



# **TSM TRAINING SCHEDULE**

[Jan - Jun 2026]

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	SAMOHI (PM)	SAMOHI (PM)	SAMOHI (PM)	SAMOHI (PM)	SAMOHI (PM)	SMSC (AM)
<b>White</b>	<b>4:45-5</b> (dynamic WU)	<b>4:45-5</b> (dynamic WU)	<b>4:45-5</b> (dynamic WU)	<b>5:15-5:30</b> (dynamic WU)	<b>4:45-5</b> (dynamic WU)	<b>8:45-9</b> (self care)
	<b>5-6</b> (swim)	<b>5-6</b> (swim)	<b>5-6</b> (swim)	<b>5:30-6:30</b> (swim)	<b>5-6</b> (swim)	<b>9-9:45</b> (swim)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pink	SMSC (PM)	SMSC (PM)	SMSC (PM)	SMSC (PM)	SMSC (PM)	SMSC (AM)
	<b>6-6:15</b> (dynamic WU)	<b>5:40-6</b> (DL)	<b>6-6:15</b> (dynamic WU)	<b>5:40-6</b> (DL)	<b>3:45-4</b> (dynamic WU)	<b>9:25-9:45</b> (DL)
	<b>6:15-7:30</b> (swim)	<b>6-7:15</b> (swim)	<b>6:15-7:30</b> (swim)	<b>6-7:15</b> (swim)	<b>4-5</b> (swim)	<b>9:45-11</b> (swim)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	SAMOHI (PM)	SAMOHI (PM)	SAMOHI (PM)	SAMOHI (PM)	SAMOHI (PM)	SMSC (AM)
Red	<b>4:45-5</b> (dynamic WU)  <b>5-6:30</b> (swim)	<b>4:45-5</b> (dynamic WU)  <b>5-6:30</b> (swim)	<b>4:15-4:30</b> (dynamic WU)  <b>4:30-6</b> (swim)	<b>6:15-6:30</b> (dynamic WU)  <b>6:30-8</b> (swim)	<b>4:45-5</b> (dynamic WU)  <b>5-6:30</b> (swim)	<b>8:45-9</b> (self care)  <b>9-10:30</b> (swim)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Purple (AM)			SMSC (AM)		SMSC (AM)	SMSC (AM)
			**6-7 (DL)**		5:15-5:30 (self care)	6-6:30 (self care)
					5:30-7:15 (swim)	6:30-9 (swim)
Purple (PM)	SMSC (PM)	SMSC (PM)	SMSC (PM)	SMSC (PM)	SMSC (PM)	SMSC (AM)
	3:45-4 (self-care)	3:45-4 (self-care)	3:45-4 (self-care)	3:45-4 (self-care)	4:30-5 (self-care)	**9-10 (DL)**
	4-6 (swim)	4-6 (swim)	4-6 (swim)	4-6 (swim)	5-7 (swim)	

**\*\* Purple Group dryland sessions are not mandatory but are highly recommended. More consistency with dryland, similar to swim training, means better adaptation to the work offered and reaping the benefits of strength training. If a swimmer is unable to make any or all, they should contact Coach Iman for possible alternatives.\*\***