

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	Time Trial # 1	
26 October 2024		Saturday	6.00am - 8.00am		2 hours		
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	4	Saturday	5.45am - 8.00am		2.25hours	Super Saturday	
4 November 2024		Monday	5.30am - 7.00am		1.5 hours		
7 November 2024	5	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	6	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	7	Monday	5.30am - 7.00am		1.5 hours		
21 November 2024		Thursday	7.00pm - 8.30pm		1.5 hours		
23 November 2024	8	Saturday	6.00am - 8.00am		2 hours		
25 November 2024		Monday	5.30am - 7.00am		1.5 hours		
28 November 2024		Thursday	7.00pm - 8.30pm		1.5 hours	Time Trial # 2	
30 November 2024	9	Saturday	6.30am - 8.30am		2 hours	Squad Christmas ocean swim + breakfast	
2 December 2024		Monday	5.30am - 7.00am		1.5 hours		
5 December 2024	10	Thursday	7.00pm - 8.30pm	1.5 hours	Stretch & Flex class 6pm - 6.45pm		
7 December 2024		Saturday	6.00am - 8.00am	2 hours			
9 December 2024	11	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	12	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	
CHRISTMAS BREAK 22/12/2024 - 5/1/2025 INCLUSIVE							
6 January 2025	13	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	Support Crew Seminar 8.30am
12 January 2025	Sunday	6am	3 hour +	Squad OW Swim - 10km Location TBS			
13 January 2025	14	Monday	5.30am - 7.00am	1.5 hours			
16 January 2025		Thursday	7.00pm - 8.30pm	1.5 hours		Time Trial #3	
18 January 2025		Saturday	6.00am - 8.00am	2 hours		Mindset Seminar 8.30am	
19 January 2025	15	Sunday	7am - 10.30am	3.5 hours		Swim Thru Perth (optional)	
20 January 2025		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	16	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	17	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	18	Monday	5.30am - 7.00am		1.5 hours		
6 February 2025		Thursday	7.00pm - 8.30pm		1.5 hours		
8 February 2025	19	Saturday	6.00am - 8.00am		2 hours		
10 February 2025		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	20	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	21	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			