

BARRACUDA SWIM CLUB of NORTHEAST TENNESSEE
2024 SUMMER TRAINING SCHEDULE - JOHNSON CITY SITE

L = Legion Street Pool
 SW = Swim

S = SHHS Weight Room
 DL = Dryland
 WT = Weights

F = Freedom Hall Pool
 K = Kingsport Aquatic Center

	Training Group	SUNDAY 4/21	MONDAY 4/22	TUESDAY 4/23	WEDNESDAY 4/24	THURSDAY 4/25	FRIDAY 4/26	SATURDAY 4/27
WEEK 5	SENIOR/PS1	OFF	WT 5:00-6:00 AM S SW 3:05-5:05 PM F	SW 5:00-7:00 AM F SW 3:05-5:05 PM F	WT 5:00-6:00 AM S SW 3:05-5:05 PM F	SW 5:00-7:00 AM F SW 3:05-5:05 PM F	WT 5:00-6:00 AM S SW 3:05-5:05 PM F	OFF
	PRESENIOR 2	OFF	DL 5:35-6:05 PM F SW 6:05-7:35 PM F	SW 6:05-7:35 PM F	DL 5:35-6:05 PM F SW 6:05-7:35 PM F	DL 5:35-6:05 PM F SW 6:05-7:35 PM F	SW 6:05-7:35 PM F	OFF
	Training Group	4/28	4/29	4/30	5/1	5/2	5/3	5/4
WEEK 6	SENIOR/PS1	OFF	WT 5:00-6:00 AM S SW 3:05-5:05 PM F	SW 5:00-7:00 AM F SW 3:05-5:05 PM F	WT 5:00-6:00 AM S SW 3:05-5:05 PM F	SW 5:00-7:00 AM # F SW 3:05-5:05 PM F	WT 5:00-6:00 AM S SW 3:05-5:05 PM F	SW 7:00-9:00 AM F
	PRESENIOR 2	OFF	DL 5:35-6:05 PM F SW 6:05-7:35 PM F	SW 6:05-7:35 PM F	DL 5:35-6:05 PM F SW 6:05-7:35 PM F	DL 5:35-6:05 PM F SW 6:05-7:35 PM F	SW 6:05-7:35 PM F	SW 7:00-9:00 AM F
	Training Group	5/5	5/6	5/7	5/8	5/9	5/10	5/11
WEEK 7	SENIOR/PS1	OFF CKA Meet	WT 5:00-6:00 AM S SW 3:05-5:05 PM F	SW 5:00-7:00 AM F SW 3:05-5:05 PM F	WT 5:00-6:00 AM S SW 3:05-5:05 PM F	SW 5:00-7:00 AM F SW 3:05-5:05 PM F	WT 5:00-6:00 AM S SW 3:05-5:05 PM F	SW 7:00-9:00 AM F
	PRESENIOR 2	OFF CKA Meet	DL 5:35-6:05 PM F SW 6:05-7:35 PM F	SW 6:05-7:35 PM F	DL 5:35-6:05 PM F SW 6:05-7:35 PM F	DL 5:35-6:05 PM F SW 6:05-7:35 PM F	SW 6:05-7:35 PM F	SW 7:00-9:00 AM F
	Training Group	4/14 ##	4/15	4/16	4/17	4/18	4/19	4/20
WEEK 8	SENIOR/PS1	OFF	WT 5:00-6:00 AM S SW 3:05-5:05 PM F	SW 5:00-7:00 AM F SW 3:05-5:05 PM F	WT 5:00-6:00 AM S SW 3:05-5:05 PM F	SW 5:00-7:00 AM F SW 3:05-5:05 PM F	WT 5:00-6:00 AM S SW 3:05-5:05 PM F	NCAC Meet
	PRESENIOR 2	OFF	DL 5:35-6:05 PM F SW 6:05-7:35 PM F	SW 6:05-7:35 PM F	DL 5:35-6:05 PM F SW 6:05-7:35 PM F	DL 5:35-6:05 PM F SW 6:05-7:35 PM F	SW 6:05-7:35 PM F	NCAC Meet DL 5:35-6:05 PM F