



TSM TRAINING SCHEDULE

[Jan - Jun 2026]

Sr Development

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SAMOHI (PM)	SMSC (AM)				
6:15-6:30 (dynamic WU) 6:30-8 (swim)	9:40-10 (dynamic WU) 10-11 (swim)				

Sr Prep (AM)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SMSC (AM) 6-7 (DL)		SMSC (AM) 6-7 (DL)		SMSC (AM) 5:15-5:30 (self care) 5:30-7:15 (swim)	SMSC (AM) 5:45-6 (self care) 6-7:45 (swim)
SAMOHI (PM) 6-6:15 (self-care) 6:15-8 (swim)					

Sr Performance (AM)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SMSC (AM) 6-7 (DL)		SMSC (AM) 6-7 (DL)		SMSC (AM) 5:15-5:30 (self care) 5:30-7:15 (swim)	SMSC (AM) 5:45-6 (self care) 6-7:45 (swim)
SAMOHI (PM) 5:45-6 (self-care) 6-8 (swim)					

Nat Prep (AM)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SMSC (AM) 6-7 (DL)	SMSC (AM) 5:15-5:30 (self care) 5:30-7:30 (swim)	SMSC (AM) 6-7 (DL)	SMSC (AM) 5:15-5:30 (self care) 5:30-7:30 (swim)		SMSC (AM) 6-6:30 (self care) 6:30-9 (swim)
SMSC (PM) 5:15-5:45 (self care) 5:45-8 (swim)	SMSC (PM) 5:15-5:45 (self care) 5:45-8 (swim)	SMSC (PM) 5:30-6 (self care) 5:45-8 (swim)	SMSC (PM) 5:15-5:45 (self care) 5:45-8 (swim)	SMSC (PM) 4:30-5 (self care) 5-7 (swim)	

Nat Prep (PM)

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