



**2024 PERFORMANCE SQUAD TRAINING SCHEDULES**

SQUAD		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
		AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM
GRIZZLY	Swim	5.30am-7.30am NAC (LC)	6.00pm-8.00pm NAC (LC)	5.30am-7.30am NAC (SC)		5.30am-7.00am NAC (LC)	4.00pm-6.00pm NAC (LC)	5.30am-7.30am NAC (SC)	4.00pm-6.00pm NAC (SC)	5.30am-7.30am NAC (LC)		5.30am-7.30am AUTM (LC)
	Dryland/Gym			8.00am-9.00am AUTM				8.00am-9.00am AUTM				8.00am-9.00am AUTM

SQUAD		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
		AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM
POLAR	Swim	5.30am-7.30am NAC (LC)	6.00pm-8.00pm NAC (LC)	5.30am-7.30am NAC (SC)		5.30am-7.00am NAC (LC)	4.00pm-6.00pm NAC (LC)	5.30am-7.30am NAC (SC)	4.00pm-6.00pm NAC (SC)	5.30am-7.30am NAC (LC)		5.30am-7.30am AUTM (LC)
	Dryland/Gym		5.00pm-5.45pm NAC			7.15am-8.00am AUTM						8.00am-9.00am AUTM

