

### SELECT SQUAD (all sessions compulsory)

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	DC or SISD				DC		SISD
	**Swim**				**Swim**		**Swim**
	05:30h - 07:00h				05:30h - 07:00h		07:00h - 09:15h
							Strength & Conditioning
							09:30h - 10:30h
AFTERNOON	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	DC	SISD	SISD	DC	SISD		
	Strength & Conditioning	**Swim**	**Swim**	Strength & Conditioning	**Swim**		
	17:00h - 18:00h	16:45h - 19:00h	16:45h - 19:00h	17:00h - 18:00h	14:30h-16:30h		
	**Swim**			**Swim**			
	18:00h - 19:15h			18:00h - 19:15h			

### Next Gen Seniors (minimum 5 sessions per week)

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	SISD		DC			DC	SISD
	**Swim**	**Swim**	**Swim**			**Swim**	**Swim**
	05:30h - 07:00h	05:30h-07:00h			05:30h-07:00h		08:00h - 8:30h
							Strength & Conditioning
							09:15h - 10:15h
AFTERNOON	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	RWA	SISD	RWA	SISD	NAS/SISD		
	**Swim**	Strength & Conditioning	**Swim**	**Swim**	**Swim**		
	17:00h - 19:00h	17:15h - 18:15h	17:00h - 19:00h	16:45h - 19:00h	14:30h - 16:00h		
	**Swim**	**Swim**					
	18:15h - 19:15h	18:15h - 19:15h					

### Sprints (3-4 sessions per week)

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	SISD		DC				SISD
	**Swim**	**Swim**	**Swim**				**Swim**
	05:30h - 07:00h	05:30h-07:00h					08:00h - 8:30h
							Strength & Conditioning
							09:15h - 10:15h
AFTERNOON	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	RWA		RWA	SISD	NAS/SISD		
	**Swim**		**Swim**	**Swim**	**Swim**		
	17:00h-19:00h		17:00h - 19:00h	16:45h-19:00h	14:30h - 16:30		

### Next Generation (minimum of 6 sessions per week)

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	SISD		DC			DC	SISD
	**Swim**	**Swim**	**Swim**			**Swim**	**Swim**
	05:30h - 07:00h	05:30h-07:00h			05:30h-07:00h		09:15h - 10:30h
AFTERNOON	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	NAS	SISD	DC	SISD	NAS / SISD		
	**Swim**	**Swim**	Strength & Conditioning	**Swim**	**Swim**		
	16:45h-18:15h	16:45h-18:15h	17:00h - 18:30h	16:45h-18:30h	14:30h-16:30h		
	Strength & Conditioning	Strength & Conditioning	**Swim**	Strength & Conditioning			
	18:15h-19:00h	18:15h-19:00h	17:45h-19:30h	18:30h-19:00h			

Next Gen Development (4-5 sessions per week)						
MORNING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			DC **Swim** 05:30h - 07:00h			DC **Swim** 05:30h - 07:00h
AFTERNOON	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	HES **Swim** 18:15h - 19:45h		DC Strength & Conditioning 17:00h - 18:15h **Swim** 18:15h - 19:30h	HES **Swim** 18:10h - 19:40h	SISD / NAS **Swim** 14:30h - 16:30h	

Hotshots (minimum of 4 sessions per week)						
MORNING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AFTERNOON	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	HES **Swim** 16:45h-18:15h	NAS / SISD **Swim** 17:00h-18:30h		HES **Swim** 16:40h-18:10h	NAS / SISD **Swim** 14:30h - 16:30h	

Futuras (3-4 sessions per week)							
MORNING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
							RWA Coached by Dom **Swim** 08:00-09:15h
AFTERNOON	MONDAY	TUESDAY		WEDNESDAY	FRIDAY		SATURDAY
	DIA Coach by Uros **Swim** 16:30h - 18:00h	DIA Coached By Uros **Swim** 16:30h-18:00h	NAS Coached By Tom **Swim** 17:00h-18:30h	DC Coached By Dom **Swim** 17:00h - 18:30h		RWA Coached By Dom **Swim** 14:00h-15:30h	DIA Coached By Uros **Swim** 14:30h-16:00h