

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Aerobic & Technique Development Sessions	Threshold development w/ Racing Skills	Speed and Endurance	Threshold development w/ Racing Skills	Long and Strong
<i>AM</i>	Adult & Junior SFF 5.30AM - 7.00AM	*Junior Openwater+ 5.20AM - 6.20AM TSA Delivered	Adult & Junior SFF 5.30AM – 7.00AM	*Junior Openwater+ 5.20AM - 6.20AM TSA Delivered	Adult SFF 5.30AM - 6.30AM
		*Senior Openwater+ 6.20AM - 7.20AM TSA Delivered		*Senior Openwater+ 6.20AM - 7.20AM TSA Delivered	**All ages MDT Session 6.15AM - 7.30AM
<i>PM</i>					
		Adult & Junior SFF 6.00PM - 7:30PM TSA Delivered		Adult & Junior SFF 6.00PM - 7:30PM TSA Delivered	

* Openwater+ members only – subject to availability

**All Ages Multidiscipline Sessions (MDT). Session to support development of transition skills in Openwater focused events such as Triathlon, Swim Run and Surf Life Saving