



# Tigersharks Training Schedule

*Scroll Through For Your Squad*

**ALL Squads**

**MAY 2021**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1-May</b>
SR I: weights 2x per week + Saturday						Bronze: 7:45-9:00am Silver: 7:45-9:00am Gold: 7:15-8:45am SR I & II: 6:45-8:45am SR I: 8:45-9:30am (wts)
<b>2-May</b>	<b>3-May</b>	<b>4-May</b>	<b>5-May</b>	<b>6-May</b>	<b>7-May</b>	<b>8-May</b>
	Bronze: 6:30-7:30pm  Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	Silver: 6:30-7:45pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	Bronze: 6:30-7:30pm  Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	Silver: 6:30-7:45pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	Bronze: 5:15-6:30pm Silver: 5:15-6:30pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm	Bronze: 7:45-9:00am Silver: 7:45-9:00am Gold: 7:15-8:45am SR I & II: 7:15-8:45am SR I: 8:45-9:30am (wts)
<b>9-May</b>	<b>10-May</b>	<b>11-May</b>	<b>12-May</b>	<b>13-May</b>	<b>14-May</b>	<b>15-May</b>
	Bronze: 6:30-7:30pm  Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	Silver: 6:30-7:45pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	Bronze: 6:30-7:30pm  Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	Silver: 6:30-7:45pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	Bronze: 5:15-6:30pm Silver: 5:15-6:30pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm	Bronze: 7:45-9:00am Silver: 7:45-9:00am Gold: 7:15-8:45am SR I & II: 7:15-8:45am
<b>16-May</b>	<b>17-May</b>	<b>18-May</b>	<b>19-May</b>	<b>20-May</b>	<b>21-May</b>	<b>22-May</b>
	Bronze: 6:30-7:30pm  Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm	Silver: 6:30-7:45pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm	Bronze: 6:30-7:30pm  Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm	Silver: 6:30-7:45pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm	<b>NO TRAINING</b> All Squads  <i>High School Regionals</i>	Bronze: 7:30-8:30am Silver: 7:30-8:30am Gold: 7:00-8:30am SR: 7:00-8:30am <i>High School Regionals</i>
<b>23-May</b>	<b>24-May</b>	<b>25-May</b>	<b>26-May</b>	<b>27-May</b>	<b>28-May</b>	<b>29-May</b>
	Bronze: 6:30-7:30pm  Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm	Silver: 6:30-7:45pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm	Bronze: 6:30-7:30pm  Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm	Silver: 6:30-7:45pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm	Intermountain Classic Swim Meet  No Training	Intermountain Classic Swim Meet  No Training
<b>30-May</b>	<b>31-May</b>	<b>1-Jun</b>	<b>2-Jun</b>	<b>3-Jun</b>	<b>4-Jun</b>	<b>5-Jun</b>
Intermountain Classic Swim Meet	Intermountain Classic Swim Meet  No Training	<b>NO TRAINING</b> All Squads	Bronze: 6:30-7:30pm  Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm	Silver: 6:30-7:45pm Gold: 6:15-7:45pm SR I & II: 3:00-4:30pm	Bronze: 5:15-6:30pm Silver: 5:15-6:30pm Gold: 5:00-6:30pm SR I & II: 3:00-4:30pm	Bronze: 7:30-8:30am Silver: 7:30-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am



# Tigersharks Training Schedule

## BRONZE SQUAD

**MAY 2021**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1-May</b>
						Bronze: 7:45-9:00am
<b>2-May</b>	<b>3-May</b>	<b>4-May</b>	<b>5-May</b>	<b>6-May</b>	<b>7-May</b>	<b>8-May</b>
	Bronze: 6:30-7:30pm		Bronze: 6:30-7:30pm		Bronze: 5:15-6:30pm	Bronze: 7:45-9:00am
<b>9-May</b>	<b>10-May</b>	<b>11-May</b>	<b>12-May</b>	<b>13-May</b>	<b>14-May</b>	<b>15-May</b>
	Bronze: 6:30-7:30pm		Bronze: 6:30-7:30pm		Bronze: 5:15-6:30pm	Bronze: 7:45-9:00am
<b>16-May</b>	<b>17-May</b>	<b>18-May</b>	<b>19-May</b>	<b>20-May</b>	<b>21-May</b>	<b>22-May</b>
	Bronze: 6:30-7:30pm		Bronze: 6:30-7:30pm		NO TRAINING All Squads	Bronze: 7:30-8:30am
					<i>High School Regionals</i>	<i>High School Regionals</i>
<b>23-May</b>	<b>24-May</b>	<b>25-May</b>	<b>26-May</b>	<b>27-May</b>	<b>28-May</b>	<b>29-May</b>
	Bronze: 6:30-7:30pm		Bronze: 6:30-7:30pm		Intermountain Classic Swim Meet	Intermountain Classic Swim Meet
					No Training	No Training
<b>30-May</b>	<b>31-May</b>	<b>1-Jun</b>	<b>2-Jun</b>	<b>3-Jun</b>	<b>4-Jun</b>	<b>5-Jun</b>
Intermountain Classic Swim Meet	Intermountain Classic Swim Meet	NO TRAINING All Squads	Bronze: 6:30-7:30pm		Bronze: 5:15-6:30pm	Bronze: 7:30-8:30am
	No Training					



## Tigersharks Training Schedule

### SILVER SQUAD

### MAY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1-May</b>
						Silver: 7:45-9:00am
<b>2-May</b>	<b>3-May</b>	<b>4-May</b>	<b>5-May</b>	<b>6-May</b>	<b>7-May</b>	<b>8-May</b>
		Silver: 6:30-7:45pm		Silver: 6:30-7:45pm	Silver: 5:15-6:30pm	Silver: 7:45-9:00am
<b>9-May</b>	<b>10-May</b>	<b>11-May</b>	<b>12-May</b>	<b>13-May</b>	<b>14-May</b>	<b>15-May</b>
		Silver: 6:30-7:45pm		Silver: 6:30-7:45pm	Silver: 5:15-6:30pm	Silver: 7:45-9:00am
<b>16-May</b>	<b>17-May</b>	<b>18-May</b>	<b>19-May</b>	<b>20-May</b>	<b>21-May</b>	<b>22-May</b>
		Silver: 6:30-7:45pm		Silver: 6:30-7:45pm	NO TRAINING All Squads	Silver: 7:30-8:30am
					<i>High School Regionals</i>	<i>High School Regionals</i>
<b>23-May</b>	<b>24-May</b>	<b>25-May</b>	<b>26-May</b>	<b>27-May</b>	<b>28-May</b>	<b>29-May</b>
		Silver: 6:30-7:45pm		Silver: 6:30-7:45pm	Intermountain Classic Swim Meet	Intermountain Classic Swim Meet
					No Training	No Training
<b>30-May</b>	<b>31-May</b>	<b>1-Jun</b>	<b>2-Jun</b>	<b>3-Jun</b>	<b>4-Jun</b>	<b>5-Jun</b>
Intermountain Classic Swim Meet	Intermountain Classic Swim Meet	NO TRAINING All Squads		Silver: 6:30-7:45pm	Silver: 5:15-6:30pm	Silver: 7:30-8:30am
	No Training					



# Tigersharks Training Schedule

## GOLD SQUAD

### MAY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1-May</b>
						Gold: 7:15-8:45am
<b>2-May</b>	<b>3-May</b>	<b>4-May</b>	<b>5-May</b>	<b>6-May</b>	<b>7-May</b>	<b>8-May</b>
	Gold: 6:15-7:45pm	Gold: 6:15-7:45pm	Gold: 6:15-7:45pm	Gold: 6:15-7:45pm	Gold: 5:00-6:30pm	Gold: 7:15-8:45am
<b>9-May</b>	<b>10-May</b>	<b>11-May</b>	<b>12-May</b>	<b>13-May</b>	<b>14-May</b>	<b>15-May</b>
	Gold: 6:15-7:45pm	Gold: 6:15-7:45pm	Gold: 6:15-7:45pm	Gold: 6:15-7:45pm	Gold: 5:00-6:30pm	Gold: 7:15-8:45am
<b>16-May</b>	<b>17-May</b>	<b>18-May</b>	<b>19-May</b>	<b>20-May</b>	<b>21-May</b>	<b>22-May</b>
	Gold: 6:15-7:45pm	Gold: 6:15-7:45pm	Gold: 6:15-7:45pm	Gold: 6:15-7:45pm	NO TRAINING All Squads	Bronze: 7:30-8:30am Silver: 7:30-8:30am Gold: 7:00-8:30am
					<i>High School Regionals</i>	<i>High School Regionals</i>
<b>23-May</b>	<b>24-May</b>	<b>25-May</b>	<b>26-May</b>	<b>27-May</b>	<b>28-May</b>	<b>29-May</b>
	Gold: 6:15-7:45pm	Gold: 6:15-7:45pm	Gold: 6:15-7:45pm	Gold: 6:15-7:45pm	Intermountain Classic Swim Meet	Intermountain Classic Swim Meet
					No Training	No Training
<b>30-May</b>	<b>31-May</b>	<b>1-Jun</b>	<b>2-Jun</b>	<b>3-Jun</b>	<b>4-Jun</b>	<b>5-Jun</b>
Intermountain Classic Swim Meet	Intermountain Classic Swim Meet	NO TRAINING All Squads	Gold: 6:15-7:45pm	Gold: 6:15-7:45pm	Gold: 5:00-6:30pm	Gold: 7:00-8:30am
	No Training					



## Tigersharks Training Schedule

### SENIOR SQUAD

**MAY 2021**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1-May</b>
SR I: weights 2x per week + Saturday						SR I & II: 6:45-8:45am SR I: 8:45-9:30am (wts)
<b>2-May</b>	<b>3-May</b>	<b>4-May</b>	<b>5-May</b>	<b>6-May</b>	<b>7-May</b>	<b>8-May</b>
	SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	SR I & II: 3:00-4:30pm	SR I & II: 7:15-8:45am SR I: 8:45-9:30am (wts)
<b>9-May</b>	<b>10-May</b>	<b>11-May</b>	<b>12-May</b>	<b>13-May</b>	<b>14-May</b>	<b>15-May</b>
	SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	SR I & II: 3:00-4:30pm SR I: 2:00-3pm (wts)	SR I & II: 3:00-4:30pm	SR I & II: 7:15-8:45am
<b>16-May</b>	<b>17-May</b>	<b>18-May</b>	<b>19-May</b>	<b>20-May</b>	<b>21-May</b>	<b>22-May</b>
	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm	NO TRAINING All Squads	SR: 7:00-8:30am <i>High School Regionals</i>
<b>23-May</b>	<b>24-May</b>	<b>25-May</b>	<b>26-May</b>	<b>27-May</b>	<b>28-May</b>	<b>29-May</b>
	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm	Intermountain Classic Swim Meet	Intermountain Classic Swim Meet
<b>30-May</b>	<b>31-May</b>	<b>1-Jun</b>	<b>2-Jun</b>	<b>3-Jun</b>	<b>4-Jun</b>	<b>5-Jun</b>
Intermountain Classic Swim Meet	Intermountain Classic Swim Meet	NO TRAINING All Squads	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm	SR I & II: 7:00-8:30am
	No Training					



# Tigersharks Training Schedule

## MASTERS Squad

**MAY 2021**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					5:45-7am	<b>1-May</b> 6-7:30am
<b>2-May</b>	<b>3-May</b>	<b>4-May</b>	<b>5-May</b> 5:45-7am	<b>6-May</b>	<b>7-May</b> 5:45-7am	<b>8-May</b> 6-7:30am
<b>9-May</b>	<b>10-May</b>	<b>11-May</b>	<b>12-May</b> 5:45-7am	<b>13-May</b>	<b>14-May</b> 5:45-7am	<b>15-May</b> 6-7:30am
<b>16-May</b>	<b>17-May</b>	<b>18-May</b>	<b>19-May</b> 5:45-7am	<b>20-May</b>	<b>21-May</b> 5:45-7am	<b>22-May</b> 6-7:30am
<b>23-May</b>	<b>24-May</b>	<b>25-May</b>	<b>26-May</b> 5:45-7am	<b>27-May</b>	<b>28-May</b> 5:45-7am	<b>29-May</b> 5:45-7am <b>Swim Meet</b>
<b>30-May</b>	<b>31-May</b> <b>NO TRAINING</b> Memorial Day					