

		National Age Squad		Notes	HP Squad		Notes	
		AM	PM		AM	PM		
4-Aug	Saturday	OFF		<i>BSA Short Course Championships</i>	OFF		<i>BSA Short Course Championships</i>	Emily Staging
5-Aug	Sunday			<i>BSA Short Course Championships</i>			<i>BSA Short Course Championships</i>	
6-Aug	Monday	OFF	4:30pm-6:00pm CHUR		OFF	2:00pm-4:00pm QAS	<i>QAS Recovery Protocol</i>	
7-Aug	Tuesday	5:30am-7:30am BGS	4:30pm-6:00pm CHUR		6:00am-8:00am BGS	2:00pm-4:00pm MAR		
8-Aug	Wednesday	OFF	4:30pm-6:00pm CHUR		6:00am-8:00am BGS	2:00pm-4:00pm MAR	<i>FES Testing (Kirstin +1)</i>	Pan Pac Champs
9-Aug	Thursday	5:30am-7:30am BGS	OFF	<i>National Age - Hiromi and Matteo</i>	QAS TBA Staggered Times	No Training	<i>Gym Testing = Chins, CMJ Force Plate Pool = KPASS, Force, REX</i>	
10-Aug	Friday	6:00am-7:30am BGS	OFF	<i>National Age - Lush</i>	6:00am-8:00am BGS	No Training		
11-Aug	Saturday	9:00am-10:30am BGS	OFF	<i>National Age - Hiromi and Matteo</i>	5:30am-10:00am BGS Staggered Times	No Training	<i>12x25m Testing (Katie)</i>	
12-Aug	Sunday							Emily Swim Break - Must do Gym / Steve Nutrition Strategy
13-Aug	Monday	6:00am-7:30am BGS	OFF	<i>National Age - Lush</i>	6:00am-8:00am BGS	2:00pm-4:00pm MAR	<i>BES Testing (Katie +2)</i>	
14-Aug	Tuesday	5:30am-7:30am BGS	OFF	<i>National Age - Bobby</i>	6:00am-8:00am BGS	4:00pm-5:30pm (QUT)		
15-Aug	Wednesday	5:30am-7:30am BGS	OFF		6:00am-8:00am BGS	4:00pm-5:30pm (QUT)	<i>Lachlan Anthro Testing at QUT</i>	
16-Aug	Thursday	5:30am-7:30am BGS	OFF		6:00am-8:00am BGS Review Meetings from 7:00am	No Training	<i>Lach + Smith + Bec Review Results Afternoon Athlete Meetings</i>	Emily - Mornings Only Gym in Evenings
17-Aug	Friday	6:00am-7:30am BGS		<i>QLD Short Course Championships</i>	7:00am-8:00am BGS	No Training	<i>QLD Short Course Championships</i>	
18-Aug	Saturday	OFF		<i>QLD Short Course Championships</i>	OFF	No Training	<i>QLD Short Course Championships</i>	
19-Aug	Sunday			<i>QLD Short Course Championships</i>			<i>QLD Short Course Championships</i>	
20-Aug	Monday	OFF	OFF		OFF	2:00pm-4:00pm QAS	<i>HP Group - Bobby (Recovery)</i>	Emily = Normal Training
21-Aug	Tuesday	5:30am-7:30am BGS	OFF		6:00am-8:00am BGS	2:00pm-4:00pm MAR	<i>HP Group - Bobby</i>	
22-Aug	Wednesday	5:30am-7:30am BGS	OFF		6:00am-8:00am BGS	2:00pm-4:00pm MAR	<i>HP Group - Bobby (Katie)</i>	
23-Aug	Thursday	5:30am-7:30am BGS	OFF		6:00am-8:00am BGS		<i>HP Group - Bobby</i>	
24-Aug	Friday	5:30am-7:30am BGS			6:00am-8:00am BGS		<i>HP Group - Bobby</i>	
25-Aug	Saturday	8:00am-10:00am BGS			7:00am-9:00am MAR		<i>HP Group - Bobby (Katie)</i>	
26-Aug	Sunday							
27-Aug	Monday	5:30am-7:30am BGS	4:30pm-6:00pm CHUR		6:00am-8:00am BGS	2:00pm-4:00pm MAR	<i>Katie</i>	
28-Aug	Tuesday	5:30am-7:30am BGS	4:30pm-6:00pm CHUR		6:00am-8:00am BGS	2:00pm-4:00pm MAR		
29-Aug	Wednesday	OFF	4:30pm-6:00pm CHUR		6:00am-8:00am BGS	2:00pm-4:00pm MAR	<i>Lachlan back</i>	
30-Aug	Thursday	5:30am-7:30am BGS	OFF		6:00am-8:00am BGS			
31-Aug	Friday	5:30am-7:30am BGS		<i>National Age - Lush</i>	6:00am-8:00am BGS			
1-Sep	Saturday	OFF			7:00am-9:00am MAR			Emily = Normal Training
2-Sep	Sunday							
3-Sep	Monday	5:30am-7:30am BGS	4:30pm-6:00pm CHUR		6:00am-8:00am BGS	2:00pm-4:00pm MAR		
4-Sep	Tuesday	5:30am-7:30am BGS	4:30pm-6:00pm CHUR		6:00am-8:00am BGS	2:00pm-4:00pm MAR		
5-Sep	Wednesday	OFF	4:30pm-6:00pm CHUR		6:00am-8:00am BGS	2:00pm-4:00pm MAR		
6-Sep	Thursday	5:30am-7:30am BGS	OFF		6:00am-8:00am BGS			
7-Sep	Friday	5:30am-7:30am BGS			6:00am-8:00am BGS			
8-Sep	Saturday	7:00am-9:00am CHUR		<i>(CHUR Limited Parking - Rugby)</i>	7:00am-9:00am MAR			
9-Sep	Sunday							