

Orinda Aquatics Workout Schedule 2025-2026

note: times listed are "in the water" times (please arrive 15 minutes prior to workout)

Phase in schedule

wk of Aug 18 =>	Senior Group optional workouts Mon-Thurs 4:15-6:00; TEAM TRY-OUTS Tues & Wed 6:00-7:15
wk of Aug 25 =>	PM Mon-Wed: Sr 4 3:50-5:20; Sr 2/3 5:20-6:45; Jr All 6:45-8:00 (no weekday AM or DL); Swimmer meetings Friday: Senior 4:00-5:15, Junior 5:30-6:30 (zoom); Saturday is regular (no DL) - it will be gear day and suit fitting
wk of Sep 1 =>	Reg PM with dryland - no Mon (Labor Day) or weekday AM, regular Sat AM with dryland intro and Nutrition talk
wk of Sept 8 =>	Reg PM schedule with AM, dryland and Sat

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior 4	AM	5:30-7:15		5:30-7:15 (opt)		5:30-7:15	7:30-10:00
	PM	3:45-5:20	3:45-5:20	none	4:00-6:10	4:00-6:00	
	dryland	5:30-6:15	5:30-6:15		6:15-7:00		10:10-11:00
	meeting					meeting 4:00	
Senior 3	AM			5:30-7:15		5:30-7:15 (opt)	7:30-10:00
	PM	5:20-6:45	5:20-6:45	4:00-6:10	none	4:00-6:00	
	dryland	4:30-5:15	4:30-5:15		at-home workout		10:10-11:00
	meeting					meeting 4:00	
Senior 2	AM			5:30-7:15			7:30-10:00
	PM	5:20-6:45	5:20-6:45	4:00-6:10	none	4:00-6:00	
	dryland	4:30-5:15	4:30-5:15		at-home workout		10:10-11:00
	meeting					meeting 4:00	

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior 3	AM					TBD	8:15-10:00
	PM	6:45-8:00	6:45-8:00	6:30-8:00	6:30-8:00	6:00-7:30	
	DL/MTG	6:10-6:40 - DL	6:10-6:40 - DL			5:30-6:00 - DL	
Junior 1&2	PM/SAT	6:45-8:00	6:45-8:00	6:30-8:00	6:30-8:00	6:00-7:30	8:15-10:00
	DL/MTG	6:10-6:40 - DL	6:10-6:40 - DL			5:30-6:00 - DL	

Important workout notes

=> Sr Group has one afternoon off during the week. The time should be used for homework, family time or relaxing (no social media).

=> **dryland and meetings are expected** as part of the regular training schedule (**not optional**)

* Note: **The Senior Group workout schedule will change during the high school season** Feb 9 - Apr 29 for Wed & Thurs.