

EAST INVICTA TRAINING CAMP 2025

SUNDAY 28th December 2025

0745-0805	Studio 3	Arrive / Register	
0805-0830	Studio 3	Intro to Camp & Divide into Groups	
0830-1000		Group A - Pool Session 1 Developing the breaststroke stroke 'How can we ensure efficiency?'	Group B - Land Session 1
0945 - 1000		Transition	
1000-1130		Group B - Pool Session 1 Developing the breaststroke stroke 'How can we ensure efficiency?'	Group A - Land Session 1
1130-1145		Transition	
1145-1245	Studio 3	Workshop 1 - ???	
1245-1300	Studio 3	LUNCH + Transition	
1300-1430		Group A - Pool Session 2 Starts and Turns	Group B - Land Session 2
1430-1445		Transition	
1445-1545		Group B - Pool Session 2 Starts and Turns	Group A - Land Session 2
1545-1600		Transition / Wrap Up / Depart	

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MONDAY 29th December 2025

0800-0845	Studio 3 /Sports Hall	Arrive, Register, Intro to Day (0800-0830) - Sports Hall	Parents workshop (0800-0840) - Studio 3
0845-0945		Group B - Pool Session 3 Race strategy - Combining technical efficiency with a plan	Group A - Land Session 3 (0830-0930)
0945 - 1000		Transition Group A	
0945-1115		Group A- Pool Session 3 Race strategy - Combining technical efficiency with a plan	Group B - Land Session 3
1115-1130		Transition	
1130-1245	Studio 3	Workshop 2 - ???	
1245-1300		Transition	
1300-1415		Group A - Pool Session 4 Stroke rate importance under pressure	Group B - Land Session 4
1415-1430		Transition	
1430-1530		Group B - Pool Session 4 Stroke rate importance under pressure	Group A - Land Session 4
1530-1600		Transition / Wrap Up / Depart	