MLC Aquatic
MLC Swimming Holiday Time Table - 21st Sept - 4th October 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	Activation 6:30-7:00 Swim 7:00-9:00	Strength + Mobility	8:00-9:00	Strength + Mobility	8:00-9:00	Strength + Mobility	8:00-9:00	Strength + Mobility	8:00-9:00		
	PM	Swim @ MLC	Activation 3:30-4:00 Swim 4:00-6:00	Cycle OR	Strength 4:00-5:00	Cycle OR	Strength 4:00-5:00	Cycle OR	Strength 4:00-5:00	Cycle OR	Strength 4:00-5:00	Run	
Tuesday	AM	Swim @ MLC	**Gym 6:30-7:15** Swim 7:15-9:00	Core + Mobility	8:00-9:00	Core + Mobility	8:00-9:00	Core + Mobility	8:00-9:00	Core + Mobility	8:00-9:00		
	PM	Swim @ MLC	Activation 3:30-4:00 Swim 4:00-6:00	Run		Run		Run		Run		Strength	5:30-6:00
Wednesday	AM												
	PM	Swim @ MLC	Activation 3:30-4:00 Swim 4:00-6:00	Mobility	4:00-5:00	Mobility	4:00-5:00	Mobility	4:00-5:00	Mobility	4:00-5:00	Run	
Thursday	AM	Swim @ MLC	**Gym 6:30-7:15** Swim 7:15-9:00	Strength + Mobility	8:00-9:00	Strength + Mobility	8:00-9:00	Strength + Mobility	8:00-9:00	Strength + Mobility	8:00-9:00		
	PM	Swim @ MLC	Activation 3:30-4:00 Swim 4:00-6:00	Cycle OR	Strength 4:00-5:00	Cycle OR	Strength 4:00-5:00	Cycle OR	Strength 4:00-5:00	Cycle OR	Strength 4:00-5:00	Strength	5:30-6:00
Friday	AM	Swim @ MLC	Activation 6:30-7:00 Swim 7:00-9:00	Core + Mobility	8:00-9:00	Core + Mobility	8:00-9:00	Core + Mobility	8:00-9:00	Core + Mobility	8:00-9:00		
	PM	Swim @ MLC	Activation 3:30-4:00 Swim 4:00-6:00	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												