



Aquatic Life skills from infants to internationals

Surf, Tri, Master Practice Schedule 2011

Squad Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Surf, Tri, Masters 1						
Am			5.30-7am		5.30-7am	
Surf, Tri, Masters 2						
Am	5.30-7am		5.30-7am		5.30-7am	
Surf, Tri, Masters 3						
Am	5.30-7.30		5.30-7.30am		5.30-7.30am	

STM Training Equipment List

- Swimming togs
- 2x goggles
- Drink bottle
- Cap (optional)
- Pull buoy



Surf, Tri, Masters 1

You will be swimming twice a week for fitness. In a lane of similar level. You will also learn about technique, how to read the clock and other swimming specific skills. I.e a tumble turn.



Surf, Tri, Masters 2

You will further your fitness training to endurance training with varying speeds swimming three times a week and further developing your swimming skills.



Surf, Tri, Masters 3

You will increase your training duration in this group, therefore increasing the volume of endurance training. This group swims alongside the Open Competitive squad on the above mornings.

