

CHENA – 2020-2021 Season – Junior Green Group Training Outline

Practices per week	Pool time per practice	Total Water Time	Total Time
4-5	60-75 minutes	4 hrs – 6 hrs	
Land sessions per week	Land time per session	Total Land Time	5 – 7.75 hrs
4-6 (4-5 pre pool + 1 land session)	15 minutes activation prior to practice + 1x 30 min land work session	1 – 1.75 hrs	

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

**Land work will be phased in as season progresses and will start via online delivery, this may progress to in person pending health guidelines

Start Date: September 22nd – Tentative

