

# Junior Training Schedule

Sept 14-20			Monday	14	Tuesday	15	Wednesday	16	Thursday	17	Friday	18	Saturday	19	Sunday	20
	AM	7 x					6:30-8:00				6:30-8:00				Terry Fox	
PM	4:00-5:45		4:00-5:45		4:00-5:45		4:00-5:45		4:00-6:00							

Sept 21-27			Monday	21	Tuesday	22	Wednesday	23	Thursday	24	Friday	25	Saturday	26	Sunday	27
	AM	7 x					6:30-8:00				6:30-8:00					
PM	4:00-5:45		4:00-5:45		4:00-5:45		4:00-5:45		4:00-6:00							

Sept 28- Oct 4			Monday	28	Tuesday	29	Wednesday	30	Thursday	1	Friday	2	Saturday	3	Sunday	4
	AM	8 x					6:30-8:00				6:30-8:00		Time Trials			
PM	4:00-5:45		4:00-5:45		4:00-5:45		4:00-5:45		Time Trials							

Oct 5-11			Monday	5	Tuesday	6	Wednesday	7	Thursday	8	Friday	9	Saturday	10	Sunday	11
	AM	7 x					6:30-8:00				6:30-8:00					
PM	4:00-5:45		4:00-5:45		4:00-5:45		4:00-5:45		4:00-6:00							

Oct 12-18			Monday	12	Tuesday	13	Wednesday	14	Thursday	15	Friday	16	Saturday	17	Sunday	18
	AM	6 x	Thanksgiving				6:30-8:00				6:30-8:00					
PM	4:00-5:45		4:00-5:45		4:00-5:45		4:00-5:45		4:00-6:00							

7 workout / week		
5 swim + 2 Dry Land		
1	Alex	K
2	Alex	O
3	Isaac	C
4	Marko	E
5	Mateo	B
6	Vina	C
7	Gillian	K
8	Sophia	N

On the deck: 10min prior the start

Dry Land at Adrenaline: 1400 McIntyre St.

# Junior & ELITE Training Schedule

Sept 14-20		Monday	14	Tuesday	15	Wednesday	16	Thursday	17	Friday	18	Saturday	19	Sunday	20
AM	7 x					6:30-8:00				6:30-8:00				10:00-11:30	
PM		4:00-5:45		4:00-5:45				4:00-5:45		4:00-6:00				Terry Fox	

Sept 21-27		Monday	21	Tuesday	22	Wednesday	23	Thursday	24	Friday	25	Saturday	26	Sunday	27
AM	8 x	5:45-7:30				6:30-8:00				6:30-8:00				10:00-11:30	
PM		4:00-5:45		4:00-5:45				4:00-5:45		4:00-6:00					

Sept 28- Oct 4		Monday	28	Tuesday	29	Wednesday	30	Thursday	1	Friday	2	Saturday	3	Sunday	4
AM	9 x	5:30-7:30				6:30-8:00				6:30-8:00		Time Trials		10:00-11:30	
PM		4:00-5:45		4:00-5:45				4:00-5:45		Time Trials					

Oct 5-11		Monday	5	Tuesday	6	Wednesday	7	Thursday	8	Friday	9	Saturday	10	Sunday	11
AM	8 x	5:30-7:30				6:30-8:00				6:30-8:00				10:00-11:30	
PM		4:00-5:45		4:00-5:45				4:00-5:45		4:00-6:00					

Oct 12-18		Monday	12	Tuesday	13	Wednesday	14	Thursday	15	Friday	16	Saturday	17	Sunday	18
AM	8 x	8:00-10:00				6:30-8:00				6:30-8:00				10:00-11:30	
PM				4:00-5:45				4:00-5:45		4:00-6:00					

8 workout / week		
5 swim + 3 Dry Land		
1	Ben	S
2	Ben	B
3	Matthew	B
4	Nolan	M
5	Cole	R

(+) Wed pm Starting Oct 7

On the deck: 10min prior the start

Dry Land at Adrenaline: 1400 McIntyre St.

# Youth ELITE Training Schedule

Sept 14-20			Monday	14	Tuesday	15	Wednesday	16	Thursday	17	Friday	18	Saturday	19	Sunday	20
	AM	8 x			6:30-8:00		5:45-7:30		6:30-8:00		5:45-7:30		7:00-9:00		Terry Fox	
PM			4:00-5:45		4:00-5:45						4:00-6:00					

Sept 21-27			Monday	21	Tuesday	22	Wednesday	23	Thursday	24	Friday	25	Saturday	26	Sunday	27
	AM	9 x	5:45-7:30		6:30-8:00		5:45-7:30		6:30-8:00		5:45-7:30		7:00-9:00			
PM			4:00-5:45		4:00-5:45						4:00-6:00					

Sept 28- Oct 4			Monday	28	Tuesday	29	Wednesday	30	Thursday	1	Friday	2	Saturday	3	Sunday	4
	AM	9 x	5:30-7:30		6:30-8:00		5:30-7:30		6:30-8:00		5:30-7:30		Time Trials			
PM			4:00-5:45		4:00-5:45						Time Trials					

Oct 5-11			Monday	5	Tuesday	6	Wednesday	7	Thursday	8	Friday	9	Saturday	10	Sunday	11
	AM	9 x	5:30-7:30		6:30-8:00		5:30-7:30		6:30-8:00		5:30-7:30		7:00-9:00			
PM			4:00-5:45		4:00-5:45						4:00-6:00					

Oct 12-18			Monday	12	Tuesday	13	Wednesday	14	Thursday	15	Friday	16	Saturday	17	Sunday	18
	AM	8 x	8:00-10:00		6:30-8:00		5:30-7:30		6:30-8:00		5:30-7:30		7:00-9:00			
PM					4:00-5:45						4:00-6:00					

9 workout / week		
7 swims + 2 Dry Land		
1	Annabel	K
2	Jada	D
3	Ava	H
4	Sadie	A
5	Maddie	G
6	Chloe	H

8 workout / week		
6 swims + 2 Dry Land		
No Monday AM		
1	Stephanie	A
2	Macy	H
3	Cashis	T

On the deck: 10min prior the start

Dry Land at Adrenaline: 1400 McIntyre St.

# ELITE Distance Training Schedule

Sept 14-20			Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19	Sunday 20
10 x	AM	5:45-8:00	6:30-8:00	5:45-8:00	6:30-8:00	5:45-8:00	7:00-9:00	10:00-11:30	
	PM	4:00-5:45	4:00-5:45			4:00-6:00		Terry Fox	

Sept 21-27			Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26	Sunday 27
10 x	AM	5:45-8:00	6:30-8:00	5:45-8:00	6:30-8:00	5:45-8:00	7:00-9:00	10:00-11:30	
	PM	4:00-5:45	4:00-5:45			4:00-6:00			

Sept 28- Oct 4			Monday 28	Tuesday 29	Wednesday 30	Thursday 1	Friday 2	Saturday 3	Sunday 4
10 x	AM	5:30-8:00	6:30-8:00	5:30-8:00	6:30-8:00	5:30-8:00	Time Trials	10:00-11:30	
	PM	4:00-5:45	4:00-5:45			Time Trials			

Oct 5-11			Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Saturday 10	Sunday 11
11 x	AM	5:30-8:00	6:30-8:00	5:30-8:00	6:30-8:00	5:30-8:00	7:00-9:00	10:00-11:30	
	PM	4:00-5:45	4:00-5:45	4:00-5:45		4:00-6:00			

Oct 12-18			Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17	Sunday 18
10 x	AM	8:00-10:00	6:30-8:00	5:30-8:00	6:30-8:00	5:30-8:00	7:00-9:00	10:00-11:30	
	PM		4:00-5:45	4:00-5:45		4:00-6:00			

12 workout / week		
9 swims + 3 Dry Land		
1	Micheal	M
2	Matthew	S
3	Regina	S

On the deck: 10min prior the start

Dry Land at Adrenaline: 1400 McIntyre St.

# ELITE & Juniors Training Schedule

Sept 14-20			Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19	Sunday 20
AM	9-10 x		5:45-7:30	6:30-8:00	5:45-7:30	6:30-8:00	5:45-7:30	7:00-9:00	10:00-11:30
		PM	4:00-5:45	4:00-5:45			4:00-6:00		Terry Fox

Sept 21-27			Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26	Sunday 27
AM	9-10 x		5:45-7:30	6:30-8:00	5:45-7:30	6:30-8:00	5:45-7:30	7:00-9:00	10:00-11:30
		PM	4:00-5:45	4:00-5:45			4:00-6:00		

Sept 28- Oct 4			Monday 28	Tuesday 29	Wednesday 30	Thursday 1	Friday 2	Saturday 3	Sunday 4
AM	10 x		5:30-7:30	6:30-8:00	5:30-7:30	6:30-8:00	5:30-7:30	Time Trials	10:00-11:30
		PM	4:00-5:45	4:00-5:45			Time Trials		

Oct 5-11			Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Saturday 10	Sunday 11
AM	9-10 x		5:30-7:30	6:30-8:00	5:30-7:30	6:30-8:00	5:30-7:30	7:00-9:00	10:00-11:30
		PM	4:00-5:45	4:00-5:45			4:00-6:00		

Oct 12-18			Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17	Sunday 18
AM	9 x		8:00-10:00	6:30-8:00	5:30-7:30	6:30-8:00	5:30-7:30	7:00-9:00	10:00-11:30
		PM		4:00-5:45			4:00-6:00		

On the deck: 10min prior the start

Dry Land at Adrenaline: 1400 McIntyre St.

1	Sloane	K	10 workout (7 Swims + 3 Dry Land)
2	Mya	T	
3	Mev	D	
4	Melissa	A	
5	Olena	R	
6	Jordan	K	No Saturday am
7	MacKenzie	C	9 Workout (6 Swims + 3 Dry Land)