

MLC Aquatic - 2025 January Training Timetable

(Thursday 2nd - Monday 27th January inclusive)

		Open Performance		Age Performance		Senior Competition		National Development		State		Development					
		Time	Venue	Time	Venue	Time	Venue	Time	Venue	Time	Venue	Time	Venue				
Wednesday, 1 January 2025	AM	No Training		No Training		No Training		No Training		TRAINING BREAK		TRAINING BREAK					
	PM																
Thursday, 2 January 2025	AM																
	PM	Swim 1:45-3:30 Activities 3:30-4:30	MLC	Swim 1:45-3:30 Activities 3:30-4:30	MLC	Activities 3:30-4:30 Swim 4:30-6:00	MLC	Activities 3:30-4:30 Swim 4:30-6:00	MLC								
Friday, 3 January 2025	AM	Stroke Groups IM + Free: 5:45-8:00am Form: 7:45-10:00am	MLC	Stroke Groups IM + Free: 5:45-8:00am Form: 7:45-10:00am	MLC	Stroke Groups IM + Free: 5:45-8:00am Form: 7:45-10:00am	MLC	Stroke Groups IM + Free: 5:45-8:00am Form: 7:45-10:00am	MLC								
	PM																
Saturday, 4 January 2025	AM	Swim 5:45-8:00 Gym 8:00-9:00	MLC	Swim 5:45-8:00 Gym 8:00-9:00	MLC	Gym 7:00-8:00 Swim 8:00-10:00	MLC	Gym 7:00-8:00 Swim 8:00-10:00	MLC								
	PM																
Sunday, 5 January 2025	AM																
	PM																
Monday, 6 January 2025	AM	Gym 6:00-7:00 Swim 7:00-8:30	MLC	Swim 5:15-7:00 Pilates 7:00-8:00	MLC									Gym 7:00-8:00 Swim 8:00-9:30	MLC	TRAINING BREAK	
	PM	3:45-6:00	MLC	3:45-6:00	MLC	Swim 1:45-4:00 Gym 4:00-5:00	MLC	Swim 1:45-4:00 Gym 4:00-5:00	MLC								
Tuesday, 7 January 2025	AM	5:45-8:00	MLC			5:45-8:00	MLC	7:45-10:00	MLC								
	PM	3:45-6:00	MLC	3:45-6:00	MLC					5:45-7:30	MLC						
Wednesday, 8 January 2025	AM			Gym 6:00-7:00 Swim 7:00-9:00	MLC			6:45-9:00	MLC								
	PM	3:45-6:00	MLC			Gym 3:00-4:00 Swim 4:00-6:00	MLC			5:45-7:30	MLC						
Thursday, 9 January 2025	AM	Gym 6:30-7:30 Swim 7:30-9:00	MLC	5:15-7:30	MLC	7:15-9:00	MLC	5:15-7:30	MLC	Gym 8:00-9:00 Swim 9:00-10:30	MLC						
	PM	3:45-6:00	MLC	3:45-6:00	MLC	1:45-4:00	MLC										
Friday, 10 January 2025	AM	Gym 6:30-7:30 Swim 7:30-9:30	MLC	Gym 6:30-7:30 Swim 7:30-9:30	MLC	Gym 6:30-7:30 Swim 7:30-9:30	MLC	5:45-7:30	MLC	5:45-7:30	MLC						
	PM																
Saturday, 11 January 2025	AM	VICTORIAN SPRINT CHAMPIONSHIPS (Heats) / PIER TO PUB		VICTORIAN SPRINT CHAMPIONSHIPS (Heats) / PIER TO PUB		VICTORIAN SPRINT CHAMPIONSHIPS (Heats) / PIER TO PUB		VICTORIAN SPRINT CHAMPIONSHIPS (Heats) / PIER TO PUB		VICTORIAN SPRINT CHAMPIONSHIPS (Heats)							
	PM																
Sunday, 12 January 2025	AM	VICTORIAN SPRINT CHAMPIONSHIPS (Finals)		VICTORIAN SPRINT CHAMPIONSHIPS (Finals)		VICTORIAN SPRINT CHAMPIONSHIPS (Finals)		VICTORIAN SPRINT CHAMPIONSHIPS (Finals)		VICTORIAN SPRINT CHAMPIONSHIPS (Finals)							
	PM																

		Open Performance		Age Performance		Senior Competition		National Development		State		Development					
		Time	Venue	Time	Venue	Time	Venue	Time	Venue	Time	Venue	Time	Venue				
Monday, 13 January 2025	AM	Gym 5:45-7:00 Swim 7:00-8:30	MLC	Swim 5:15-7:00 Gym 7:00-8:00	MLC			6:45-8:30	MLC								
	PM	3:45-6:00	MLC			Swim 1:45-4:00 Gym 4:00-5:00	MLC	Swim 1:45-4:00 Gym 4:00-5:00	MLC	Gym 3:00-4:00 Swim 4:00-5:30	MLC						
Tuesday, 14 January 2025	AM	5:15-7:30	MLC	5:15-7:30	MLC	7:15-9:00	MLC	7:15-9:00	MLC								
	PM	3:45-6:00	MLC	3:45-6:00	MLC					5:45-7:30	MLC						
Wednesday, 15 January 2025	AM	SA STATE OPEN & MC CHAMPIONSHIPS	MLC	SA STATE OPEN & MC CHAMPIONSHIPS	MLC												
	PM					Gym 3:00-4:00 Swim 4:00-6:00	MLC	Swim 1:45-4:00 Gym 4:00-5:00	MLC	1:45-4:00	MLC						
Thursday, 16 January 2025	AM					5:15-7:30	MLC	5:15-7:30	MLC	7:15-9:00	MLC	7:15-9:00	MLC			TRAINING BREAK	
	PM					3:45-6:00	MLC										
Friday, 17 January 2025	AM					5:15-7:30	MLC	5:15-7:30	MLC	5:15-7:30	MLC	5:15-7:30	MLC	Gym 6:30-7:30 Swim 7:30-9:00	MLC		
	PM																
Saturday, 18 January 2025	AM					Swim 5:45-8:00 Gym 8:00-9:00	MLC	Swim 5:45-8:00 Gym 8:00-9:00	MLC								
	PM																
Sunday, 19 January 2025	AM																
Monday, 20 January 2025	AM					PERFORMANCE CAMP	MLC	PERFORMANCE CAMP	MLC	Gym 6:30-7:30 Swim 7:30-9:00	MLC	7:15-9:00	MLC				
	PM				5:45-7:30					MLC	3:45-5:30	MLC					
Tuesday, 21 January 2025	AM	1:45-4:00	MLC	Swim 1:45-4:00 Gym 4:00-5:00	MLC					Gym 3:00-4:00 Swim 4:00-5:30	MLC	4:45-6:30	MLC				
	PM																
Wednesday, 22 January 2025	AM	5:15-7:30	MLC	5:15-7:30	MLC					7:15-9:00	MLC	7:15-9:00	MLC				
	PM											1:45-4:00	MLC	3:45-5:30	MLC		
Thursday, 23 January 2025	AM	Gym 6:30-7:30 Swim 7:30-9:00	MLC	Gym 5:30-6:30 Swim 6:30-8:00	MLC												
	PM													4:45-6:30	MLC		
Friday, 24 January 2025	AM	5:15-7:30	MLC	5:15-7:30	MLC					5:15-7:30	MLC	5:15-7:30	MLC	Gym 6:30-7:30 Swim 7:30-9:00	MLC		
	PM															3:45-5:30 MLC	
Saturday, 25 January 2025	AM	Swim 5:15-7:30 Gym 7:30-8:30	MLC	Swim 5:15-7:30 Gym 7:30-8:30	MLC	Gym 6:00-7:15 Swim 7:30-9:00	MLC	Gym 6:00-7:15 Swim 7:30-9:00	MLC								
	PM																
Sunday, 26 January 2025	AM					METRO EAST LC PREP MEET		METRO EAST LC PREP MEET		METRO EAST LC PREP MEET		METRO EAST LC PREP MEET					
Monday, 27 January 2025	AM	Stroke Groups Form: 5:45-8:00am IM + Free: 7:45-10:00am	MLC	Stroke Groups Form: 5:45-8:00am IM + Free: 7:45-	MLC	Stroke Groups Form: 5:45-8:00am IM + Free: 7:45-	MLC	Stroke Groups Form: 5:45-8:00am IM + Free: 7:45-	MLC	PUBLIC HOLIDAY - NO TRAINING		PUBLIC HOLIDAY - NO TRAINING					
	PM																
The Term 1 2025 training timetable commences from Tuesday 28th January for all squads.																	