

CHENA – 2020-2021 Season – Performance Group Training Outline

Practices per week	Pool time per practice	Total Water Time	Total Time
6-8	90-120 minutes	9 hrs – 16 hrs	
Land sessions per week	Land time per session	Total Land Time	10.5 – 20.5 hrs
6-10 (6-7 pre pool, + 1-2 land session, + 1 yoga session)	15 minutes activation prior to practice + 2 x 60 min land work session + 1 x 60 min yoga session	1.5 – 4.5 hrs	

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

**Land work and yoga 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 12th

