

SGB Training Schedule: Effective as of 21st April 2025									
Wonthaggi Facility					Leongatha Facility				
Day	Time	Land Based	Coach		Day	Time	Land Based	Coach	
National Squad									
Minimum Requirements: 7 swim sessions + 3 land based sessions per week									
MONDAY	AM	6.00-8.00		Dylan	MONDAY	AM	6.00-8.00		Lorri
TUESDAY	AM	6.00-8.00		Dylan	MONDAY	PM	5.00-8.00	5.00-5.50 gym	Dylan
TUESDAY	PM	4.00-6.45	5.45-6.45 (gym)	Dylan	TUESDAY	AM	6.00-8.00		Lorri
THURSDAY	AM	6.00-8.00		Samantha	WEDNESDAY	AM	6.00-8.00		Dylan
THURSDAY	PM	4.00-6.30	5.30-6.30 (gym)	Dylan	WEDNESDAY	PM	4.00-7.00	6.15-7.00 gym	Dylan
FRIDAY	AM	6.00-8.00		Dylan	THURSDAY	PM	6.15-8.30	6.15-6.30 activation	Dylan
SATURDAY	AM	7.30-10.15	9.15-10.15 (gym)	Dylan	FRIDAY	PM	4.15-7.30	4.15-5.15 gym	Dylan
State Squad									
Minimum Requirements: 5 swim + 2 land based sessions per week									
MONDAY	AM	6.00-8.00		Dylan	MONDAY	AM	6.00-8.00		Lorri
TUESDAY	PM	5:45-8:30	5.45-6.45 (gym)	Dylan	MONDAY	PM	5.15-8.00	5.00-5.50 gym	Dylan
THURSDAY	AM	6.00-8.00		Samantha	TUESDAY	AM	6.00-8.00		Lorri
THURSDAY	PM	4.00-6.30	5.30-6.30	Dylan	WEDNESDAY	AM	6.00-8.00		Dylan
FRIDAY	AM	6.00-8.00		Dylan	THURSDAY	AM		6.45-7.45am gym	Sarah
SATURDAY	AM	7.30-10.15	9.15-10.15	Dylan	THURSDAY	PM	6.15-8.30	6.15-6.30 activation	Dylan
					FRIDAY	PM	4.45-7.30	4.45-5.30 LB	Dylan
State Development Squad									
Minimum Requirements: 4 swim sessions + 2 land based sessions per week									
MONDAY	AM	6.00-8.00		Dylan	MONDAY	PM	5.15-7.30	5.15-6.00 LB	Lorri
TUESDAY	PM	6.15-8.30	6.15-6.45	Dylan/Trinity	TUESDAY	AM	6.00-8.00		Dylan
WEDNESDAY	PM	6.30-8.30	6.30-7.00	Trinity	WEDNESDAY	PM	6.00-7.45	6.00-6.15 activation	Lorri
FRIDAY	AM	6.00-8.00		Dylan	THURSDAY	PM	6.15-8.00	6.15-6.30 activation	Lorri
SATURDAY	AM	7.30-9.00		Trinity	FRIDAY	PM	4.45-7.30	4.45-5.30 gym	Dylan/Trinity
Country Squad									
Minimum Requirements: 3 sessions per week									
TUESDAY	PM	6.15-8.15	6.15-6.45	Trinity/Sam	TUESDAY	PM	7.00-8.30		Lorri
WEDNESDAY	PM	6.30-8.30	6.30-7.00	Trinity/Hannah	WEDNESDAY	PM	6.00-7.45	6.00-6.15 activation	Lorri
SATURDAY	AM	7.30-9.00		Lorri	THURSDAY	PM	4.00-5.30		Lorri
					FRIDAY	PM	5.30-7.30	5.30-6.00	Lorri
District Squad									
Requirements: 1-2 sessions per week									
WEDNESDAY	PM	6.30-8.30	6.30-7.00	Trinity/Hannah	TUESDAY	PM	7.00-8.30		Lorri
SATURDAY	AM	7.30-9.00		Lorri	FRIDAY	PM	5.30-7.30	5.30-6.00	Lorri
Junior Squad									
Minimum Requirements: 2 sessions per week									
TUESDAY	PM	5.15-6.45	5.15-5.45	Trinity/Sam	TUESDAY	PM	6.00-7.00		Lorri
WEDNESDAY	PM	5.30-7.00	5.30-6.00	Trinity/Hannah	THURSDAY	PM	5.00-6.30	5.00-5.30	Lorri
SATURDAY	AM	7.30-9.00		Samantha	FRIDAY	PM	4.15-5.30		Lorri
Fitness Squad									
1 x 45min session per week - locked into same session each week (age 10yrs+)									
					TUESDAY	PM	6.15-7.00		Hannah
					TUESDAY	PM	7.00-7.45		Hannah
					THURSDAY	PM	6.15-7.00		Sarah
Development Squad									
1 x 45min session per week - locked into same session each week (age 7-9yrs)									
					MONDAY	PM	3.45-4.30		Lorri
					MONDAY	PM	4.30-5.15		Lorri
					TUESDAY	PM	4.30-5.15		Hannah
					TUESDAY	PM	5.15-6.00		Hannah
					FRIDAY	PM	4.30-5.15		