

# eSWIM ROTTO TRAINING SQUAD CALENDAR

Date	Day	Time	Phase	Session length	Recommended Event
26 Oct -1 Nov 2020					RCS - Solo Registration period for RCS (incl tandem solo)
4 November 2020					RCS Duos and Teams registrations - until sold out
TBA					Port to Pub Registrations open
11 October 2020	Sunday	2pm - 3.30pm	eSWIM ROTTO SQUAD INFO SESSION - HBF Stadium		
12 October 2020	Monday	5.30am - 7.00am	PHASE 1 TECHNIQUE	1.5 hours	
15 October 2020	Thursday	7.00pm - 8.30pm		1.5 hours	
17 October 2020	Saturday	6.00am - 8.00am		2 hours	
18 October 2020	Sunday	2.00pm - 3.00pm		1 hour	Sunday Stroke Correction Workshop
19 October 2020	Monday	5.30am - 7.00am		1.5 hours	
22 October 2020	Thursday	7.00pm - 8.30pm		1.5 hours	Time Trial # 1
24 October 2020	Saturday	6.00am - 8.00am		2 hours	
26 October 2020	Monday	5.30am - 7.00am		1.5 hours	
29 October 2020	Thursday	7.00pm - 8.30pm		1.5 hours	
31 October 2020	Saturday	6.00am - 8.00am		2 hours	
2 November 2020	Monday	5.30am - 7.00am		1.5 hours	
5 November 2020	Thursday	7.00pm - 8.30pm		1.5 hours	Stretch & Flex class 6pm - 6.45pm
7 November 2020	Saturday	6.00am - 8.00am		2 hours	
9 November 2020	Monday	5.30am - 7.00am	PHASE 2 ENDURANCE	1.5 hours	
12 November 2020	Thursday	7.00pm - 8.30pm		1.5 hours	
14 November 2020	Saturday	6.00am - 8.00am		2 hours	
16 November 2020	Monday	5.30am - 7.00am		1.5 hours	
19 November 2020	Thursday	7.00pm - 8.30pm		1.5 hours	
21 November 2020	Saturday	6.00am - 8.00am		2 hours	
22 November 2020	Sunday	2.00pm - 3.00pm		1 hour	Sunday Stroke Correction Workshop
23 November 2020	Monday	5.30am - 7.00am		1.5 hours	
26 November 2020	Thursday	7.00pm - 8.30pm		1.5 hours	Time Trial # 2
28 November 2020	Saturday	5.45am - 8.00am		2.25 hours	
30 November 2020	Monday	5.30am - 7.00am		1.5 hours	
3 December 2020	Thursday	7.00pm - 8.30pm		1.5 hours	Stretch & Flex class 6pm - 6.45pm
5 December 2020	Saturday	7.00am		2 hours	Squad Christmas ocean swim + breakfast

Date	Day	Time	Phase	Session length	Recommended Event
7 December 2020	Monday	5.30am - 7.00am	<b>TAPER &amp; TEST</b>	1.5 hours	
10 December 2020	Thursday	7.00pm - 8.30pm		1.5 hours	
12 December 2020	Saturday	5.30am - 8.00am		2 hours	<b>Christmas Super Set - 100s</b>
14 December 2020	Monday	5.30am - 7.00am		1.5 hours	
17 December 2020	Thursday	7.00pm - 8.00pm		1 hour	Taper session
<b>19 December 2019</b>	<b>Saturday</b>	<b>6.30am</b>			<b>Christmas 10K - All swimmers (10km,6.7km or 3.4km)</b>
21 December 2020	Monday	5.30am - 7.00am		1.5 hours	Recovery session
<b>CHRISTMAS BREAK 22/12/2020 - 3/1/2020 INCLUSIVE</b>					
4 January 2021	Monday	5.30am - 7.00am	<b>PHASE 3 SPEED</b>	1.5 hours	
7 January 2021	Thursday	7.00pm - 8.30pm		1.5 hours	
9 January 2021	Saturday	6.00am - 8.00am		2 hours	
11 January 2021	Monday	5.30am - 7.00am		1.5 hours	
14 January 2021	Thursday	7.00pm - 8.30pm		1.5 hours	Time Trial # 3
16 January 2021	Saturday	6.00am - 8.00am		2 hours	
18 January 2021	Monday	5.30am - 7.00am		1.5 hours	
21 January 2021	Thursday	7.00pm - 8.30pm		1.5 hours	Stretch & Flex class 6pm - 6.45pm
23 January 2021	Saturday	6.00am - 8.00am		2 hours	
<b>No class Monday 25th January 2021</b>				<b>TAPER</b>	
<b>26 January 2021</b>	<b>Tuesday</b>	<b>6.00-7.30am regis</b>	<b>Swimming WA OWS Series - 10km Rotto Rehearsal - Sorrento</b>		
28 January 2021	Thursday	7.00pm - 8.30pm	1.5 hours		
30 January 2021	Saturday	6.00am - 8.00am	2 hours		
<b>31 January 2021</b>	<b>Sunday</b>	<b>7am</b>	<b>Swim Thru Perth</b>		
1 February 2021	Monday	5.30am - 7.00am	1.5 hours		
4 February 2021	Thursday	7.00pm - 8.30pm	1.5 hours		
6 February 2021	Saturday	6.00am - 8.00am	2 hours		
8 February 2021	Monday	5.30am - 7.00am	1.5 hours		
11 February 2021	Thursday	7.00pm - 8.30pm	1.5 hours	Stretch & Flex class 6pm - 6.45pm	
13 February 2021	Saturday	6.00am - 8.00am	2 hours		
<b>14 February 2021</b>	<b>Sunday</b>	<b>7am</b>	<b>Busselton Jetty Swim</b>		
15 February 2021	Monday	5.30am - 7.00am	1.5 hours		
<b>17 February 2021</b>	<b>Wednesday</b>	<b>6.30pm - 8.30pm</b>	<b>eSWIM Rotto Squad team dinner</b>		
18 February 2021	Thursday	7pm - 8pm	1 hour	Final Squad swim	
<b>20 Feb 2021</b>	<b>Saturday</b>	<b>5.45am</b>	<b>2021 ROTTNEST CHANNEL SWIM</b>		