

Gritmas Training 2019-20

Update after UC Info

Date	Day/am or pm	Max Perf	Max Prep	Senior	Tran 1 & 2	A-3	A-2	A-1	Sr Levels & Tran Notes
23-Dec	Mon AM	7:00-10:00	7:00-10:00		8:00-11:00				Sr Wts 9-10 & Tran 8-9 DL
23-Dec	Mon PM	3:45-6:00	3:45-6:00	3:45-5:30		5:30-7:30			DL Include at UC
24-Dec	Tue AM	10:00-12:15	10:00-12:15		10:00-12:15	9:00-11:00	9:00-11:00		DL Include at UC
24-Dec	Tue PM								No Practice Christmas Eve PM
25-Dec	Wed AM/PM								No Practice Christmas Day
26-Dec	Thur AM	7:00-10:00	7:00-10:00		8:00-11:00				Sr Wts 9-10 & Tran 8-9 DL
26-Dec	Thur PM	3:45-6:00	3:45-6:00	3:45-5:30		6:00-8:00	6:00-7:30	5:45-7:00	
27-Dec	Fri AM	8:00-10:30	8:00-10:30		8:00-10:30			10:45-12:00	DL Include at UC
27-Dec	Fri PM	3:45-5:30	3:45-5:30	3:45-5:30	3:45-5:30	5:30-7:30	5:30-7:30		
28-Dec	Sat AM	TBD	TBD	TBD	TBD	TBD	TBD	TBD	Red vs Black + Weights 1HR
30-Dec	Mon AM	7:00-10:00	7:00-10:00		8:00-11:00				Sr Wts 9-10 & Tran 8-9 DL
30-Dec	Mon PM	3:45-6:00	3:45-6:00	3:45-5:30		5:30-7:30		5:45-7:00	
31-Dec	Tue AM	7:00-9:00	7:00-9:00	7:00-8:30	8:45-11:00	10:30-12:30	10:30-12:15	11:00-12:15	
1-Jan	Tue PM								No Practice New Year's Eve PM
1-Jan	Wed AM/PM								No Practice New Year's Day
2-Jan	Thur AM	7:00-10:00	7:00-10:00		9:00-11:00				Sr Wts 9-10
2-Jan	Thur PM	4:00-6:30	4:00-6:30		3:45-5:45	6:00-8:00	6:00-7:30	5:45-7:00	DL Include at UC
3-Jan	Fri AM	8:45-11:00	8:45-11:00		8:45-11:00			10:45-12:00	Flex Include at UC
3-Jan	Fri PM	3:45-5:30	3:45-5:30	3:45-5:30	3:45-5:30	5:30-7:30	5:30-7:30		
4-Jan	Sat AM	7:30-9:45	7:30-9:45	7:30-8:45	8:45-10:00	Girls 10:15-12:15	10:15-12:15	12:15-2:15	Swim A Thon + SR Weights 1 HR
						Boys 12:15-2:15			

Resume regular winter practice schedule

Red Block = UC POOL