

2023-2024 -Training Schedule AIRDRIE

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Performance	Swim - 5:30 - 7:00 am - MNP Dryland 7:00 - 7:45	Swim - 5:30 - 7:00 am - MNP Dryland 7:00 - 7:45		Swim - 5:30 - 7:00 am - MNP Dryland 7:00 - 7:45	Swim - 6:00 - 7:30 am - GP	7:00 - 9:00 am MNP
	Swim - 4:30 - 6:30 pm - GP		Swim - 4:30 - 6:30 pm - GP	Swim - 4:00 - 6:00 pm - VV (Optional 8 or Replacement) (Dave)		
Train to Train - 7 (T2T - 7) (7 Workout Limit)		Swim - 5:30 - 7:00 am - MNP		Swim - 5:30 - 7:00 am - MNP	Swim - 6:00 - 7:30 am - GP	7:00 - 9:00 am VV
	Swim - 4:30 - 6:30 pm - GP	Swim - 4:00 - 6:00 pm - VV	Swim - 4:30 - 6:30 pm - GP	Swim - 4:00 - 6:00 pm - VV		
Train to Train - 5 (T2T - 5)		Swim - 6:00 - 7:30 am - GP		Swim - 6:00 - 7:30 am - GP		7:30-9am Swim TH
	Swim - 4:30 - 6:30pm - GP		Swim - 4:30-6:30pm GP			
Learn To Train - 4 (L2T - 4)				Swim - 6:00 - 7:30 am - GP		
	Dryland - 4:30 - 5:00 pm Swim - 5:00 - 6:30pm - GP		Dryland - 4:30 - 5:00 pm Swim - 5:00 - 6:30pm - GP		Dryland - 4:30 - 5:00 pm Swim - 5:00 - 6:30pm - GP	
Development						7:30-9am Swim GP
		Dryland - 5:00 - 5:30 pm Swim - 5:30 - 6:30 pm - GP		Dryland - 5:00 - 5:30 pm Swim - 5:30 - 6:30 pm - GP	Dryland - 4:00 - 4:30pm Swim 4:30 - 5:30 pm - GP	
MNP - Formerly Repsol Centre	RR - Rocky Ridge	GP - Genesis Place	TH - Thornhill Pool	VV- Vivo Pool		