MLC Aquatic
MLC Swimming Time Table - Term 3 - commencing 17th August 2020

		National Flippers		Performance Squad		National Squad		Senior State Squad		State Squad		Development + Junior Squads	
		Workout	Time	Workout	Time	Workout	Time	Workout	Time	Workout	Time	Time	Venue
Monday	AM	Swim @ MLC	Swim 5:30-7:30	Strength + Mobility	6:45-7:30	Strength + Mobility	6:45-7:30	Strength + Mobility	6:45-7:30	Strength + Mobility	6:45-7:30		
	PM	Swim @ MLC	Activation 3:30-4:00 Swim 4:00-6:00	Cycle		Cycle		Cycle		Cycle		Run	
Tuesday	AM			Core + Mobility	6:45-7:30	Core + Mobility	6:45-7:30	Core + Mobility	6:45-7:30	Core + Mobility	6:45-7:30		
	PM	Swim @ MLC	Activation 3:30-4:00 Swim 4:00-6:00	Run		Run		Run		Run		Strength	5:30-6:00
Wednesday	AM	Swim @ MLC	Swim 5:30-7:30	Mobility	6:45-7:30	Mobility	6:45-7:30	Mobility	6:45-7:30	Mobility	6:45-7:30		
	PM	Swim @ MLC	Activation 3:30-4:00 Swim 4:00-6:00	Choice Activity		Choice Activity		Choice Activity		Choice Activity		Run	
Thursday	AM			Strength + Mobility	6:45-7:30	Strength + Mobility	6:45-7:30	Strength + Mobility	6:45-7:30	Strength + Mobility	6:45-7:30		
	PM	Swim @ MLC	Activation 3:30-4:00 Swim 4:00-6:00	Cycle		Cycle		Cycle		Cycle		Strength	5:30-6:00
Friday	AM	Swim @ MLC	Swim 5:30-7:30	Core + Mobility	6:45-7:30	Core + Mobility	6:45-7:30	Core + Mobility	6:45-7:30	Core + Mobility	6:45-7:30		
	PM			Run		Run		Run		Run			
Saturday	AM	Swim @ MLC	Activation 6:30-7:00 Swim 7:00-9:00 Gym 9:00-10:00	Long Cycle		Long Cycle		Long Cycle		Long Cycle		Long Cycle	
	PM												