

Hanover Hurricanes Training Schedule SC 2025-26 TENTATIVE

September 8, 2025 through May 2026

Group	Swim / Dry Land	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday AM
Tropical Storms	Swim	3:30 - 4:30 PM	3:30 - 4:30 PM	3:30 - 4:30 PM	3:30 - 4:30 PM	3:30 - 4:30 PM	
Tropical Storm will have Dryland built into their practices.							
CAT 1 Early	Swim	3:30 - 4:30 PM	3:30 - 4:30 PM	3:30 - 4:30 PM	3:30 - 4:30 PM	3:30 - 4:30 PM	9:00 - 10:00 AM
CAT 1 Late	Swim	5:30 - 6:30 PM		5:30 - 6:30 PM			
CAT 1 will have Dryland built into their practices.							
CAT 2 Early	Swim	3:30 - 4:45 PM	3:30 - 4:45 PM	3:30 - 4:45 PM	3:30 - 4:45 PM	3:30 - 4:45 PM	9:00 - 10:15 AM
	Dry Land	4:50 - 5:15 PM	4:50 - 5:15 PM	4:50 - 5:15 PM	4:50 - 5:15 PM		
CAT 2 Late	Dry Land	6:00 - 6:25 PM	6:00 - 6:25 PM	6:00 - 6:25 PM	6:00 - 6:25 PM		
	Swim	6:30 - 7:45 PM	6:30 - 7:45 PM	6:30 - 7:45 PM	6:30 - 7:45 PM	5:15 - 6:30 PM	9:00 - 10:15 AM
CAT 3	Dry Land	6:00 - 6:25 PM	6:00 - 6:25 PM	6:00 - 6:25 PM	6:00 - 6:25 PM		
	Swim	6:30 - 8:00 PM	6:30 - 8:00 PM	6:30 - 8:00 PM	6:30 - 8:00 PM	5:00 - 6:30 PM	9:00 - 10:30 AM
CAT 4 Orange&Silver	Dry Land	4:25 - 4:50 PM	4:25 - 4:50 PM	4:25 - 4:50 PM	4:25 - 4:50 PM		
	Swim	4:55 - 6:30 PM	4:55 - 6:30 PM	4:55 - 6:30 PM	4:55 - 6:30 PM	4:30 - 6:30 PM	7:00 - 9:00 AM
CAT 4 Silver may attend morning or afternoon practices for their doubles.							
CAT 5 Orange&Silver	AM Swim	4:50 - 6:50 AM	4:50 - 6:50 AM	4:50 - 6:50 AM	4:50 - 6:50 AM	4:50 - 6:50 AM	7:00 - 9:00 AM
	Swimming in afternoon only or Doubling	4:15 - 4:40 PM	4:15 - 4:40 PM	4:15 - 4:40 PM	4:15 - 4:40 PM		
	Attending Dryland ONLY - not swimming	4:45 - 5:15 PM	4:45 - 5:15 PM	4:45 - 5:15 PM	4:45 - 5:15 PM		
	PM Swim	4:45 - 6:30 PM	4:45 - 6:30 PM	4:45 - 6:30 PM	4:45 - 6:30 PM	4:30 - 6:30 PM	
CAT 5 will also be able to do drylands on their own with workouts provided each week.							

* Based on registration numbers additional practice times may be added.

UPDATED 8-22-25