

Owen Sound Swimming

Fall 2022

Draft 2 - Training Schedule

Effective Sept 19th, 2022

(updated Aug 22nd)

(Modified Schedules for Sept 7-10 & Sept 12-17 will be published this week)



Group	Projected Swimmer Count	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Comp 3 Ken	8-9	6:00-7:45 Swim 7:45-8am Shoulders	6:00-7:45am Swim 7:45-8am Core	7:00-8:00am HIIT Gym	6-7:45am Swim 7:45-8am Shoulders	6:00-7:45am Swim 7:45-8am Core	7:30-8:10am Weights 8:20-9:50am Swim
* Select + 1 Weights oyo Thr preferred		3:30-4:30pm Weights		3:45-5:15pm Swim (Race Pace)		Tech/Video As scheduled intermittantly	
Comp2 Ken/Cheryl/Ryan	15-18		6:05-6:50am HIIT Gym 7:00-8:00 Swim	6:00-7:45am Swim 7:45-8am Core	6-7:45am Swim 7:45-8am Shoulders	6:00-7:45am Swim 7:45-8am Core	7:30-8:10am Mixed Dry 8:20-9:50am Swim
		3:30-3:50 Mixed dry 4:00-5:45pm Swim				Tech/Video As scheduled intermittantly	
Comp1 Cheryl	12-15		6:00-7:00am Swim 7:10-8:00am Dry			6-6:40am Dry 6:50-8am Swim	9-9:40am Mixed Dry 9:50-11:05am Swim
		4-5:30pm Swim		4-5:45pm Swim			
Waves Deb/Ken	12-15	5:30-7pm Swim	4:15-4:40 Dry 4:45-5:45pm Swim		4:15-5:45pm Swim		9-9:40am Mixed Dry 9:50-11:05am Swim
Tides-1 Blue Crew Coaches	12-15	5:45-7pm Swim		4:45-5:10pm Dry 5:15-6:30pm Swim			ALL TIDES 10:30-11am Dry
Tides-2 Ken & Crew	12-15		5:45-7pm Swim		4:30-4:55pm Dry 5-6:15pm Swim		11:05-Noon Swim
Splash Virginia & Crew	18-24		5:30-6:30pm		5:30-6:30pm		
Masters Ken	32-36	6-7am Swim (4lanes)		6-7am Swim (3lanes)	6:30-7:30pm Swim (6lanes)		7:15-8:20am Swim (6 lanes)