Doncaster Templestowe Swim Club

Competition

Weekly minimum

4 sessions per week

Training timetable

Monday

MORNING

Gym
5:30am – 6:00am
Aquarena

Swim
6:00am – 7:30am
Aquarena

AFTERNOON

Swim
4:00pm – 5:30pm
Eltham

Tuesday

MORNING

Dryland
5:30am – 6:00am
Aquarena

Swim
6:00am – 7:30am
Aquarena

AFTERNOON

Cycle
6:00pm – 6:30pm
Aquarena

Swim
7:00pm – 8:30pm
Aquarena

Wednesday

MORNING

Gym
5:30am – 6:00am
Aquarena

Swim
6:00am – 7:30am
Aquarena

AFTERNOON

Swim
4:00pm – 6:00pm
Eltham

Thursday

MORNING

Gym
5:30am – 6:00am
Aquarena

Swim
6:00am – 7:30am
Aquarena

AFTERNOON

Swim
7:00pm – 8:30pm
Aquarena

Friday

MORNING

Dryland
5:30am – 6:00am
Aquarena

Swim
6:00am – 7:30am
Aquarena

AFTERNOON

Swim
6:00pm – 7:30pm
Eltham

Saturday

MORNING

Swim
5:30am – 7:00am
Aquarena

Gym
7:15am – 8:00am
Aquarena

Follow coach updates and Team App for any timetable changes.

https://dtsc.org.au