams Meeting with Patrick Verryin (Mindset)
8 February 2027	16	Monday	5.30am - 7.00am		1.5 hours	
9 February 2027		Tuesday	5.30am - 7.00am		1.5 hours	Rottnest Channel Swim Race Briefing TBC
11 February 2027		Thursday	5.30am - 7.00am		1.5 hours	Stretch & Flex class 6.10pm - 6.50pm
13 February 2027		Saturday	5.30am - 7.30am		1.5 hours	
14 February 2027		Sunday	6.00am - 7.30am		1.5 hours	Squad Ocean Swim - Cottesloe
15 February 2027	17	Monday	5.30am - 6.30am		1 hour	Taper session
16 February 2027		Tuesday	5.30am - 6.30am		1 hour	Taper session
18 February 2027		Thursday	7pm - 8pm		1 hour	Optional light training session
20 February 2027		Saturday	5.45am		2027 ROTTNEST CHANNEL SWIM	
24 February 2027		Wednesday	6.30pm	SQUAD DINNER AND AWARDS NIGHT - Location TBC		