

Day 1 (Saturday 14th April)

Group A

8:00 - 8:15	Check in
8:15 - 8:30	Change and make your way to the gym
8:30 - 9:30	Strength & Conditioning
9:30 - 9:45	Change
9:45 - 10:00	Pre pool
10:00 - 11:00	Pool session
11:00 - 11:15	Post pool
11:15 - 11:30	Change
11:30 - 12:30	Lunch break
12:30 - 12:45	Change
12:45 - 13:00	Pre pool
13:00 - 14:00	Pool
14:00 - 14:15	Post pool
14:30 - 15:30	Sports Psychology
15:30 - 15:45	Sign out / Pick up

Group B

8:00 - 8:30	Check in
8:30 - 8:45	Change
8:45 - 9:00	Pre pool
9:00 - 10:00	Pool
10:00 - 10:15	Post pool
10:15 - 10:25	Change
10:30 - 11:30	Strength & Conditioning
11:30 - 12:30	Lunch break
12:30 - 13:30	Nutrition during competition
13:30 - 13:45	Change
13:45 - 14:00	Pre pool
14:00 - 15:00	Pool
15:00 - 15:15	Post pool
15:15 - 15:30	Change
15:30 - 15:45	Sign out / Pick up

Day 2 (Sunday 15th April)

Group A

8:15 - 8:30	Check in
8:30 - 9:30	Strength & Conditioning
9:30 - 9:45	Change
9:45 - 10:00	Pre pool
10:00 - 10:45	Pool
10:45 - 11:00	Post pool
11:15 - 12:30	Lunch break
12:30 - 13:30	Video analysis
13:30 - 13:50	Q & A
14:00 - 15:00	Sports Psychology
15:00 - 15:15	Pre pool
15:15 - 16:15	Pool
16:30	Pick up

Group B

8:15 - 8:30	Check in
8:30 - 8:45	Change
8:45 - 9:00	Pre pool
9:00 - 10:00	Pool
10:00 - 10:15	Post pool
10:15 - 10:30	Change
10:30 - 11:30	Strength & Conditioning
11:30 - 12:30	Lunch break
12:30 - 13:30	Nutrition during competition
13:30 - 14:00	Race plans / Video analysis
14:00 - 14:15	Pre pool
14:15 - 15:15	Pool
15:15 - 15:30	Post pool
15:45 - 16:30	Q & A