

## **Mandurah Masters Swimming**

**Coaching Roster: 8 October to 17 December 2019** (subject to change without notice)

<b>Tuesday</b>	<b>Thursday</b>	<b>Tuesday</b>	<b>Thursday</b>	<b>Tuesday</b>	<b>Thursday</b>	<b>Tuesday</b>	<b>Thursday</b>
<b>8-Oct</b>	<b>10-Oct</b>	<b>15-Oct</b>	<b>17-Oct</b>	<b>22-Oct</b>	<b>24-Oct</b>	<b>29-Oct</b>	<b>31-Oct</b>
Stamina	Stamina	Stamina	Taper	Some Stamina	Taper	Recovery	Stamina
Some Speed	Some Speed	Some Speed	Some Speed	Mainly Speed	Some Speed	Set	Build Speed
Des	Des	Jennifer	Mike	Des	Wayne	Des	Mike
<b>Tuesday</b>	<b>Thursday</b>	<b>Tuesday</b>	<b>Thursday</b>	<b>Tuesday</b>	<b>Thursday</b>	<b>Tuesday</b>	<b>Thursday</b>
<b>5-Nov</b>	<b>7-Nov</b>	<b>12-Nov</b>	<b>14-Nov</b>	<b>19-Nov</b>	<b>21-Nov</b>	<b>26-Nov</b>	<b>28-Nov</b>
Stamina	Taper	Stamina	Some Stamina	Some Stamina	Stamina	Stamina	Taper
Some Speed	Some Speed	Some Speed	Mainly Speed	Mainly Speed	Some Speed	Some Speed	Some Speed
Des	Wayne	Des	Mike	Des	Wayne	Des	Mike
<b>Tuesday</b>	<b>Thursday</b>	<b>Tuesday</b>	<b>Thursday</b>	<b>Tuesday</b>	<b>Thursday</b>	<b>Tuesday</b>	<b>Thursday</b>
<b>3-Dec</b>	<b>5-Dec</b>	<b>10-Dec</b>	<b>12-Dec</b>	<b>17-Dec</b>	<b>19-Dec</b>	<b>24-Dec</b>	<b>26-Dec</b>
Recovery	Stamina	Stamina	Taper	Recovery			
Set	Some Speed	Some Speed	Some Speed	Set			
Des	Wayne	Des	Mike	Des	No Training	No training	No training

### **Up-coming pool meets for the period of this roster:**

Fremantle LLCC - Sunday, 27 October LC

Beatty Park Livelihter 50s - Friday, 29 November (evening meet) LC

### **Up-coming OWS for the period of this roster**

WOW #1 - Lake Leschenaultia - Sunday, 10 November

WOW #2 - Fremantle Ports - Saturday, 14 December

WOW #3 - Christmas 10k - Coogee Beach - Saturday, 21 December

**Note:** Pool training sessions restart on 7 January 2020.