

# eSWIM ROTTO TRAINING SQUAD CALENDAR

Date	Training Week	Day	Time	Phase	Session length	Recommended Event	
30 Sept - 7 Oct						Priority enrolment for 2024 Team Captains	
21 Oct - 28 Oct 2024						RCS - Solo Registration period for Rottnest Channel Swim (incl tandem solo)	
29 October 2024						RCS Duos - until sold out	
30 October 2024						RCS Teams - until sold out	
12 October 2024		Saturday	3.30pm - 5.00pm	eSWIM ROTTO SQUAD INFO SESSION - Lecture Theatre, HBF Stadium			
13 October 2024		Sunday	10am - 11.30am	eSWIM ROTTO SQUAD GRADING SESSION - HBF Stadium			
14 October 2024	1	Monday	5.30am - 7.00am	PHASE 1 - TECHNIQUE	1.5 hours		
17 October 2024		Thursday	7.00pm - 8.30pm		1.5 hours		
19 October 2024	Saturday	6.00am - 8.00am	2 hours				
21 October 2024	2	Monday	5.30am - 7.00am		1.5 hours		
24 October 2024		Thursday	7.00pm - 8.30pm		1.5 hours		
26 October 2024		Saturday	6.00am - 8.00am		2 hours		
27 October 2024	Sunday	2pm - 3.30pm	1.5 hours			Time Trial #1 - Session A (3 x slots available)	
28 October 2024	3	Monday	5.30am - 7.00am		1.5 hours		
31 October 2024		Thursday	7.00pm - 8.30pm		1.5 hours		
2 November 2024		Saturday	5.45am - 8.00am		2.25hours		Super Saturday
3 November 2024	Sunday	2pm - 3.30pm	1.5 hours		Time Trial #1 - Session B (3 x slots available)		
4 November 2024	4	Monday	5.30am - 7.00am	1.5 hours			
7 November 2024		Thursday	7.00pm - 8.30pm	1.5 hours		Stretch & Flex class 6pm - 6.45pm	
9 November 2024	Saturday	6.00am - 8.00am	2 hours		Nutrition Works Seminar - race testing - 8.30am		
11 November 2024	5	Monday	5.30am - 7.00am	PHASE 2 - ENDURANCE	1.5 hours		
14 November 2024		Thursday	7.00pm - 8.30pm		1.5 hours		
16 November 2024		Saturday	6.00am - 8.00am		2 hours		
18 November 2024	6	Monday	5.30am - 7.00am		1.5 hours		
21 November 2024		Thursday	7.00pm - 8.30pm		1.5 hours		
23 November 2024	Saturday	6.00am - 8.00am	2 hours				
25 November 2024	7	Monday	5.30am - 7.00am		1.5 hours		
28 November 2024		Thursday	7.00pm - 8.30pm		1.5 hours		
30 November 2024		Saturday	6.30am - 8.30am		2 hours		Squad Christmas ocean swim + breakfast
1 December 2024	Sunday	2pm - 3.30pm	1.5 hours			Time Trial #2 - Session A (3 x slots available)	
2 December 2024	8	Monday	5.30am - 7.00am	1.5 hours			
5 December 2024		Thursday	7.00pm - 8.30pm	1.5 hours		Stretch & Flex class 6pm - 6.45pm	
7 December 2024		Saturday	6.00am - 8.00am	2 hours			
8 December 2024		Sunday	2pm - 3.30pm	1.5 hours		Time Trial #2 - Session B (3 x slots available)	
9 December 2024	9	Monday	5.30am - 7.00am	TEST	1.5 hours		
12 December 2024		Thursday	7.00pm - 8.00pm		1.5 hours		
14 December 2024		Saturday	5.30am - 8.00am		2.5 hours		Christmas Super Set - 100s - INDOOR POOL
16 December 2024	10	Monday	5.30am - 6.30am		1 hour		Taper session
19 December 2024		Thursday	7pm - 8pm		1 hour		Taper session
21 December 2024	Saturday	From 7.30am				Christmas 10K - All swimmers	
<b>CHRISTMAS BREAK 22/12/2024 - 5/1/2025 INCLUSIVE</b>							
6 January 2025	12	Monday	5.30am - 7.00am		PHASE 3 - SPEED	1.5 hours	
9 January 2025		Thursday	7.00pm - 8.30pm			1.5 hours	
11 January 2025		Saturday	6.00am - 8.00am			2 hours	
12 January 2025		Sunday	2pm - 3.30pm	1.5 hours			Time Trial #3 - Session A (3 x slots available)
13 January 2025	13	Monday	5.30am - 7.00am	1.5 hours			
16 January 2025		Thursday	7.00pm - 8.30pm	1.5 hours			
18 January 2025		Saturday	6.00am - 8.00am	2 hours			Mindset Seminar 8.30am
19 January 2025	Sunday	7am - 10.30am	3.5 hours			Swim Thru Perth (optional)	
20 January 2025	14	Monday	5.30am - 7am	1.5 hours			
23 January 2025		Thursday	7.00pm - 8.30pm	1.5 hours			Stretch & Flex class 6pm - 6.45pm
25 January 2025		Saturday	6.00am - 8.00am	2 hours			
26 January 2025		Sunday	6.00-7.30am regis			Swimming WA OWS Series - FINAL 10km Rotto Qualifier	
27 January 2025	15	Monday	5.30am - 7.00am	PHASE 4 - PACING	1.5 hours		
30 January 2025		Thursday	7.00pm - 8.30pm		1.5 hours		
1 February 2025	Saturday	6.00am - 8.00am	2 hours				
3 February 2025	16	Monday	5.30am - 7.00am		1.5 hours		
6 February 2025		Thursday	7.00pm - 8.30pm		1.5 hours		
8 February 2025		Saturday	6.00am - 8.00am		2 hours		
10 February 2025	17	Monday	5.30am - 7.00am		1.5 hours		
13 February 2025		Thursday	7pm - 8.30pm		1.5 hours		Stretch & Flex class 6pm - 6.45pm
15 February 2025		Saturday	6.00am - 7.30am		1.5 hours		
16 February 2025		Sunday	6.00am - 7.30am		1.5 hours		Squad Ocean Swim - Cottesloe
17 February 2025	18	Monday	5.30am - 7.00am	1.5 hours			
20 February 2025		Thursday	7pm - 8pm	1 hour		Optional light training session	
22 February 2025	Saturday	5.45am		2025 ROTTNEST CHANNEL SWIM			
26 February 2025	Wednesday	6.30pm		SQUAD DINNER AND AWARDS NIGHT - Location TBC			