

eSWIM ROTTO TRAINING SQUAD CALENDAR

Date	Training Week	Day	Time	Phase	Session length	Recommended Event
23 Oct - 29 Oct 2023						RCS - Solo Registration period for Rottnest Channel Swim (incl tandem solo)
31 October 2023						RCS Duos - until sold out
1 November 2023						RCS Teams - until sold out
8 October 2023		Sunday	3.30pm - 5.00pm	eSWIM ROTTO SQUAD INFO SESSION - Lecture Theatre, HBF Stadium		
15 October 2023		Sunday	10am - 11.30am	eSWIM ROTTO SQUAD GRADING SESSION - HBF Stadium		
16 October 2023	1	Monday	5.30am - 7.00am	PHASE 1 - TECHNIQUE	1.5 hours	
19 October 2023		Thursday	7.00pm - 8.30pm		1.5 hours	
21 October 2023		Saturday	6.00am - 8.00am		2 hours	
23 October 2023	Monday	5.30am - 7.00am	1.5 hours			
26 October 2023	2	Thursday	7.00pm - 8.30pm		1.5 hours	Time Trial # 1
28 October 2023		Saturday	6.00am - 8.00am		2 hours	
30 October 2023	3	Monday	5.30am - 7.00am		1.5 hours	
2 November 2023		Thursday	7.00pm - 8.30pm		1.5 hours	
4 November 2023		Saturday	5.45am - 8.00am		2.25hours	Super Saturday
6 November 2023	4	Monday	5.30am - 7.00am		1.5 hours	
9 November 2023		Thursday	7.00pm - 8.30pm	1.5 hours	Stretch & Flex class 6pm - 6.45pm	
11 November 2023		Saturday	6.00am - 8.00am	2 hours		
13 November 2023	5	Monday	5.30am - 7.00am	1.5 hours		
16 November 2023		Thursday	7.00pm - 8.30pm	1.5 hours		
18 November 2023		Saturday	6.00am - 8.00am	2 hours	Nutrition Works Seminar - race testing - 8.30am	
20 November 2023	6	Monday	5.30am - 7.00am	1.5 hours		
23 November 2023		Thursday	7.00pm - 8.30pm	1.5 hours		
25 November 2023		Saturday	6.00am - 8.00am	2 hours		
27 November 2023	7	Monday	5.30am - 7.00am	1.5 hours		
30 November 2023		Thursday	7.00pm - 8.30pm	1.5 hours	Time Trial # 2	
2 December 2023		Saturday	6.30am - 8.30am	2 hours	Squad Christmas ocean swim + breakfast	
4 December 2023	8	Monday	5.30am - 7.00am	1.5 hours		
7 December 2023		Thursday	7.00pm - 8.30pm	1.5 hours	Stretch & Flex class 6pm - 6.45pm	
9 December 2023		Saturday	5.30am - 8.00am	2.5 hours	Christmas Super Set - 100s - INDOOR POOL	
11 December 2023	9	Monday	5.30am - 7.00am	1.5 hours		
14 December 2023		Thursday	7.00pm - 8.00pm	1 hour	Taper session	
16 December 2023		Saturday	6.30am		Christmas 10K - All swimmers	
18 December 2023	10	Monday	5.30am - 7.00am	1 hour	Recovery session	
21 December 2023		Thursday	7pm - 8.30pm	1.5 hours	Recovery session	
23 December 2023		Saturday	6am - 7am	1 hour	Ocean swim - Cottesloe	
CHRISTMAS BREAK 24/12/2023 - 3/1/2024 INCLUSIVE						
4 January 2024	11	Thursday	7.00pm - 8.30pm	PHASE 3 - SPEED	1.5 hours	
6 January 2024		Saturday	6.00am - 8.00am		2 hours	
8 January 2024		Monday	5.30am - 7.00am		1.5 hours	
11 January 2024	12	Thursday	7.00pm - 8.30pm		1.5 hours	Time Trial # 3
13 January 2024		Saturday	6.00am - 8.00am		2 hours	
14 January 2024		Sunday	6am		3 hour +	Squad OW Swim - 10km Swan River
15 January 2024	13	Monday	5.30am - 7.00am		1.5 hours	
18 January 2024		Thursday	7.00pm - 8.30pm		1.5 hours	Stretch & Flex class 6pm - 6.45pm
20 January 2024		Saturday	6.00am - 8.00am		2 hours	
21 January 2024	14	Sunday	7am - 10.30am		3.5 hours	Swim Thru Perth (optional)
22 January 2024		Monday	5.30am - 7am	1.5 hours		
25 January 2024		Thursday	7.00pm - 8.30pm	1.5 hours		
26 January 2024		Friday	6.00-7.30am regis		Swimming WA OWS Series - FINAL 10km Rotto Qualifier	
27 January 2024	15	Saturday	6.00am - 8.00am	2 hours		
29 January 2024		Monday	5.30am - 7.00am	1.5 hours		
1 February 2024		Thursday	7.00pm - 8.30pm	1.5 hours		
3 February 2024	16	Saturday	6.00am - 8.00am	2 hours		
5 February 2024		Monday	5.30am - 7.00am	1.5 hours		
8 February 2024		Thursday	7.00pm - 8.30pm	1.5 hours		
10 February 2024	17	Saturday	6.00am - 8.00am	2 hours		
12 February 2024		Monday	5.30am - 7.00am	1.5 hours		
15 February 2024		Thursday	7pm - 8.30pm	1.5 hours	Stretch & Flex class 6pm - 6.45pm	
17 February 2024	18	Saturday	6.00am - 7.30am	1.5 hours		
18 February 2024		Sunday	6.00am - 7.30am	1.5 hours	Squad Ocean Swim - Cottesloe	
19 February 2024		Monday	5.30am - 7.00am	1.5 hours		
22 February 2024		Thursday	7pm - 8pm	1 hour	Optional light training session	
24 February 2024		Saturday	5.45am	2024 ROTTNESST CHANNEL SWIM		
28 February 2024		Wednesday	6.30pm	SQUAD DINNER AND AWARDS NIGHT - Location TBC		