



TSM TRAINING SCHEDULE

[Jan - Jun 2026]

Sr Development

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

Sr Prep (AM)

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

Sr Prep (PM)

Sr Performance (AM)

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

Sr Performance (PM)

Nat Prep (AM)

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

Nat Prep (PM)

National (AM)

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

National (PM)