Poseidon - Hanover Training Schedule 2017 - 2018 (SC) by Squad

September 2017 through April 2018

Trng Group	Swim Dry Land	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday AM
							10:45 AM-11:30 PM
Poseidon "Ducklings"							
White (Old Level 1)	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	10:45 - 11:45 AM
Blue (Old Level 2)	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	10:15 - 11:30 AM
	ST-CS	4:55 - 5:10 PM	4:55 - 5:10 PM	4:55 - 5:10 PM	4:55 - 5:10 PM	XXX	XXX
Junior (Old Level 2)	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	10:15 - 11:30 AM
	ST-CS	4:55 - 5:10 PM	4:55 - 5:10 PM	4:55 - 5:10 PM	4:55 - 5:10 PM	XXX	XXX
Bronze (Old Level 3)	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	8:45 - 10:15 AM
	ST-CS	6:15 - 6:30 PM	6:15 - 6:30 PM	6:15 - 6:30 PM	6:15 - 6:30 PM	XXX	XXX
Silver (Old Level 4)	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	8:45 - 10:45 AM
	ST-CS	4:30 - 4:45 PM	4:30 - 4:45 PM	4:30 - 4:45 PM	4:30 - 4:45 PM	XXX	XXX
Gold (Old Level 4+) 6 Recommended Workouts / Wk	AM Swim			4:50 - 6:50 AM			
	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	8:45 - 10:45 AM
	ST-CS	4:30 - 4:45 PM	4:30 - 4:45 PM	4:30 - 4:45 PM	4:30 - 4:45 PM	XXX	XXX
Senior 1 (Old Sr 1 PM)	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	6:30 - 8:45 AM
	ST-CS	6:15 - 6:30 PM	6:15 - 6:30 PM	6:15 - 6:30 PM	6:15 - 6:30 PM	XXX	XXX
Senior 2 "B" (Old Sr 1 AM) 6 Recommended Workouts / Wk	AM Swim	4:50 - 6:50 AM	4:50 - 6:50 AM		4:50 - 6:50 AM	4:50 - 6:50 AM	6:30 - 8:45 AM
	PM Swim		4:30 - 6:30 PM	4:30 - 6:30 PM	4:30 - 6:30 PM		
	ST-CS		4:15 - 4:30 PM	4:15 - 4:30 PM	4:15 - 4:30 PM	XXX	XXX
Senior 2 "A" (Old Sr 2) 8 Recommended Workouts / Wk	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	6:30 - 8:45 AM
	PM Swim	4:30 - 6:30 PM	4:30 - 6:30 PM	4:30 - 6:30 PM	4:30 - 6:30 PM		
	ST-CS	4:15 - 4:30 PM	4:15 - 4:30 PM	4:15 - 4:30 PM	4:15 - 4:30 PM	XXX	XXX

ST-CS = Stretching and Core Strength Building