

2021-2022 Training Schedule (tentative)

Senior/National

M - Dryland 4:45-5:30pm , Swim 5:30-7:30pm

T – Swim 4:30-6:30pm, Dryland 6:30-7:15pm

W – Swim 5-6:30am, Dryland 4:45-5:30pm , Swim 5:30-7pm

TH – Swim 4:30-6pm (recovery)

FR – Swim 4:30-6:00pm

SAT – Swim 5-7am, Dryland 7-7:45am

PreSenior

M/W– Swim 4:30-6pm, Dryland 6-6:45pm

T – Dryland 5:15-6pm, Swim 6-7:30pm

TH – Swim 6-7:30pm

FR – Swim 4:30-6pm

SAT – Dryland 9:15-10am, Swim 10-11:30am

AGE

M/T/W/TH – Swim 4:30-5:30pm, Dryland 5:30-6pm

SAT – Dryland 9:15am-10am, Swim 10-11:30am

AGD/CD

M/W/F – Swim 4:30-5:30pm. Dryland 5:30-6pm