

eSWIM ROTTO TRAINING SQUAD CALENDAR 2022

Date	Training Week	Day	Time	Phase	Session length	Recommended Event
25 Oct - 31 Oct 2021						RCS - Solo Registration period for Rottnest Channel Swim (incl tandem solo)
3 November 2021						RCS Duos and Teams registrations - until sold out
26 October 2021						Port to Pub Registrations open. Close 5 March 2022
17 October 2021		Sunday	10am - 12pm	eSWIM ROTTO SQUAD INFO SESSION - HBF Stadium		
18 October 2021	1	Monday	5.30am - 7.00am	PHASE 1 - TECHNI QUE	1.5 hours	
21 October 2021		Thursday	7.00pm - 8.30pm		1.5 hours	
23 October 2021		Saturday	6.00am - 8.00am		2 hours	
25 October 2021	2	Monday	5.30am - 7.00am		1.5 hours	
28 October 2021		Thursday	7.00pm - 8.30pm		1.5 hours	Time Trial # 1
30 October 2021		Saturday	6.00am - 8.00am		2 hours	
31 October 2021		Sunday	7am		1 hour	Halloween Beach Swim - details TBC
1 November 2021	3	Monday	5.30am - 7.00am		1.5 hours	
4 November 2021		Thursday	7.00pm - 8.30pm		1.5 hours	
6 November 2021		Saturday	5.45am - 8.00am		2.25hours	Super Saturday
8 November 2021	4	Monday	5.30am - 7.00am	1.5 hours		
11 November 2021		Thursday	7.00pm - 8.30pm	1.5 hours	Stretch & Flex class 6pm - 6.45pm	
13 November 2021		Saturday	6.00am - 8.00am	2 hours	Nutrition Works Seminar - race testing - 8.30am	
15 November 2021	5	Monday	5.30am - 7.00am	PHASE 2 - ENDUR ANCE	1.5 hours	
18 November 2021		Thursday	7.00pm - 8.30pm		1.5 hours	
20 November 2021		Saturday	6.00am - 8.00am		2 hours	
22 November 2021	6	Monday	5.30am - 7.00am		1.5 hours	
25 November 2021		Thursday	7.00pm - 8.30pm		1.5 hours	
27 November 2021		Saturday	6.00am - 8.00am		2 hours	
29 November 2021	7	Monday	5.30am - 7.00am		1.5 hours	
2 December 2021		Thursday	7.00pm - 8.30pm		1.5 hours	Time Trial # 2
4 December 2021		Saturday	6.30am - 8.30am		2 hours	Squad Christmas ocean swim + breakfast
6 December 2021	8	Monday	5.30am - 7.00am		1.5 hours	
9 December 2021		Thursday	7.00pm - 8.30pm	1.5 hours	Stretch & Flex class 6pm - 6.45pm	
11 December 2021		Saturday	5.30am - 8.00am	2.5 hours	Christmas Super Set - 100s	
13 December 2021	9	Monday	5.30am - 7.00am	TEST	1.5 hours	
16 December 2021		Thursday	7.00pm - 8.00pm		1 hour	Taper session
18 December 2021			Saturday	6.30am	TEST	

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Date	Training Week	Day	Time	Phase	Session length	Recommended Event
20 December 2021	10	Monday	5.30am - 7.00am		1 hour	Recovery session
23 December 2021		Thursday	7pm - 8.30pm		1.5 hours	Recovery session
CHRISTMAS BREAK 24/12/2021 - 3/1/2022 INCLUSIVE						
6 January 2022	11	Thursday	7.00pm - 8.30pm	PHASE 3 - SPEED	1.5 hours	
8 January 2022		Saturday	6.00am - 8.00am		2 hours	
10 January 2022	12	Monday	5.30am - 7.00am		1.5 hours	
13 January 2022		Thursday	7.00pm - 8.30pm		1.5 hours	Time Trial # 3
15 January 2022		Saturday	6.00am - 8.00am		2 hours	
16 January 2021		Sunday	6.00am - 8.00am		2 hours	Squad ocean swim - Leighton - Cott return
17 January 2022	13	Monday	5.30am - 7.00am		1.5 hours	
20 January 2022		Thursday	7.00pm - 8.30pm		1.5 hours	Stretch & Flex class 6pm - 6.45pm
22 January 2022		Saturday	6.00am - 8.00am		2 hours	
24 January 2022	14	Monday	5.30am - 7am		1.5 hours	
26 January 2022		Wednesday	6.00-7.30am regis	Swimming WA OWS Series - FINAL 10km Rotto Qualifier		
27 January 2022		Thursday	7.00pm - 8.30pm	1.5 hours		
29 January 2022	15	Saturday	6.00am - 8.00am	2 hours		
31 January 2022		Monday	5.30am - 7.00am	1.5 hours		
3 February 2022		Thursday	7.00pm - 8.30pm	1.5 hours		
5 February 2022		Saturday	6.00am - 8.00am	2 hours		
7 February 2022	16	Monday	5.30am - 7.00am	1.5 hours		
10 February 2022		Thursday	7.00pm - 8.30pm	1.5 hours		
12 February 2022		Saturday	6.00am - 8.00am	2 hours		
14 February 2022	17	Monday	5.30am - 7.00am	1.5 hours		
17 February 2022		Thursday	7pm - 8.30pm	1.5 hours	Stretch & Flex class 6pm - 6.45pm	
19 February 2022		Saturday	6.00am - 7.30am	1.5 hours		
21 February 2022		Monday	5.30am - 7.00am	1.5 hours		
23 February 2022	18	Wednesday	6.30pm - 8.30pm	2 hours	SQUAD DINNER & AWARDS NIGHT	
24 February 2022		Thursday	7pm - 8pm	1 hour	Optional session	
26 February 2022		Saturday	5.45am	2022 ROTTNEST CHANNEL SWIM		