

eSWIM ROTTO TRAINING SQUAD CALENDAR

Date	Training Week	Day	Time	Phase	Session length	Recommended Event
19-26 Oct 2026						RCS - Solo Reg period for Rottnest Channel Swim (incl tandem solo)
27 Oct 2026						RCS Duos - until sold out
28 Oct 2026						RCS Teams - until sold out
10 Oct 2026		Saturday	2pm - 4pm	eSWIM ROTTO SQUAD GRADING SESSION - Perth HPC		
11 Oct 2026		Sunday	2pm - 3.30pm	eSWIM ROTTO SQUAD INTRO SESSION - RLSSWA TRAINING ROOMS		
12 Oct 2026	1	Monday	5.30am - 7.00am	PHASE 1 - TECHNIQUE	1.5 hours	
13 Oct 2026		Tuesday	5.30am - 7.00am		1.5 hours	
15 Oct 2026		Thursday	7.00pm - 8.30pm		1.5 hours	
17 Oct 2026		Saturday	5.30am - 7.30am		2 hours	
19 Oct 2026	2	Monday	5.30am - 7.00am		1.5 hours	
20 Oct 2026		Tuesday	5.30am - 7.00am		1.5 hours	
22 Oct 2026		Thursday	7.00pm - 8.30pm		1.5 hours	
24 Oct 2026		Saturday	5.30am - 7.30am		2 hours	
25 Oct 2026	3	Sunday	2pm - 3.30pm		1.5 hours	Time Trial #1 - Session A (3 x slots available)
26 Oct 2026		Monday	5.30am - 7.00am		1.5 hours	
27 Oct 2026		Tuesday	5.30am - 7.00am		1.5 hours	
29 Oct 2026		Thursday	7.00pm - 8.30pm		1.5 hours	
31 Oct 2026	4	Saturday	5.30am - 7.45am		2.25hours	Nutrition Works Seminar - 8.15am RLSSWA
01 Nov 2026		Sunday	2pm - 3.30pm		1.5 hours	Time Trial #1 - Session B (3 x slots available)
02 Nov 2026		Monday	5.30am - 7.00am		1.5 hours	
03 Nov 2026		Tuesday	5.30am - 7.00am		1.5 hours	
05 Nov 2026	5	Thursday	7.00pm - 8.30pm		1.5 hours	Stretch & Flex class 6.10pm - 6.50pm
07 Nov 2026		Saturday	5.30am - 7.30am		2 hours	Mindset Seminar with Patrick Verryn - 8.15am RLSSWA
08 Nov 2026		Sunday	7am - 10.30am		3 hours	Lake Leschenaultia swim + Squad breakfast
09 Nov 2026		Monday	5.30am - 7.00am		1.5 hours	
10 Nov 2026	6	Tuesday	5.30am - 7.00am		1.5 hours	
12 Nov 2026		Thursday	7.00pm - 8.30pm		1.5 hours	
14 Nov 2026		Saturday	5.30am - 7.30am		2 hours	Geo Bay Swim (Optional)
16 Nov 2026		Monday	5.30am - 7.00am		1.5 hours	
17 Nov 2026		Tuesday	5.30am - 7.00am		1.5 hours	
19 Nov 2026		Thursday	7.00pm - 8.30pm		1.5 hours	

21 Nov 2026	7	Saturday	5.30am - 7.30am	PHASE 2 - ENDURANCE	2 hours	
22 Nov 2026		Sunday	5.30pm - 6.30pm		1 hour	Online Teams Meeting with Patrick Verryn (Mindset)
23 Nov 2026		Monday	5.30am - 7.00am		1.5 hours	
24 Nov 2026		Tuesday	5.30am - 7.00am		1.5 hours	
26 Nov 2026		Thursday	7.00pm - 8.30pm		1.5 hours	
28 Nov 2026		Saturday	6.30am - 8.30am		2 hours	Squad Christmas Coogee ocean swim + breakfast
29 Nov 2026		Sunday	2pm - 3.30pm		1.5 hours	Time Trial #2 - Session A (3 x slots available)
30 Nov 2026	8	Monday	5.30am - 7.00am	TEST	1.5 hours	
01 Dec 2026		Tuesday	5.30am - 7.00am		1.5 hours	
03 Dec 2026		Thursday	7.00pm - 8.30pm		1.5 hours	Stretch & Flex class 6.10pm - 6.50pm
05 Dec 2026		Saturday	5.30am - 7.30am		2 hours	
06 Dec 2026		Sunday	2pm - 3.30pm		1.5 hours	Time Trial #2 - Session B (3 x slots available)
07 Dec 2026	9	Monday	5.30am - 7.00am		1.5 hours	
08 Dec 2026		Tuesday	5.30am - 7.00am		1.5 hours	
10 Dec 2026		Thursday	7.00pm - 8.00pm		1.5 hours	
12 Dec 2026		Saturday	5.30am - 8.00am		2.5 hours	Christmas Super Set - 100s
14 Dec 2026	10	Monday	5.30am - 6.30am		1 hour	Taper session
15 Dec 2026		Tuesday	5.30am - 6.30am	1.5 hours	Taper session	
17 Dec 2026		Thursday	7pm - 8pm	1 hour	Taper session	
19 Dec 2026		Saturday	From 7.30am	Christmas 10K - All swimmers		
21 Dec 2026	11	Monday	5.30am - 6.30am	Recovery	1.5 hours	Recovery session
22 Dec 2026		Tuesday	5.30am - 6.30am		1.5 hours	Recovery session
CHRISTMAS BREAK 21/12/2025 - 4/1/2026 INCLUSIVE						
04 Jan 2027	11	Monday	5.30am - 7.00am	PHASE 3 - SPEED	1.5 hours	
05 Jan 2027		Tuesday	5.30am - 7.00am		1.5 hours	
07 Jan 2027		Thursday	7.00pm - 8.30pm		1.5 hours	
09 Jan 2027		Saturday	5.30am - 7.30am		2 hours	OCEAN SESSION - Details TBC + SUPPORT CREW SEMINAR Time TBC
10 Jan 2027		Sunday	2pm - 3.30pm		1.5 hours	Time Trial #3 - Session A (3 x slots available)
11 Jan 2027	12	Monday	5.30am - 7.00am		1.5 hours	
12 Jan 2027		Tuesday	5.30am - 7.00am		1.5 hours	
14 Jan 2027		Thursday	7.00pm - 8.30pm		1.5 hours	
16 Jan 2027		Saturday	5.30am - 7.30am		2 hours	OCEAN SESSION + Paddler training session- Details TBC
17 Jan 2027		Sunday	7am - 10.30am		3.5 hours	Swim Thru Perth
18 Jan 2027	13	Monday	5.30am - 7am		1.5 hours	
19 Jan 2027		Tuesday	5.30am - 7.00am		1.5 hours	Swimwild Escape Margaret River Retreat 19 - 22nd Jan (optional)
21 Jan 2027		Thursday	7.00pm - 8.30pm		1.5 hours	Stretch & Flex class 6.10pm - 6.50pm
23 Jan 2027		Saturday	5.30am - 7.30am		2 hours	OCEAN SESSION - Details TBC

25 Jan 2027	14	Monday		PHASE 4 - PACING		NO TRAINING LONG WEEKEND MINI BREAK
26 Jan 2027		Tuesday				NO TRAINING PUBLIC HOLIDAY
28 Jan 2027		Thursday	7.00pm - 8.30pm		1.5 hours	
30 Jan 2027		Saturday	5.30am - 7.30am		2 hours	
31 Jan 2027		Sunday	6.00am		2+ hours	Squad Ocean Swim - Leighton to City Beach 12km
01 Feb 2027	15	Monday	5.30am - 7.00am		1.5 hours	
02 Feb 2027		Tuesday	5.30am - 7.00am		1.5 hours	
04 Feb 2027		Thursday	7.00pm - 8.30pm		1.5 hours	
06 Feb 2027		Saturday	5.30am - 7.30am		2 hours	
07 Feb 2027		Sunday	5.30pm - 6.30pm		1 hour	Online Teams Meeting with Patrick Verryn (Mindset)
08 Feb 2027	16	Monday	5.30am - 7.00am		1.5 hours	
09 Feb 2027		Tuesday	5.30am - 7.00am		1.5 hours	Rottnest Channel Swim Race Briefing TBC
11 Feb 2027		Thursday	5.30am - 7.00am		1.5 hours	Stretch & Flex class 6.10pm - 6.50pm
13 Feb 2027		Saturday	5.30am - 7.30am		1.5 hours	
14 Feb 2027		Sunday	6.00am - 7.30am		1.5 hours	Squad Ocean Swim - Cottesloe
15 Feb 2027	17	Monday	5.30am - 6.30am		1 hour	Taper session
16 Feb 2027		Tuesday	5.30am - 6.30am		1 hour	Taper session
18 Feb 2027		Thursday	7pm - 8pm		1 hour	Optional light training session
20 Feb 2027			Saturday		5.45am	2027 ROTTNEST CHANNEL SWIM
24 Feb 2027			Wednesday	6.30pm	SQUAD DINNER AND AWARDS NIGHT - Location TBC	