

eSWIM ROTTO TRAINING SQUAD CALENDAR

Date	Day	Time	Phase	Session length	Recommended Event
October 2018					Registrations open for Port to Pub
1-14 October 2018					RCS - Priority registration for duos and teams forced to withdraw in 2018
22-28 October 2018					RCS - Solo Registration period for Rottnest Channel Swim
31 October 2018					RCS Duos and Teams registrations - until sold out
13 October 2018	Saturday	2pm - 4pm	eSWIM ROTTO SQUAD INFO SESSION - Claremont Masters Club Rooms, HBF Stadium		
17 October 2018	Wednesday	7.00pm - 8.30pm	PHASE 1 - TECHNIQUE	1.5 hours	
20 October 2018	Saturday	6.00am - 8.00am		2 hours	
22 October 2018	Monday	5.30am - 7.00am		1.5 hours	
24 October 2018	Wednesday	7.00pm - 8.30pm		1.5 hours	
27 October 2018	Saturday	6.00am - 8.00am		2 hours	
29 October 2018	Monday	5.30am - 7.00am		1.5 hours	
31 October 2018	Wednesday	7.00pm - 8.30pm		1.5 hours	
3 November 2018	Saturday	6.00am - 8.00am		2 hours	
5 November 2018	Monday	5.30am - 7.00am		1.5 hours	(Leighton SWA - 5km)
7 November 2018	Wednesday	7.00pm - 8.30pm		1.5 hours	Stretch & Flex class 6pm - 6.45pm
10 November 2018	Saturday	6.00am - 8.00am		2 hours	
12 November 2018	Monday	5.30am - 7.00am		1.5 hours	
13 November 2018	Tuesday	6.30pm	PHASE 2 - ENDURANCE	"Eat and Think Your Way to Rottnest" Dept of Sport & Rec	
14 November 2018	Wednesday	7.00pm - 8.30pm		1.5 hours	
17 November 2018	Saturday	6.00am - 8.00am		2 hours	
19 November 2018	Monday	5.30am - 7.00am		1.5 hours	
21 November 2018	Wednesday	7.00pm - 8.30pm		1.5 hours	
24 November 2018	Saturday	6.00am - 8.00am		2 hours	
26 November 2018	Monday	5.30am - 7.00am		1.5 hours	
28 November 2018	Wednesday	7.00pm - 8.30pm		1.5 hours	
1 December 2018	Saturday	6.00am - 8.00am		2 hours	
3 December 2018	Monday	5.30am - 7.00am		1.5 hours	
5 December 2018	Wednesday	7.00pm - 8.30pm		1.5 hours	Stretch & Flex class 6pm - 6.45pm
8 December 2018	Saturday	6.00am - 8.00am		2 hours	
10 December 2018	Monday	5.30am - 7.00am	1.5 hours		

12 December 2018	Wednesday	7.00pm - 8.30pm	TEST & TRANSITION	1.5 hours		
15 December 2017	Saturday	6.30am		Christmas 10K - All solo + paddlers		
17 December 2018	Monday	5.30am - 7.00am		1.5 hours		
19 December 2018	Wednesday	7.00pm - 8.30pm		1.5 hours		
22 December 2018	Saturday	6.00am - 8.00am		2 hours		(Champion Lakes SWA event - 10km)
CHRISTMAS BREAK 23/12/2018 - 1/2/2019 INCLUSIVE						
29 December 2018	Saturday	Times TBC	PHASE 3 - SPEED	Swimming WA OWS Series Mullaloo Beach - 10km		
2 January 2019	Wednesday	7.00pm - 8.30pm		1.5 hours		
5 January 2019	Saturday	6.00am - 8.00am		2 hours		(Harvey Dam - 5km)
7 January 2019	Monday	5.30am - 7.00am		1.5 hours		
9 January 2019	Wednesday	7.00pm - 8.30pm		1.5 hours		
12 January 2019	Saturday	6.00am - 8.00am		2 hours		
14 January 2019	Monday	5.30am - 7.00am		1.5 hours		
16 January 2019	Wednesday	7.00pm - 8.30pm		1.5 hours		
19 January 2019	Saturday	6.00am - 8.00am		2 hours		
20 January 2019	Sunday	7.00am		2019 Swim Thru Perth - 3.5km		
21 January 2019	Monday	5.30am-7.00am		1.5 hours		
23 January 2019	Wednesday	7.00pm - 8.30pm		1.5 hours		Stretch & Flex class 6pm - 6.45pm
26 January 2019	Saturday	6.00-7.30am regis		Swimming WA OWS Series - 10km Rotto Rehearsal - Sorrento		
No class Saturday 26th January 2019				RECOVERY		
No class Monday 28th January 2019			RECOVERY			
30 January 2019	Wednesday	7.00pm - 8.30pm	1.5 hours			
2 February 2019	Saturday	6.00am - 8.00am	2 hours			
3 February 2018	Sunday	TBC	Swimming WA OWS Series - 5km Shorehaven			
4 February 2019	Monday	5.30am - 7.00am	1.5 hours			
6 February 2019	Wednesday	7.00pm - 8.30pm	1.5 hours			
9 February 2019	Saturday	6.00am - 8.00am	2 hours			
10 February 2019	Sunday	8.00am	Busselton Jetty Swim 2019 - 3.6km			
11 February 2019	Monday	5.30am - 7.00am	1.5 hours			
13 February 2019	Wednesday	7.00pm - 8.30pm	1.5 hours		Stretch & Flex class 6pm - 6.45pm	
16 February 2019	Saturday	6.00am - 8.00am	2 hours			
18 February 2019	Monday	5.30am - 7.00am	1.5 hours			
20 February 2019	Wednesday	7.00pm - 8.30pm	1.5 hours			
21 February 2019	Thursday	6.30pm - 8.30pm	eSWIM Rotto Squad team dinner			
23 February 2019	Saturday	5.45am	2019 ROTTNEST CHANNEL SWIM			
			PHASE 4 - PACING			