



**MAGS Squads**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

<b>MAGS Non-Competitive Squad</b>	6:30am-7:30am Coach: Liam		6:30am-7:30am Coach: Liam		6:30am-7:30am Coach: Liam	
<b>MAGs Regional Performance Squad</b>	4:00pm-5:00pm Coach: Liam		5:00pm-5:40pm Dryland 5:45pm-6:45pm Coach: Liam		4:00pm-5:00pm Coach: Liam	
<b>MAGs National Age Group Squad</b>	5:00am-6:30am Coach: Mitch/ Liam Swim	6:00am-7:30am Coach: Mitch/ Liam Swim	5:00am-6:30am Coach: Mitch/ Liam Swim	6:00am-7:30am Coach: Mitch/ Liam Swim	5:00am-6:30am Coach: Mitch/ Liam Swim	6:30am-8:30am Coach: Mitch/ Liam Swim
	5:00pm-6:30pm Coach: Mitch/Liam Swim	<b>S &amp; C - Weights Room 4:45pm-5:45pm</b>	6:45pm-8:00pm Coach: Mitch/Liam Swim	<b>S &amp; C - Weights Room 4:45pm-5:45pm</b>	5:00pm-6:30pm Coach: Liam Swim	
<b>MAGs High Performance Squad</b>	7:30am-9:00am Coach: Mitch	7:30am-9:00am Coach: Mitch	7:30am-9:00am Coach: Mitch	7:30am-9:00am Coach: Mitch/ Liam Invite: Selected NAG Swimmers	7:30am-9:00am Coach: Mitch	6:30am-8:30am Coach: Mitch/ Liam Swim
	6:30pm-8:00pm Coach: Mitch/Liam Invite: Selected NAG Swimmers	6:00pm-8:00pm Coach Mitch/Liam Invite: Selected NAG Swimmers		6:00pm-8:00pm Coach Mitch/Liam Invite: Selected NAG Swimmers		
<b>HP Gym</b>	<b>Unitec: 9:30-11:00am</b>		<b>Unitec: 9:30-11:00am</b>		<b>Unitec: 9:30-11:00am</b>	



Term 3

STARTING DATE: 26/07/2021

MAGS Squads	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MAGS Non-Competitive Squad						
MAGs Regional Performance Squad						
MAGs National Age Group Squad	THRESHOLD IMPORTANT	PACE 200m IMPORTANT	KICK TEST SET IMPORTANT	SPEED - AEROBIC IMPORTANT	PACE 100m   POWER IMPORTANT	BEST AVERAGE SET IMPORTANT
MAGs High Performance Squad	AEROBIC ENDURANCE	S & C - Weights Room 4:45pm-5:45pm	DRILLS   SKILLS IMPORTANT	S & C - Weights Room 4:45pm-5:45pm	CATCH UP LESSON	
MAGs High Performance Squad	AEROBIC ENDURANCE IMPORTANT	PERSONAL ATHLETE DESIGNED SESSION FILM ANALYSIS	KICK BASED SET IMPORTANT	SPEED - AEROBIC IMPORTANT	PACE 100m   POWER IMPORTANT	BEST AVERAGE SET IMPORTANT
MAGs High Performance Squad	THRESHOLD IMPORTANT	PACE 200m IMPORTANT		RECOVERY		
HP Gym	Unitec: 9:30-11:00am		Unitec: 9:30-11:00am		Unitec: 9:30-11:00am	