

**CHENA – 2020-2021 Season – Junior Blue Group Training Outline**

| <b>Practices per week</b>     | <b>Pool time per practice</b>           | <b>Total Water Time</b> | <b>Total Time</b>   |
|-------------------------------|---|-------------------------|---------------------|
| 3-4                           | 60 minutes                              | 3 hrs – 4 hrs           |                     |
| <b>Land sessions per week</b> | <b>Land time per session</b>            | <b>Total Land Time</b>  | <b>3.75 – 5 hrs</b> |
| 3-4                           | 15 minutes activation prior to practice | 0.75 – 1 hrs            |                     |

\*Pool duration is subject to change based on available pool time.

Start Date: October 5th – Tentative (pending Delbrook reopening schedule)

