Jr High Performance
Training Schedule

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	On the Deck	05:15	OFF	05:15	OFF	05:15	05:45
	Activation	5:20-5:30		5:20-5:30		5:20-5:30	5:45-6:00
	Swim	5:30-7:00		5:30-7:00		5:30-7:30	6:00-8:00
	Dryland	7:05-7:40 (FieldHouse)		7:05-7:40 (FieldHouse)			8:15-9:00 (FieldHouse)
PM	Activation	3:50-4:00	3:50-4:00	OFF	3:50-4:00	3:50-4:00	OFF
	Swim	4:00-6:00	4:00-6:00		4:00-6:00	4:00-6:00	
	Dryland	6:05-6:20	6:05-6:20		6:05-6:20	6:05-6:20	

5 x	Long Course
3 x	Short Course
3 x	Dryland FieldHouse
4 x	Core & Stretching

We Believe that excellence is only achieved through commitment, self-discipline, and hard wotk. There is no short cut