

## TIMETABLE - NORMANHURST

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Junior</b>		6:00-7:15*		6:00-7:15		7:45-9:30
	5:30-6:45	4:15-5:30	5:15-6:30	4:15-5:30	5:00-6:15	
<b>Target</b>	5:30-7:30	5:30-7:15*	5:30-7:30	5:30-7:15*	5:30-7:30	6:00-8:00*
	5:30-7:00	5:30-7:00%	\$	5:30-7:00%		
<b>Performance</b>	5:30-7:30	5:30-7:15*	5:30-7:30	5:30-7:15*	5:30-7:30	6:00-8:30^*
	@ LC 4:15-6:30 or LN w Target %	5:30-7:00%	@ LC 4:15-6:30 especially \$	5:30-7:00%		
<b>Fitness</b>	6:00-7:15		6:00-7:15		6:00-7:15	6:00-7:30
	4:15-5:30	6:30-7:45	4:00-5:15	5:30-6:45	3:45-5:00	4:00-5:00pm
	6:45-7:45					
<b>Adults</b>	5:30-7:15		5:30-7:15		5:30-7:15	6:00-7:30
	6:45-7:45					4:00-5:00pm
<b>SWD</b>						
		6:30-7:45				

\*NOTE – These sessions may contain dryland training – please have Runners & appropriate attire available.

\$NOTE – 1<sup>st</sup> Wednesday of the month: Training sessions are high priority sessions for both Normanhurst & Lane Cove swimmers to train together at Lane Cove 50M pool & combine the best of Performance & Target squads from both venues, [pool entry additional].

%NOTE – Dryland Pre-Hab Sessions posted on the wall should be completed prior to the swim session – where competent

^NOTE – When warmer weather permits: Training will be moved to St Josephs College, Hunters Hill