

### 2024 NSW HPC Training Timetable V1.0 TERM 4, 2024

#### MEN'S HIGH PERFORMANCE

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Hours P/W
NSW HPC Senior Squad	Hongwei	Hongwei	Hongwei	Hongwei	Hongwei	Hongwei	26.5
	9.00am - 11.00am 4.00pm - 8.00pm	4.00pm - 8.00pm	4.00pm - 7.30pm	9.00am - 11.00am 4.00pm - 8.00pm	4.00pm - 7.30pm	9.00am - 12.30pm	
	6	4	3.5	6	3.5	3.5	

NSW HPC Junior Squad	Hongwei	Hongwei	Hongwei	Hongwei	Hongwei	Hongwei	22.5
	4.00pm - 8.00pm	4.00pm - 8.00pm	4.00pm - 7.30pm	4.00pm - 8.00pm	4.00pm - 7.30pm	9.00am - 12.30pm	
	4	4	3.5	4	3.5	3.5	

Blue Squad Mandy Mclean	Mandy		Mandy	Mandy	Mandy	Mandy	19
	3.45pm - 7.45pm		3.45pm - 7.30pm	3.45pm - 7.45pm	4.00pm - 7.15pm	8.00am - 12.00pm	
	4		3.75	4	3.25	4	

Teal Squad Mandy Mclean/Jack Hall		Mandy		Mandy		Mandy/Jack	11
		3.45pm - 7.45pm		3.45pm - 7.45pm		12.15pm - 3.15pm	
		4		4		3	

Lime Squad Mandy Mclean/Jack Hall		Mandy		Mandy		Mandy/Jack	10
		3.45pm - 7.15pm		3.45pm - 7.15pm		12.15pm - 3.15pm	
		3.5		3.5		3	

#### SERVICES

Service	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Pool Recovery						JNR & SNR Squad *12.00pm - 12.30pm*	
						Blue Squad	
						12.00pm - 12.30pm	

\*SNR & JNR: Pool Recovery Sessions are Fortnightly Starting Oct 19th\*