

## FALL Training Schedule 2022

### NATIONAL

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	OFF	OFF	OFF	7:00-9:30	7:00-10:00
Dryland	OFF	4:30-5:15	4:30-5:15	4:30-5:15	OFF	10:00-11:00	OFF
PM Swim	5:30-7:30	5:30-8:00	5:30-7:30	5:30-8:00	OFF	OFF	OFF

### SENIOR II

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	OFF	OFF	5:30-7 @ SH	7:00-9:30	OFF
Dryland	5:30-6:15	OFF	OFF	4:30-5:15	OFF	9:45-10:30	OFF
PM Swim	6:30-8:30	5:30-8:00	5:30-7:30	5:30-7:30	OFF	OFF	OFF

### SENIOR I

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	5:30-7 SH	OFF	OFF	10:00-11:30	OFF
Dryland	OFF	4:30-5:15	OFF	5:45-6:15	4:00-4:45	OFF	OFF
PM Swim	6:30-8:30	5:30-7:30	OFF	4:00-5:30	5:00-7:00	OFF	OFF

### SENIOR PREP GOLD

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	5:30-7 SH	OFF	OFF	OFF	OFF	OFF	10:30-12:00
Dryland	OFF	OFF	5:00-5:45	OFF	5:30-6:15	OFF	9:45-10:15
PM Swim	OFF	4:00-5:30	6:00-8:00	6:00-8:00	6:30-8:30	OFF	OFF

### SENIOR PREP GREEN

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	OFF	OFF	OFF	OFF	OFF
Dryland	5:45-6:15	OFF	OFF	6:15-6:45	OFF	OFF	2:15-3:00
PM Swim	4:00-5:30	4:00-5:30	OFF	4:00-6:00	6:30-8:30	OFF	12:00-2:00

### AGE GROUP 3 GOLD

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	OFF	OFF	OFF	7-9 @ SH	OFF
Dryland	OFF	5:45-6:15	OFF	OFF	4:15-4:45	9:15-9:45	OFF
PM Swim	5:00-6:30	4:00-5:30	4:00-5:30	OFF	5:00-6:30	OFF	OFF

### AGE GROUP 3 GREEN

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	OFF	OFF	OFF	7-9 @ SH	OFF
Dryland	4:15-4:45	OFF	5:45-6:15	OFF	OFF	OFF	OFF
PM Swim	5:00-6:30	OFF	4:00-5:30	OFF	5:00-6:30	OFF	OFF

### UES AGE GROUP 2 GOLD

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	OFF	OFF	OFF	11:30-1:00	OFF
Dryland	OFF	OFF	6:15-6:45	OFF	5:45-6:15	OFF	OFF
PM Swim	4:00-5:00	OFF	5:00-6:00	OFF	4:00-5:30	OFF	OFF

**BPC AGE GROUP 2 GOLD**

	<b>MON</b>	<b>TUES</b>	<b>WEDS</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
AM Swim	OFF	OFF	OFF	OFF	OFF	9:00-10:15	OFF
Dryland	OFF	4:30-5:00	OFF	OFF	OFF	10:30-11:00	OFF
PM Swim	5:15-6:30	5:15-6:30	OFF	5:15-6:30	OFF	OFF	OFF

**UES AGE GROUP 2 GREEN**

	<b>MON</b>	<b>TUES</b>	<b>WEDS</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
AM Swim	OFF	OFF	OFF	OFF	OFF	11:30-12:30	OFF
Dryland	OFF	OFF	4:15-4:45	OFF	OFF	10:45-11:15	OFF
PM Swim	4:00-5:00	OFF	5:00-6:00	OFF	4:00-5:00	OFF	OFF

**BPC AGE GROUP 2 GREEN**

	<b>MON</b>	<b>TUES</b>	<b>WEDS</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
AM Swim	OFF	OFF	OFF	OFF	OFF	8:00-9:00	OFF
Dryland	4:30-5:00	OFF	OFF	4:30-5:00	OFF	OFF	OFF
PM Swim	5:15-6:15	5:15-6:15	OFF	5:15-6:15	OFF	OFF	OFF

**UES AGE GROUP 1**

	<b>MON</b>	<b>TUES</b>	<b>WEDS</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
AM Swim	OFF	OFF	OFF	OFF	OFF	OFF	OFF
Dryland	5:15-5:45	OFF	OFF	OFF	5:15-5:45	OFF	OFF
PM Swim	4:00-5:00	OFF	4:00-5:00	OFF	4:00-5:00	OFF	OFF

**BPC AGE GROUP 1**

	<b>MON</b>	<b>TUES</b>	<b>WEDS</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
AM Swim	OFF	OFF	OFF	OFF	OFF	OFF	OFF
Dryland	OFF	5:00-5:30	OFF	5:00-5:30	OFF	OFF	OFF
PM Swim	4:00-5:00	4:00-5:00	OFF	4:00-5:00	OFF	OFF	OFF