**HIGH-PERFORMANCE**

Week of *Monday, September 6th/2021*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **PM** |  | CG 4:00-5:30 | CG 4:00-5:30 | DRY 4:00-5:30 | CG 4:00-5:30 |  |  |

Week of *Monday, September 13th/2021*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **AM** | LU 6:00-7:45 |  |  |  |  |  |  |
| **PM** | CG 4:00-6:00 | CG 4:00-5:30 | CG 4:00-6:00 | DRY 4:00-5:30 | CG 4:00-6:00 |  |  |

Week of *Monday, September20th/2021*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **AM** | LU 6:00-7:45 | CG 6:00-7:45 |  |  |  |  |  |
| **PM** | CG 4:00-6:00  DRY 6:00-6:45 | CG 4:00-5:30 | CG 4:00-6:00  DRY 6:00-6:45 |  | CG 4:00-6:00 |  |  |

Week of *Monday, September27th/2021*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **AM** | LU 6:00-7:45 | CG 6:00-7:45 | LU 6:00-7:45 |  |  |  |  |
| **PM** | CG 4:00-6:00  DRY 6:00-6:45 | CG 4:00-5:30 | CG 4:00-6:00  DRY 6:00-6:45 |  | CG 4:00-6:00 |  |  |

Week of *Monday, October 4th/2021*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **AM** | LU 6:00-7:45 | CG 6:00-7:45 | LU 6:00-7:45 |  | CG 6:00-7:45 |  |  |
| **PM** | CG 4:00-6:00  DRY 6:00-6:45 | CG 4:00-5:30 | CG 4:00-6:00  DRY 6:00-6:45 |  | CG 4:00-6:00  DRY 6:00-6:45 |  |  |

Week of *Monday, October 11th/2021 – regular training schedule commences*

**PERFORMANCE**

Week of *Monday, September 6th/2021*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **PM** |  | CG 4:00-5:30 | CG 4:00-5:30 | DRY 4:00-5:30 | CG 4:00-5:30 |  |  |

Week of *Monday, September 13th/2021*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **AM** | LU 6:00-7:45 |  |  |  |  |  |  |
| **PM** | CG 4:00-6:00 | CG 4:00-5:30 | CG 4:00-6:00 | DRY 4:00-5:30 | CG 4:00-6:00 |  |  |

Week of *Monday, September20th/2021*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **AM** | LU 6:00-7:45 | CG 6:00-7:45 |  |  |  |  |  |
| **PM** | CG 4:00-6:00  DRY 6:00-6:45 | CG 4:00-5:30 | CG 4:00-6:00  DRY 6:00-6:45 |  | CG 4:00-6:00 |  |  |

Week of *Monday, September27th/2021*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **AM** | LU 6:00-7:45 | CG 6:00-7:45 | LU 6:00-7:45 |  |  |  |  |
| **PM** | CG 4:00-6:00  DRY 6:00-6:45 | CG 4:00-5:30 | CG 4:00-6:00  DRY 6:00-6:45 |  | CG 4:00-6:00 |  |  |

Week of *Monday, October 4th/2021*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **AM** | LU 6:00-7:45 | CG 6:00-7:45 | LU 6:00-7:45 |  | CG 6:00-7:45 |  |  |
| **PM** | CG 4:00-6:00  DRY 6:00-6:45 | CG 4:00-5:30 | CG 4:00-6:00  DRY 6:00-6:45 |  | CG 4:00-6:00  DRY 6:00-6:45 |  |  |

Week of *Monday, October 11th/2021 – regular training schedule commences*

**SENIOR DEVELOPMENT**

Week of *Monday, September20th/2021*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **PM** | CG 6:00-7:30 | CG 5:30-7:00 |  | CG 5:30-7:00 | CG 6:00-7:30 |  |  |

Week of *Monday, September27th/2021*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **AM** |  |  | CG 6:00-7:45 |  |  |  |  |
| **PM** | CG 6:00-7:30 | CG 5:30-7:00 |  | CG 5:30-7:00 | CG 6:00-7:30 |  |  |

Week of *Monday, October 4th/2021*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **AM** |  |  | CG 6:00-7:45 |  | CG 6:00-7:45 |  |  |
| **PM** | CG 6:00-7:30 | DRY 5:00-5:30  CG 5:30-7:00 |  | DRY 5:00-5:30  CG 5:30-7:00 | CG 6:00-7:30 |  |  |

Week of *Monday, October 11th/2021 – regular training schedule commences*

**JUNIOR DEVELOPMENT**

Week of *Monday, September20th/2021*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **PM** | CG 6:00-7:30 | CG 5:30-7:00 |  | CG 5:30-7:00 |  |  |  |

Week of *Monday, September27th/2021*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **AM** |  |  | CG 6:00-7:45 |  |  |  |  |
| **PM** | CG 6:00-7:30 | CG 5:30-7:00 |  | CG 5:30-7:00 | CG 6:00-7:30 |  |  |

Week of *Monday, October 4th/2021*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **AM** |  |  | CG 6:00-7:45 |  | CG 6:00-7:45 |  |  |
| **PM** | CG 6:00-7:30 | DRY 5:00-5:30  CG 5:30-7:00 |  | DRY 5:00-5:30  CG 5:30-7:00 |  |  |  |

Week of *Monday, October 11th/2021 – regular training schedule commences*

**DISCOVERY**

Week of *Monday, September20th/2021*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **PM** |  | CG 6:00-7:30 |  | CG 6:00-7:30 |  |  |  |

Week of *Monday, September27th/2021*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **PM** |  | CG 6:00-7:30 |  | CG 6:00-7:30 | CG 6:00-7:30 |  |  |

Week of *Monday, October 4th/2021*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **PM** |  | DRY 5:30-6:00  CG 6:00-7:30 | CG 6:00-7:30 | DRY 5:30-6:00  CG 6:00-7:30 | CG 6:00-7:30 |  |  |

Week of *Monday, October 11th/2021 – regular training schedule commences*

**INTRO**

Week of *Monday, September20th/2021*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **PM** |  | CG 6:00-7:15 |  | CG 6:00-7:15 |  |  |  |

Week of *Monday, September27th/2021*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **PM** |  | CG 6:00-7:15 | CG 6:00-7:15 | CG 6:00-7:15 |  |  |  |

Week of *Monday, October 4th/2021*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **PM** |  | DRY 5:30-6:00  CG 6:00-7:15 | CG 6:00-7:15 | DRY 5:30-6:00  CG 6:00-7:15 |  |  |  |

Week of *Monday, October 11th/2021 – regular training schedule commences*