



2022-23 Performance Group Training Schedules



Senior National (Tier 1 & 2)

	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday	Sunday
AM Swim (Tier 1)	5:45-7:30am				5:45-7:30am	7:00-9:00am	
AM Swim (Tier 2)		5:45-7:30am		5:45-7:30am		7:00-9:00am	
PM Dryland 1	* all dryland TBC, sessions will be designated on a one by one basis						
PM Swim (early option)	3:00-5:00pm	3:00-5:00pm	3:00-5:00pm	3:00-5:00pm	3:00-5:00pm		
PM Dryland 2							

Junior National

	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday	Sunday
AM Swim		5:45-7:30am	5:45-7:30am			7:00-9:00am	
PM Dryland	4:00-5:00pm	3:45-4:30pm		3:45-4:30pm	4:00-5:00pm		
PM Swim	5:00-6:45pm	4:30-6:30pm		4:30-6:30pm	5:00-6:45pm		

Senior Provincial

	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday	Sunday
AM Swim				5:45-7:30am			
PM Dryland	6:00-6:30pm		6:00-6:30pm		6:00-6:30pm		
PM Swim	6:30-8:00pm	5:30-7:00pm Bonnie Doon	6:30-8:00pm	5:30-7:00pm Bonnie Doon	6:30-8:00pm		

Junior Provincial

	Monday	Tuesday	Wednesday*	Thursday	Friday	Saturday	Sunday
AM Swim	5:45-7:30am		5:45-7:30am			7:00-9:00am YMCA (Don Wheaton)	
PM Dryland		4:30-5:00pm		4:30-5:00pm	4:30-5:00pm		
PM Swim		5:00-6:30pm		5:00-6:30pm	5:00-6:30pm		