



TSM TRAINING SCHEDULE

[Jan - Jun 2026]

White

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

Pink

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

Red

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

Blue

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SMSC (PM)	SMSC (PM)	SMSC (PM)	SMSC (PM)	SMSC (PM)	SMSC (AM)
3:45-4 (dynamic WU)	3:45-4 (dynamic WU)	3:45-4 (dynamic WU)	3:45-4 (dynamic WU)	3:45-4 (dynamic WU)	8:45-9 (self care)
4-5:45 (swim)	4-5:45 (swim)	4-5:45 (swim)	4-5:45 (swim)	4-5:45 (swim)	9-10:45 (swim)

Purple (AM)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		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)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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.****