



QEII TRAINING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM</b> 5:45 am - 7:15 am Swimming		<b>AM</b> 5:45 am - 7:15 am Swimming	<b>AM</b> 5:45 am - 7:15 am Swimming	
<b>PM</b> 4:30 pm - 5:00 pm Dryland 5:00 pm - 6:30 pm Swimming	<b>PM</b> 4:30 pm - 5:00 pm Dryland 5:00 pm - 6:30 pm Swimming		<b>PM</b> 4:30 pm - 5:00 pm Dryland 5:00 pm - 6:30 pm Swimming	<b>PM</b> 4:30 pm - 5:00 pm Dryland 5:00 pm - 6:30 pm Swimming