

TIGERSHARKS

Squad Training Schedule (From February 15th 2010)

- ◆ The training schedule may also be altered at any time due to unforeseen circumstances. Check the website for latest changes.
- ◆ Weights sessions are for 12years & over in National, Sen Comp, State Youth. Swimmers must be registered as teen gym members.
- ◆ **Recent changes in red**

National Open & Age			Senior Competition A/B		
Monday AM	ARC	5:30-7:30	Monday AM	RACE	5:30-7:30
Monday PM	ARC	4:00-6:30	Tuesday AM	RACE	5:30-7:30
Tuesday AM	ARC	5:30-7:30	Tuesday PM	RACE	5:45-8:00 dryland
Tuesday PM	RACE	4:00-7:00 dryland/Gym	Wednesday AM	RACE	5:30-7:30
Wednesday PM	ARC	4:00-6:30 (run 4-4:30)	Thursday AM	ARC	5:30-7:30
Thursday AM	RACE	5:30-7:30	Thursday PM	ARC	4:00-6:00 (gym/dryland 6-6:45)
Thursday PM	RACE	4:00-7:00 dyland(Yoga 6-7)	Friday PM	ARC	6:00-7:45
Friday AM	ARC	5:30-7:30	Saturday PM	RACE	4:30-7:00 gym
Friday PM	RACE	4:00-6:45 (yoga 6:30-7:30)			
Saturday PM	ARC	4:30-7:45pm gym			
State Youth			State Target		
Monday PM	ARC	6:00-8:00 dryland(Yoga 5-6)	Monday AM	RACE	5:30-7:30
Tuesday PM	ARC	4:00-5:45	Tuesday PM	ARC	5:45-7:45 dryland
Wednesday AM	RACE	5:30-7:30	Wednesday PM	ARC	6:30-8:00
Wednesday PM	RACE	5:00-7:00 dryland	Thursday PM	ARC	6:00-7:30
Thursday PM	RACE	6:00-7:45	Friday AM	RACE	5:30-7:30
Friday PM	ARC	4:00-6:00 stretch	Saturday AM	RACE	10:00-11:45 dryland
Saturday AM	RACE	8:00-10:15 stretch			
Saturday PM	RACE	4:30-6:15(weights 6:15-6:45)			
Junior			Development		
Monday PM	RACE	4:15-5:45 dryland	Monday PM	RACE	5:45-7:00
Wednesday AM	ARC	5:30-7:15	Wednesday PM	RACE	4:00-5:00
Wednesday PM	RACE	6:30-8:00	Friday PM	RACE	6:45-7:45
Friday PM	RACE	6:00-7:30	Saturday AM	ARC	10:00-11:15 dryland
Saturday AM	ARC	8:00-10:00 dryland			

Call Coach Ben directly with any questions on Mobile: 0413-513-969