

eSWIM ROTTO TRAINING SQUAD CALENDAR

Date	Week	Day	Time	Phase	Session length	Recommended Event
24 Oct - 30 Oct 2022						RCS - Solo Registration period for Rottneest Channel Swim (incl tandem solo)
1 November 2022						RCS Duos - until sold out
2 November 2022						RCS Teams - until sold out
9 October 2022		Saturday	2.30pm - 4.00pm	eSWIM ROTTO SQUAD INFO SESSION - Ellis Room, Bendat Basketball Centre		
15 October 2022		Saturday	3pm - 4.30pm	eSWIM ROTTO SQUAD GRADING SESSION - HBF Stadium		
17 October 2022	1	Monday	5.30am - 7.00am	PHASE 1 - TECHNIQUE	1.5 hours	
20 October 2022		Thursday	7.00pm - 8.30pm		1.5 hours	
22 October 2022		Saturday	6.00am - 8.00am		2 hours	
24 October 2022	2	Monday	5.30am - 7.00am		1.5 hours	
27 October 2022		Thursday	7.00pm - 8.30pm		1.5 hours	Time Trial # 1
29 October 2022		Saturday	6.00am - 8.00am		2 hours	
31 October 2022	3	Monday	5.30am - 7.00am		1.5 hours	
3 November 2022		Thursday	7.00pm - 8.30pm		1.5 hours	
5 November 2022		Saturday	5.45am - 8.00am		2.25hours	Super Saturday
7 November 2022	4	Monday	5.30am - 7.00am		1.5 hours	
10 November 2022		Thursday	7.00pm - 8.30pm		1.5 hours	Stretch & Flex class 6pm - 6.45pm
12 November 2022		Saturday	6.00am - 8.00am		2 hours	Nutrition Works Seminar - race testing - 8.30am
14 November 2022	5	Monday	5.30am - 7.00am	PHASE 2 - ENDURANCE	1.5 hours	
17 November 2022		Thursday	7.00pm - 8.30pm		1.5 hours	
19 November 2022		Saturday	6.00am - 8.00am		2 hours	
21 November 2022	6	Monday	5.30am - 7.00am		1.5 hours	
24 November 2022		Thursday	7.00pm - 8.30pm		1.5 hours	
26 November 2022		Saturday	6.00am - 8.00am		2 hours	
28 November 2022	7	Monday	5.30am - 7.00am		1.5 hours	
1 December 2022		Thursday	7.00pm - 8.30pm		1.5 hours	Time Trial # 2
3 December 2022		Saturday	6.30am - 8.30am		2 hours	Squad Christmas ocean swim + breakfast
5 December 2022	8	Monday	5.30am - 7.00am		1.5 hours	
8 December 2022		Thursday	7.00pm - 8.30pm		1.5 hours	Stretch & Flex class 6pm - 6.45pm
10 December 2022		Saturday	5.30am - 8.00am		2.5 hours	Christmas Super Set - 100s - INDOOR POOL

12 December 2022	9	Monday	5.30am - 7.00am	TEST	1.5 hours	
15 December 2022		Thursday	7.00pm - 8.00pm		1 hour	Taper session
17 December 2022		Saturday	6.30am		Christmas 10K - All swimmers	
19 December 2022	10	Monday	5.30am - 7.00am		1 hour	Recovery session
22 December 2022		Thursday	7pm - 8.30pm		1.5 hours	Recovery session
CHRISTMAS BREAK 23/12/2022 - 2/1/2023 INCLUSIVE						
5 January 2023	11	Thursday	7.00pm - 8.30pm	PHASE 3 - SPEED	1.5 hours	
7 January 2023		Saturday	6.00am - 8.00am		2 hours	
9 January 2023	12	Monday	5.30am - 7.00am		1.5 hours	Split squad training - Lanes 1-3
10 January 2023		Tuesday	5.30am - 7.00am		1.5 hours	Split squad training - Lanes 4-6 (no ePod)
12 January 2023		Thursday	7.00pm - 8.30pm		1.5 hours	Time Trial # 3
14 January 2023	Saturday	6.00am	3+ hours		Squad OW Swim - 10km Location TBC	
16 January 2023	13	Monday	5.30am - 7.00am		1.5 hours	Split squad training - Lanes 4-6
17 January 2023		Tuesday	5.30am - 7.00am		1.5 hours	Split squad training - Lanes 1-3 (no ePod)
19 January 2023		Thursday	7.00pm - 8.30pm		1.5 hours	Stretch & Flex class 6pm - 6.45pm
21 January 2023		Saturday	6.00am - 8.00am		2 hours	
23 January 2023	14	Monday	5.30am - 7am	1.5 hours		
26 January 2023		Thursday	6.00-7.30am regis	Swimming WA OWS Series - FINAL 10km Rotto Qualifier		
26 January 2023		Thursday	NO TRAINING		PUBLIC HOLIDAY	
28 January 2023		Saturday	6.00am - 8.00am	2 hours		
30 January 2023	15	Monday	5.30am - 7.00am	1.5 hours		
2 February 2023		Thursday	7.00pm - 8.30pm	1.5 hours		
4 February 2023		Saturday	6.00am - 8.00am	2 hours		
6 February 2023	16	Monday	5.30am - 7.00am	1.5 hours		
9 February 2023		Thursday	7.00pm - 8.30pm	1.5 hours		
11 February 2023		Saturday	6.00am - 8.00am	2 hours		
13 February 2023	17	Monday	5.30am - 7.00am	1.5 hours		
16 February 2023		Thursday	7pm - 8.30pm	1.5 hours	Stretch & Flex class 6pm - 6.45pm	
18 February 2023		Saturday	6.00am - 7.30am	1.5 hours		
19 February 2023		Sunday	6.00am - 7.30am	1.5 hours	Squad Ocean Swim - Cottesloe	
20 February 2023	18	Monday	5.30am - 7.00am	1.5 hours		
23 February 2023		Thursday	7pm - 8pm	1 hour	Optional light training session	
25 February 2023		Saturday	5.45am	2023 ROTTNEST CHANNEL SWIM		
1 March 2023		Wednesday	6.30pm	SQUAD DINNER AND AWARDS NIGHT - Location TBC		