

## COMPETITIVE AND PRE-COMPETITIVE TRAINING SCHEDULE (JAN 8 – JUNE 29, 2024)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Sr and Sr-Elite</b>							
13.0 Hours Pool	3:30-5:00 Pm Pool	6:00-7:30 Am Pool	6:00-7:30 Am Pool	4:00-6:00 Pm Pool	6:00-7:30 Am Pool	7:00-8:30 Am Pool	
2 Hours Dryland	5:00-6:00pm Dryland		3:30-5:30 Pm Pool			8:30-9:30 Am Dryland	<b>REST</b>
						4:00-6:00 Pm Pool	
<b>Jr and Jr-Performance</b>							
12 Hours Pool	3:30-5:00 Pm Pool	4:00-6:00 Pm Pool	6:00-7:30 Am Pool	4:00-6:00 Pm Pool	6:00-7:30 Am Pool	7:00-8:30 Am Pool	
2 Hours Dryland	5:00-6:00pm Dryland					8:30-9:30 Am Dryland	<b>REST</b>
						4:00-6:00 Pm Pool	
<b>AG Race</b>							
7.5 Hours Pool		6:00-7:30 Am Pool	4:00-5:30 Pm Pool	6:00-7:30 Am Pool	4:00-5:30 Pm Pool	8:30-10:00 Am Pool	
2 Hours Dryland			5:30-6:30 Pm Dryland			10:00-11:00 Am Dryland	<b>REST</b>
<b>AG Train</b>							
6.5 Hours Pool		4:00-5:00 Pm Pool	4:00-5:30 Pm Pool	6:00-7:30 Am Pool	4:00-5:00 Pm Pool	8:30-10:00 Am Pool	
2 Hours Dryland		5:00-6:00 Pm Dryland				10:00-11:00 Am Dryland	<b>REST</b>
<b>AG Devo</b>							
3.5 Hours Pool	4:00-4:30 Pm Dryland (on deck)			4:30-5:00 Pm Dryland (on deck)		6:30-8:00 Am Pool (YMCA)	
1 Hour Dryland	4:30-5:30 Pm Pool			5:00-6:00 Pm Pool			<b>REST</b>
<b>Precompetitive</b>							
2.5 Hours Pool		5:00-6:00 Pm Pool (TRENT)			4:30-6:00 Pm (YMCA)		<b>REST</b>

**\*ALL TRAINING TAKES PLACE AT TRENT UNIVERSITY POOL AND ATHLETICS CENTRE UNLESS OTHERWISE INDICATED\***

### Venues

TRENT – Trent University Allan Marshall Pool

YMCA – Peterborough YMCA

### Toronto PanAm Sports Complex Training

AG Train, Race, Jr and Sr groups will travel to Toronto PanAm Sports Complex for training on Saturday afternoon / month. Group travel will be available for these sessions at a charge of \$25/swimmer. Scheduled dates for those sessions are as follows:

- January 27<sup>th</sup>
- February 24<sup>th</sup>
- April 20<sup>th</sup>
- May 18<sup>th</sup>