

eSWIM ROTTO TRAINING SQUAD CALENDAR

Date	Day	Time	Phase	Session length	Recommended Event
October 2019					Registrations open for Port to Pub
21-27 October 2019					RCS - Solo Registration period for Rottneest Channel Swim (incl tandem solo)
30 October 2019					RCS Duos and Teams registrations - until sold out
13 October 2019	Sunday	2pm - 4pm	eSWIM ROTTO SQUAD INFO SESSION - Claremont Masters Club Rooms, HBF Stadium		
14 October 2019	Monday	5.30am - 7.00am	PHASE 1 - TECHNIQUE	1.5 hours	
17 October 2019	Thursday	7.00pm - 8.30pm		1.5 hours	
19 October 2019	Saturday	6.00am - 8.00am		2 hours	Sleep Science Seminar - straight after training (Claremont club rooms)
20 October 2019	Sunday	3.00pm - 4.00pm		1 hour	Sunday Workshop + stroke correction
21 October 2019	Monday	5.30am - 7.00am		1.5 hours	
24 October 2019	Thursday	7.00pm - 8.30pm		1.5 hours	Time Trial # 1
26 October 2019	Saturday	6.00am - 8.00am		2 hours	
28 October 2019	Monday	5.30am - 7.00am		1.5 hours	
31 October 2019	Thursday	7.00pm - 8.30pm		1.5 hours	
2 November 2019	Saturday	6.00am - 8.00am		2 hours	
4 November 2019	Monday	5.30am - 7.00am		1.5 hours	
7 November 2019	Thursday	7.00pm - 8.30pm		1.5 hours	Stretch & Flex class 6pm - 6.45pm
9 November 2019	Saturday	6.00am - 8.00am		2 hours	
11 November 2019	Monday	5.30am - 7.00am	PHASE 2 - ENDURANCE	1.5 hours	
14 November 2019	Thursday	7.00pm - 8.30pm		1.5 hours	
16 November 2019	Saturday	6.00am - 8.00am		2 hours	Nutritionworks Seminar - straight after training (Claremont club rooms)
18 November 2019	Monday	5.30am - 7.00am		1.5 hours	
21 November 2019	Thursday	7.00pm - 8.30pm		1.5 hours	
23 November 2019	Saturday	6.00am - 8.00am		2 hours	
24 November 2019	Sunday	3.00pm - 4.00pm		1 hour	Sunday Workshop + stroke correction
25 November 2019	Monday	5.30am - 7.00am		1.5 hours	
28 November 2019	Thursday	7.00pm - 8.30pm		1.5 hours	Time Trial # 2
30 November 2019	Saturday	6.00am - 8.00am		2.25 hours	
2 December 2019	Monday	5.30am - 7.00am		1.5 hours	
5 December 2019	Thursday	7.00pm - 8.30pm		1.5 hours	Stretch & Flex class 6pm - 6.45pm
7 December 2019	Saturday	6.00am - 8.00am		2.25 hours	
9 December 2019	Monday	5.30am - 7.00am	TAPER & TEST	1.5 hours	
12 December 2019	Thursday	7.00pm - 8.30pm		1.5 hours	
14 December 2019	Saturday	7.00am		2 hours	Squad Christmas ocean swim + breakfast - City Beach
16 December 2019	Monday	5.30am - 7.00am		1.5 hours	
19 December 2019	Thursday	7.00pm - 8.30pm		1.5 hours	
21 December 2019	Saturday	6.30am		Christmas 10K - All swimmers (10km,6.7km or 3.4km)	

CHRISTMAS BREAK 23/12/2019 - 1/2/2020 INCLUSIVE

Date	Day	Time	Phase	Session length	Recommended Event	
2 January 2020	Thursday	7.00pm - 8.30pm	PHASE 3 - SPEED	1.5 hours		
4 January 2020	Saturday	6.00am - 8.00am		2 hours		
6 January 2020	Monday	5.30am - 7.00am		1.5 hours		
9 January 2020	Thursday	7.00pm - 8.30pm		1.5 hours	Time Trial # 3	
11 January 2020	Saturday	6.00am - 8.00am		2 hours		
13 January 2020	Monday	5.30am - 7.00am		1.5 hours		
16 January 2020	Thursday	7.00pm - 8.30pm		1.5 hours		
18 January 2020	Saturday	6.00am - 8.00am		2 hours		
19 January 2020	Sunday	7.00am		2020 Swim Thru Perth - 3.5km		
20 January 2020	Monday	5.30am-7.00am		1.5 hours		
23 January 2020	Thursday	7.00pm - 8.30pm		1.5 hours	Stretch & Flex class 6pm - 6.45pm	
No class Saturday 25th January 2020				TAPER		
26 January 2020	Sunday	6.00-7.30am regis		Swimming WA OWS Series - 10km Rotto Rehearsal - Sorrento or Aust Day Swim Mandurah - 4km		
No class Monday 27th January 2020			RECOVERY			
30 January 2020	Thursday	7.00pm - 8.30pm	PHASE 4 - PACING	1.5 hours		
1 February 2020	Saturday	6.00am - 8.00am		2 hours		
2 February 2020	Sunday	3.00pm - 4.00pm		1 hour	Sunday Workshop + stroke correction	
3 February 2020	Monday	5.30am - 7.00am		1.5 hours		
6 February 2020	Thursday	7.00pm - 8.30pm		1.5 hours		
8 February 2020	Saturday	6.00am - 8.00am		2 hours		
9 February 2020	Sunday	8.00am		Busselton Jetty Swim 2020 - 3.6km		
10 February 2020	Monday	5.30am - 7.00am		1.5 hours		
13 February 2020	Thursday	7.00pm - 8.30pm		1.5 hours	Stretch & Flex class 6pm - 6.45pm	
15 February 2020	Saturday	6.00am - 8.00am		2 hours		
17 February 2020	Monday	5.30am - 7.00am		1.5 hours		
19 February 2020	Wednesday	6.30pm - 8.30pm		eSWIM Rotto Squad team dinner		
20 February 2020	Thursday	7pm - 8pm		1 hour	Final Squad swim + Q & A	
22 February 2020	Saturday	5.45am	2020 ROTTNEST CHANNEL SWIM			