

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

Practices per week	Pool time per practice	Total Water Time	Total Time
5-6	60-105 minutes (mostly 90 minutes, 1 x 105 minutes)	5 hrs – 9.25 hrs	
Land sessions per week	Land time per session	Total Land Time	6.25 – 12.50 hrs
5-8 (5-6 pre pool, + 1 land session, + 1 yoga session)	15 minutes activation prior to practice + 1 x 60 min land work session + 1 x 60 min yoga session	1.25 – 3.25 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

