

Week 1 7/2/2018 Notes	Mon 02/07	Tue 03/07	Wed 04/07	Thu 05/07	Fri 06/07	Sat 07/07	Sun 08/07
	Gold Squad All Swim at Pymble unless stated All Gym at ABB						
	5:15-5:30am Activation 5:30-7:30am Swim 1:30-3:00pm Gym @ ABB 3:30-5:15pm Swim	5:30-7:30am Knox off	off 1:30-3:00pm Gym @ ABB 3:30-6:00pm Swim	5:30-7:30am Knox off	5:15-5:30am Activation 5:30-7:30am Swim off	6:30-7:00am Activation 7:00-9:00am Swim 9:15-10:30am Ypga	
Week 2 7/9/2018 Notes	Mon 09/07	Tue 10/07	Wed 11/07	Thu 12/07	Fri 13/07	Sat 14/07	Sun 15/07
	Tash and Shaun to Canberra Holly at ETS Camp All Swim at Pymble All Gym at ABB						
	6:00-6:30am Activation 6:30-8:30am Swim 2:00-3:30pm Gym @ ABB 4:00-6:00pm Swim	6:00-6:30am Activation 6:30-8:30am Swim 3:30-4:00pm Activation 4:00-6:00pm Swim	off 2:00-3:30pm Gym @ ABB 4:00-6:00pm Swim	6:00-6:30am Activation 6:30-8:30am Swim 3:30-4:00pm Activation 4:00-6:00pm Swim	7:30-8:00am Activation 8:00-11:30am Swim		
Week 3 7/16/2018 Notes	Mon 16/07	Tue 17/07	Wed 18/07	Thu 19/07	Fri 20/07	Sat 21/07	Sun 22/07
	All Swim at Pymble All Gym at ABB Thursday STS Induction						
	off 2:00-3:30pm Gym @ ABB 4:00-6:00pm Swim	6:00-6:30am Activation 6:30-8:30am Swim 3:30-4:00pm Activation 4:00-6:00pm Swim	off 2:00-3:30pm Gym @ ABB 4:00-6:00pm Swim	6:00-6:30am Activation 6:30-8:30am Swim	Metro	Metro	Metro

Disclaimer: No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.