

Hanover Hurricanes Training Schedule SC 2021-2022

September 2021 through April 2022

Trng Group	Swim / Dry Land	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday AM
CAT 1 @ 3:30	PM Swim	3:30 - 4:30 PM	3:30 - 4:30 PM	3:30 - 4:30 PM	3:30 - 4:30 PM	3:30 - 4:30 PM	9:00 - 10:00 AM
	Dry Land	4:50 - 5:05 PM	4:50 - 5:05 PM	4:50 - 5:05 PM	4:50 - 5:05 PM	XXX	XXX
CAT 1 @ 6:10	Dry Land	6:10 - 6:25 PM	6:10 - 6:25 PM	6:10 - 6:25 PM	6:10 - 6:25 PM	XXX	XXX
	PM Swim	6:30 - 7:30 PM	6:30 - 7:30 PM	6:30 - 7:30 PM	6:30 - 7:30 PM	5:15 - 6:15 PM	9:00 - 10:15 AM
CAT 2 @ 3:30	PM Swim	3:30 - 4:45 PM	3:30 - 4:45 PM	3:30 - 4:45 PM	3:30 - 4:45 PM	3:30 - 4:45 PM	9:00 - 10:15 AM
	Dry Land	4:50 - 5:05 PM	4:50 - 5:05 PM	4:50 - 5:05 PM	4:50 - 5:05 PM	XXX	XXX
CAT 2 @ 6:10	Dry Land	6:10 - 6:25 PM	6:10 - 6:25 PM	6:10 - 6:25 PM	6:10 - 6:25 PM	XXX	XXX
	PM Swim	6:30 - 7:45 PM	6:30 - 7:45 PM	6:30 - 7:45 PM	6:30 - 7:45 PM	5:15 - 6:30 PM	9:00 - 10:15 AM
CAT 3	Dry Land	6:10 - 6:25 PM	6:10 - 6:25 PM	6:10 - 6:25 PM	6:10 - 6:25 PM	XXX	XXX
	PM Swim	6:30 - 8:00 PM	6:30 - 8:00 PM	6:30 - 8:00 PM	6:30 - 8:00 PM	5:00 - 6:30 PM	9:00 - 10:30 AM
CAT 4	Dry Land	4:25 - 4:40 PM	4:25 - 4:40 PM	4:25 - 4:40 PM	4:25 - 4:40 PM	XXX	XXX
	PM Swim	4:45 - 6:30 PM	4:45 - 6:30 PM	4:45 - 6:30 PM	4:45 - 6:30 PM	4:30 - 6:30 PM	7:00 - 9:00 AM
CAT 5 PM	* PM Swim *	4:30 - 6:30 PM	4:30 - 6:30 PM	4:30 - 6:30 PM	4:30 - 6:30 PM	4:30 - 6:30 PM	7:00 - 9:00 AM
CAT 5 AM	AM Swim	4:50 - 6:50 AM	4:50 - 6:50 AM	4:50 - 6:50 AM	4:50 - 6:50 AM	4:50 - 6:50 AM	7:00 - 9:00 AM
	* PM Swim *	4:30 - 6:30 PM	4:30 - 6:30 PM	4:30 - 6:30 PM	4:30 - 6:30 PM	XXX	XXX