



Performance Training Schedule

SQUAD		Mon		Tues		Wed		Thurs		Fri		Sat
		am	pm	am	pm	am	pm	am	pm	am	pm	am
Grizzly	SWIM	7-9	6-8	7-9	-	7-9	4-6	7-9	4-6	7-9	-	5:30-7:30
		NAC	NAC	NAC	-	NAC	NAC	NAC	NAC	NAC	-	AUTM
	DRYLAND	6:30-6:55	-	6-7	-	6:30-6:55	-	6-7	-	6:30-6:55	-	7:45-9
Polar	SWIM	5:30-7:30	6-8	5:30-7:30	-	5:30-7	4-6	5:30-7:30	4-6	5:30-7:30	-	5:30-7:30
		AUTM	NAC	NAC	-	NAC	NAC	NAC	NAC	AUTM	-	AUTM
	DRYLAND	-	5-6	-	-	7:15-8	-	-	-	-	-	7:45-8:45

