

**West Vancouver Otters Swim Club**  
**2019-2020 Training Schedule**

									Total per week			
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Hrs of swimming	Hrs of Dryland	# of Workouts	Total Hrs
NATIONAL	AM		6:00 - 7:30 S		6:00 - 7:30 S	6:00 - 7:30 S	6:00 - 8:00 S		18	3	10	21
	PM	3:30 - 5:30 S	3:45 - 4:45 D	3:30 - 5:30 S	1:30 - 3:00 S	3:45 - 4:45 D						
			5:00 - 7:00 S		3:15 - 4:15 D	5:00 - 7:00 S						
YOUTH	AM		6:00 - 7:30 S		6:00 - 7:30 S		6:00 - 8:00 S		13	2	7	15
	PM	3:30 - 5:30 S	3:45 - 4:45 D	3:30 - 5:30 S		3:45 - 4:45 D						
			5:00 - 7:00 S			5:00 - 7:00 S						
PROVINCIAL	AM	6:00 - 7:30 S					6:00 - 8:00 S		10.5	2	7	12.5
	PM	3:30 - 5:30 S		3:30 - 5:00 S	3:30 - 5:30 S	3:30 - 5:00 S						
			5:00 - 6:00 D			5:00 - 6:00 D						
AA	AM						6:00 - 8:00 S		8	2	6	10
	PM	5:30 - 7:00 S	3:30 - 5:00 S	5:30 - 7:00 S	5:30 - 7:00 S							
			5:00 - 6:00 D			5:00 - 6:00 D						
Youth Development	AM								3.5	0	3	3.5
	PM		3:30 - 4:30 S			6:30 - 7:30 S	5:30 - 7:00 S					
LMR RED	AM								4.5	0	4	4.5
	PM		6:00 - 7:00 S		6:00 - 7:00 S	6:30 - 7:30 S	5:30 - 7:00 S					
LMR GOLD	AM								4.5	0	4	4.5
	PM		5:00 - 6:00 S		5:00 - 6:00 S	5:30 - 6:30 S	5:30 - 7:00 S					
OSA	B	5:30 - 7:00 PM		5:00 - 6:00 PM		4:30 - 5:30 PM			4	0	3	4
	O	4:00 - 5:00 PM				3:30 - 4:30 PM	8:00 - 9:00 AM		3	0	3	3
	S	4:00 - 5:00 PM				3:30 - 4:30 PM	8:00 - 9:00 AM		3	0	3	3
	W	4:00 - 5:00 PM		6:00 - 7:00 PM			8:00 - 9:00 AM		3	0	3	3
	SH	4:00 - 5:00 PM		6:00 - 7:00 PM			8:00 - 9:00 AM		3	0	3	3
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				

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|----|-----------|
| B  | Belugas   |
| O  | Orcas     |
| S  | Sharks    |
| W  | Whales    |
| SH | Seahorses |