

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

Practices per week	Pool time per practice	Total Water Time	Total Time
3	45 minutes – 60 minutes	2.25 hrs – 3 hrs	
Land sessions per week	Land time per session	Total Land Time	3 – 3.75 hrs
3	15 minutes activation prior to practice	0.75 hrs	

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

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

