

West Vancouver Otters Swim Club
2021-2022 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		16	3	10	21
	PM	3:30 - 5:00 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 - 5:00 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	4:00 - 5:30 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	5:15 - 7:00 PM		4:45 - 6:00 PM		4:15 - 5:30 PM			3.5	0	3	4
	O	4:15 - 5:30 PM				3:15 - 4:30 PM	6:45 - 8:00 AM		3	0	3	3
	S	4:15 - 5:30 PM				3:15 - 4:30 PM	6:45 - 8:00 AM		3	0	3	3
	W	3:15 - 4:30 PM		5:45 - 7:00 PM			7:45 - 9:00 AM		3	0	3	3
	SH	3:15 - 4:30 PM		5:45 - 7:00 PM			7:45 - 9:00 AM		3	0	3	3
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				

B	Belugas
O	Orcas
S	Sharks
W	Whales
SH	Seahorses