



2024 DEVELOPMENT SQUAD TRAINING SCHEDULES

SQUAD		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
		AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM
BLACK	Swim	5.30am-7.30am NAC (LC)	4.00pm-6.00pm NAC (LC)	5.30am-7.30am NAC (SC)			6.00pm-8.00pm NAC (LC)	5.30am-7.30am NAC (SC)		5.30am-7.30am AUTM (SC)	4.00pm-6.00pm NAC (SC)	5.30am-7.30am AUTM (LC)
	Dryland/Gym						5.00pm-5.45pm NAC					8.00am-9.00am AUTM

SQUAD		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
		AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM
BROWN	Swim	5.50am-7.30am AUTM (SC)	4.00pm-6.00pm NAC (LC)	5.30am-7.30am AUTM (SC)			4.00pm-6.00pm NAC	5.30am-7.30am AUTM (SC)		5.50am-7.30am NAC (LC)	4.00pm-6.00pm NAC (SC)	
	Dryland/Gym	5.20am-5.50am AUTM					4.50pm-5.50pm AUTM			5.20am-5.50am NAC		

SQUAD		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
		AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM
SWIMFIT	Swim	5.30am-7.00am AUTM (SC)		5.30am-7.00am AUTM (SC)				5.30am-7.00am AUTM (SC)		5.30am-7.00am AUTM (SC)		
	Dryland/Gym											

