

Week 1 12/31/2018 Notes	Mon 31/12	Tue 01/01	Wed 02/01	Thu 03/01	Fri 04/01	Sat 05/01	Sun 06/01
	Start 2019 woohoo Gold training resumes						
	off	Happy New Year off	Gold 2:30-4:00pm Gym 4:00-5:30pm Swim	Gold 3:00-5:00pm Swim 5:00-6:00pm Gym	Gold 6:30-9:00am Swim	Own activity	off
Week 2 1/7/2019 Notes	Mon 07/01	Tue 08/01	Wed 09/01	Thu 10/01	Fri 11/01	Sat 12/01	Sun 13/01
	Black and White Squad resume Nelson Bay weekend Please Note: Gold+Black Knox session/s						
	6:30-8:30am Black 6:30-9:00am Gold 6:30-8:00am White Gold Gym 2:30-4:00pm Swim 4:00-6:00pm	off  Gold 1:00-3:00pm Knox Black+White 3:00-4:00pm Dryland 4:00-6:00pm Swim	6:30-8:30am Black 6:30-8:30am White Gold 1:00-3:00pm Knox 3:30-5:00pm Gym at ABB	6:30-9:30am Gold 9:30-10:30am Knowledge Seeker session+Breakfast Black 1:00-3:00pm Knox 3:30-4:30pm Dryland ABB White 3:30-4:30pm Dryland 4:00-6:00pm Swim	Travel to Nelson Bay  Nelson Bay	Nelson Bay	off
Week 3 1/14/2019 Notes	Mon 14/01	Tue 15/01	Wed 16/01	Thu 17/01	Fri 18/01	Sat 19/01	Sun 20/01
	6:30-9:30am Gold 6:30-8:30am Black 6:30-8:00am White Gym 2:30-4:00pm Swim 4:00-5:30pm	off  Gold 1:00-3:00pm Knox Black+White 3:00-4:00pm Dryland 4:00-6:00pm Swim	6:30-8:30am Black 6:30-8:00am White Gold 1:00-3:00pm Knox 3:30-5:00pm Gym at ABB	6:30-9:30am Gold Black 1:00-3:00pm Knox 3:30-4:30pm Dryland ABB White 3:30-4:30pm Dryland 4:00-6:00pm Swim	6:30-8:30am Black 6:30-9:00am Gold Black+White 3:00-4:00pm Activity 4:00-6:00pm Swim	Gold - own activity	off
Week 4 1/21/2019 Notes	Mon 21/01	Tue 22/01	Wed 23/01	Thu 24/01	Fri 25/01	Sat 26/01	Sun 27/01
	ABB Camp STS Camp Normal Term 1 schedule starts Tuesday 28th January (No swimming Monday 28th January)						
	6:30-8:30am Black+Gold 9:00-12:00pm Abb Camp Gold Gym 2:30-4:00pm Swim 4:00-6:00pm	6:30-8:30am Black+Gold 9:00-12:00pm Abb Camp off	9:00-12:00pm Abb Camp Gold 2:30-4:00pm Gym 4:00-6:00pm Swim Black 4:00-5:00pm Dryland 5:00-6:30pm Swim	6:30-8:30am Black+Gold 9:00-12:00pm Abb Camp off	6:30-8:30am Black+Gold 6:30-8:00am White off	Australia Day	off

Disclaimer: No express warranty is given as to the accuracy or completeness of this information. It is not a substitute for, any advice, diagnosis or treatment provided by a fitness or medical professional. You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.