

TESTING BLOCK - 8 to 15 AUGUST								
	WEDNESDAY 8 August	THURSDAY 9 August	FRIDAY 10 August	SATURDAY 11 August	MONDAY 13 August	TUESDAY 14 August	WEDNESDAY 15 August	THURSDAY 16 August
AM	AEC 1-2 + SPEED PREP 6:00am-8:00am (BGS)	GYM TESTING Chins, CMJ, FP POOL TESTING KPASS, FG, REX Staggered Times (QAS)	AEC 1-2 + SPEED PREP 6:00am-8:00am (BGS)	TESTING 12x25 Staggered Times (BGS)	AEC 1-2 + SPEED PREP 6:00am-8:00am (BGS)	AEC 2-4 (GYM+SWIM) 6:00am-8:00am (BGS)	AEC 2-4 6:00am-8:00am (BGS)	AEC 2-4 (GYM+SWIM) 6:00am-8:00am (BGS) Athlete Consults from 7:00am
PM	FES TESTING w SUITS 2:00pm-4:00pm (MARIST)	NO TRAINING	NO TRAINING	NO TRAINING	BES TESTING (MARIST)	AEC 2-4 4:00pm-6:00pm (QUT)	AEC 2-4 4:00pm-6:00pm (QUT)	NO TRAINING

WEDNESDAY 8 AUG - FES TESTING PROTOCOL			
20mins	Stretch / Activation		50m FES Group Minna, Cooke, Georgia, Will, JJ
40mins	Pre-Race Warm-up		100m FES Group Gemma, Pete, Callum
20mins	Suit-up La(base)		200m FES Group Jared, Gabby,
10mins	FES Protocol Dive 50m at FES La(peak)		Not Available Alex Grant
30mins	Cool Down		

THURSDAY 9 AUG - TESTING PROTOCOL (GYM)				THURSDAY 9 AUG - TESTING PROTOCOL (POOL)			
15mins	Warm-up (Bec)	Group 1 8:00am-9:00am	Minna Atherton Gemma Cooney	15mins	Warm-up (Nick)	Group 1 - Arrive 9:00am	Minna Atherton Gemma Cooney
20mins	TESTING Chins, CMJ, Force Plate	Group 2 9:00am-10:00am	Jared Gilliland Georgia Wells	10mins	REX Testing	Group 2 - Arrive 10:00am	Jared Gilliland Georgia Wells
25mins	Extended Gym Program (TBA)	Group 3 9:15am-10:15am		10mins	Force Gauge	Group 3 - Arrive 10:15am	
		Normal Session - BGS Callum Williams Gabby Scud Joe Jackson Brendan Cooke Will Seebohm Pete Mills Alex Grant	Not Available for QAS Joe Jackson Brendan Cooke Pete Mills	10mins	Recovery Swim		Not Available for QAS Joe Jackson Brendan Cooke Pete Mills
				45mins	KPASS KPASS (fatigued)		
				30mins	Recovery Swim Hot/Cold Baths		

SATURDAY 11 AUG - 12x25m TESTING PROTOCOL				MONDAY 13 AUG - BES TESTING PROTOCOL			
15mins	Stretch / Activation	Minna Arrive 5:30am Test 6:15am	Gemma Arrive 5:45am Test 6:30am	20mins	Stretch / Activation		50m BES Group Minna, Georgia, Will
30mins	Pre-Race Warm-up	Jared Arrive 6:00am Test 6:45am	Callum Arrive 6:15am Test 7:00am	40mins	Pre-Race Warm-up La(base)		100m BES Group Gemma, Callum
15mins	La(base) 12x25m Test La(1-2-4-6-8-10min)	Brendan Arrive 6:30am Test 7:15am	Peter Arrive 6:45am Test 7:30am	20mins	100m BES Protocol p1 1x Dive 50m 1x Push 25m 1x Push 40m	100m BES Protocol p2 La(base) 1x 100 Swim (HR) 1x 50m Push Max	200m BES Group Jared, Gabby
30mins	Recovery Swim	Georgia Arrive 7:00am Test 7:45am	Gabby Arrive 7:15am Test 8:00am		200m BES Protocol p1 1x Dive 50m 1x Push 25m 1x Push 40m	200m BES Protocol p2 La(base) 1x 100 Swim (HR) 1x 100m Push Max	Not Available Alex Grant Joe Jackson Pete Mills
		Alexander Arrive 7:30am Test 8:15am	Joe Jackson Arrive 7:45am Test 8:30am	30mins	Recovery Swim		
		Will Arrive 8:00am Test 8:45am	Finished 9:30am				

THURSDAY 16 AUG - ATHLETE RESULTS REVIEW			
7:00am Minna Atherton (BGS)	7:20am Gemma Cooney (BGS)	7:40am Gabby Scudamore (BGS)	
8:20am Jared Gilliland (Scout Cafe)	8:40am Georgia Wells (Scout Cafe)	9:00am Brendan Cooke (Scout Cafe)	9:20am Callum Williams (Scout Cafe)
Peter Mills (TBA)	Joe Jackson (TBA)	Will Seebohm (TBA)	Alexander Grant (TBA)
Scout Café 190 Petrie Terrace QLD 4000			