



Junior Xcellence Squad – Lilydale Swimming Club

MONDAY AM	TUESDAY AM	WEDNESDAY AM	THURSDAY AM	FRIDAY AM	SATURDAY AM
No session, rest and recover	No session, rest and recover	No session, rest and recover	No session, rest and recover	5.30-6.00 stretching and dry land activities 6.00-7.30 pool training	No session, rest and recover
MONDAY PM	TUESDAY PM	WEDNESDAY PM	THURSDAY PM	FRIDAY PM	SATURDAY PM
6.40-7.00 stretching and dry land activities 7.00-8.30 pool training	5.40-6.00 stretching and dry land activities 6.00-7.30 pool training	6.40-7.00 stretching and dry land activities 7.00-8.30 pool training	5.40-6.00 stretching and dry land activities 6.00-7.30 pool training	No session, rest and recover	1.10-1.30 stretching and dry land activities 1.30-3.00 pool training

Targets/Goals:

- 1) Maintain the attitude and training ethic of a Junior State level Swimmer
- 2) Represent the Club at all State Championship events.
- 3) Compete in minimum of 2 targeted qualifying meets each season.

Attendance:

Due to the high performance nature of this squad there is a strict attendance policy within this squad.

- 1) Attend a minimum of 4 sessions.
- 2) Attend all provided gym sessions.

****Starting 30th of January 2012***