

**CHENA – 2020-2021 Season – Senior 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	60-90 minutes	3 hrs – 4.5 hrs	
<b>Land sessions per week</b>	<b>Land time per session</b>	<b>Total Land Time</b>	3.75 – 6.25 hrs
3-4 (3 pre pool, + 1 land session)	15 minutes activation prior to practice + 1 x 60 min land work session	0.75 – 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 16<sup>th</sup> – Tentative

