

SGB Training Schedule: Effective as of 19th January, 2026

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	Nathan	MONDAY	AM	6.00-8.00	Lorri
TUESDAY	AM	6.00-8.00	Nathan	MONDAY	PM	5.00-8.00	5.00-5.50 gym Dylan
TUESDAY	PM	4.00-6.45	5.45-6.45 gym Nathan/Dylan	TUESDAY	AM	6.00-8.00	Dylan
THURSDAY	AM	6.00-8.00	Nathan	WEDNESDAY	AM	6.00-8.00	Dylan
THURSDAY	PM	4.00-6.30	5.30-6.30 Nathan	WEDNESDAY	PM	4.00-7.00	6.15-7.00 gym Dylan
FRIDAY	AM	6.00-8.00	Nathan	THURSDAY	PM	6.15-8.30	6.15-6.30 activation Dylan
SATURDAY	AM	7.30-10.15	9.15-10.15 gym Dylan/Nathan	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	Nathan	MONDAY	AM	6.00-8.00	Lorri
TUESDAY	PM	5.45-8.30	5.45-6.45 gym Nathan/Dylan	MONDAY	PM	5.00-8.00	5.00-5.50 gym Dylan
THURSDAY	AM	6.00-8.00	Nathan	TUESDAY	AM	6.00-8.00	Dylan
THURSDAY	PM	4.00-6.30	5.30-6.30 Nathan	WEDNESDAY	AM	6.00-8.00	Dylan
FRIDAY	AM	6.00-8.00	Nathan	THURSDAY	AM		6.45-7.45 Gym Dylan
SATURDAY	AM	7.30-10.15	9.15-10.15 gym Dylan/Nathan	THURSDAY	PM	6.15-8.30	6.15-6.30 activation Dylan
				FRIDAY	PM	5.15-7.30	5.15-5.30 activation Dylan
State Development Squad							
Minimum Requirements: 4 swim sessions + 2 land based sessions per week							
MONDAY	AM	6.00-8.00	Nathan	MONDAY	PM	5.15-7.30	5.15-6.00 Nathan/Dylan
TUESDAY	PM	6.15-8.30	6.15-6.45 Nathan	TUESDAY	AM	6.00-8.00	Dylan
WEDNESDAY	PM	6.30-8.30	6.30-7.00 Trinity/Nathan	WEDNESDAY	PM	6.00-7.45	6.00-6.15 activation Lorri
FRIDAY	AM	6.00-8.00	Nathan	THURSDAY	PM	6.15-8.00	6.15-6.30 activation Dylan
SATURDAY	AM	7.30-9.00	Nathan	FRIDAY	PM	4.35-7.30	4.35-5.20 gym Dylan
Country Squad							
Minimum Requirements: 3 sessions per week							
TUESDAY	PM	5.00-7.00	5.00-5.30 Sam	TUESDAY	PM	7.00-8.30	Lorri
WEDNESDAY	PM	5.30-7.30	5.30-6.00 Trinity/Nathan	WEDNESDAY	PM	6.00-7.45	6.00-6.15 activation Lorri
SATURDAY	AM	7.30-9.00	Nathan	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	5.30-7.30	5.00-5.30 Trinity/Nathan	TUESDAY	PM	7.00-8.30	Lorri
SATURDAY	AM	7.30-9.00	Nathan	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/Nathan	TUESDAY	PM	6.00-7.00	Lorri
WEDNESDAY	PM	5.30-7.00	5.30-6.00 Trinity/Nathan	THURSDAY	PM	5.00-6.30	5.00-5.30 Lorri
SATURDAY	AM	7.30-9.00	Sam	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	Sophie
Multi-Class Squad							
SATURDAY	AM	9.15-10.00	Sam	MONDAY	PM	5.15-6.00	Lorri
Senior Squad							
Senior Squad swimmers can attend a maximum of 3 sessions per week to be arranged with the head coach. Minimum age:15yrs.							