

SMRT January-February 2026 Training Schedule LOOK FOR MLK OR STA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pre-Team			5:00-5:30 MLK	5:00-5:30 MLK		
Marlins 2A	4:15-5:00 STA		4:15-5:00 MLK			9 - 9:45
Marlins 2B		4:15-5:00 STA		4:15-5:00 MLK		9 - 9:45
Marlins 1	4:15-5:15 STA	4:15-5:15 STA		4:15-5:15 MLK		9:30 - 10:30
AG 3	5:15-6:30 swim STA	5:15-6:30 swim STA		5:00-5:15 dryland 5: 15-6:30 swim MLK	4:00-5:15	8:00 - 9:30
AG 2	5:00-5:15 dryland 5:15-6:30 swim	5:00-5:15 dryland 5:15-6:30 swim	5:00-6:15	5:00-5:15 dryland 5: 15-6:30 swim	4:00-5:30	8:00 - 8:30 dryland 8:30 - 10:00 swim
AG 1	4:00-4:30 dryland 4:30-6:00 swim	4:00-4:30 dryland 4:30-6:00 swim	4:00-6:15	4:00-4:30 dryland 4: 30-6:00 swim	4:15-6:00	8:00 - 8:30 dryland 8:30 - 10:00 swim
Junior 2	4:15-5:30 swim 5: 30-6:00 dryland	4:15-5:30 swim 5: 30-6:00 dryland		4:15-5:30 swim 5: 30-6:00 dryland	4:15-6:00	8:00 - 9:30
Junior 1	5:00-5:30 dryland 5:30-7:00 swim	5:00-5:30 dryland 5:30-7:00 swim	4:00-6:15	5:00-5:30 dryland 5: 30-7:00 swim	4:15-6:00	7:00 - 8:30 swim 8:30 - 9:00 dryland
Senior	5:30-7:00AM 4: 00-4:30 dryland 4:30-6:00 swim	5:30-7:00AM 4: 00-4:30 dryland 4: 30-6:00 swim	4:00-6:30 STA	5:30-7:00 AM MLK 4:00-6:30 STA	4:15-6:00	7:00 - 9:00 swim 9:00-9:30 dryland
National	5:30-7:00AM 4: 00-4:30 dryland 4:30-6:00 swim	5:30-7:00AM 4: 00-4:30 dryland 4: 30-6:00 swim	4:00-6:30 STA	5:30-7:00 AM MLK 4:00-6:30 STA	5:30-7:00 AM 4:15-6:00	7:00 - 9:00 swim 9:00-9:30 dryland
Schedule subject to change at coaches' discretion						