

**CHENA – 2020-2021 Season – Senior Provincial Group Training Outline**

<b>Practices per week</b>	<b>Pool time per practice</b>	<b>Total Water Time</b>	<b>Total Time</b>
6-7	90-120 minutes	9 hrs – 14 hrs	
<b>Land sessions per week</b>	<b>Land time per session</b>	<b>Total Land Time</b>	10.5 – 18.5 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 12<sup>th</sup>

