



HP / Performance / AGP

2022-2023 Fall Schedule - Version 5 (November 7th+)

High Performance

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:30-7:30am (Swim)		5:30-7:30am (Swim)		7:45-8:00am (Arrival)	7:00-7:15am (ACT)
	UofA WEST SCM		UofA WEST SCM		8:00-9:00am (DL)	7:15-9:15am (Swim)
					9:00-11:00am (Swim)	9:30-10:30am (LIFT)
		3:15-3:30pm (Arrival)		3:15-3:30pm (Arrival)	Kinsmen DSM LC	Kinsmen DSM LC
	3:15-3:30pm (ACT)	3:30-5:30pm (Swim)	4:45-5:00pm (ACT)	3:30-4:30pm (LIFT)		
	3:30-5:30pm (Swim)	5:30-6:30pm (LIFT)	5:00-7:00pm (Swim)	4:30-6:30pm (Swim)		
	Kinsmen DSM SCM	Kinsmen DSM SCM	UofA WEST SCM	Kinsmen DSM LC		

Performance

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			5:30-5:45am (ACT)		8:45-9:00am (ACT)	
			5:45-7:30am (Swim)		9:00-11:00am (Swim)	
			Kinsmen TP SCM		11:15-12:15pm (LIFT)	
4:15-4:30pm (ACT)		4:00-4:15pm (Arrival)	3:15-3:30pm (ACT)		Kinsmen DSM LC	
4:30-6:30pm (Swim)	4:45-5:00pm (ACT)	4:15-5:00pm (DL)	3:30-5:30pm (Swim)	4:45-5:00pm (ACT)		
6:30-7:00pm (DL)	5:00-7:00pm (Swim)	5:00-7:00pm (Swim)	5:30-6:30pm (LIFT/DL)	5:00-7:00pm (Swim)		
Kinsmen DSM LC	Kinsmen TP SCM	Kinsmen TP SCM	Kinsmen DSM SCM	Kinsmen TP SCM		

AGP

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:30-5:45am (ACT)				7:45-8:00am (ACT)	
	5:45-7:30am (Swim)				8:00-9:00am (DL)	
4:00-4:15pm (Arrival)	Kinsmen DSM SCM		4:00-4:15pm (Arrival)		9:00-11:00am (Swim)	
4:15-5:00pm (DL)		4:45-5:00pm (ACT)	4:15-5:00pm (DL)	4:45-5:00pm (ACT)	Kinsmen DSM LC	
5:00-7:00pm (Swim)		5:00-7:00pm (Swim)	5:00-7:00pm (Swim)	5:00-7:00pm (Swim)		
Kinsmen TP SCM		UofA WEST SCM	Kinsmen TP SCM	UofA WEST SCM		

Legend

Kinsmen DSM - Kinsmen Sports Centre (Don Smith Memorial Competition Pool)

Kinsmen TP - Kinsmen Sports Centre (Training Pool)

UofA WEST - University of Alberta West Training Pool

UofA EAST - University of Alberta East Training Pool

Arrival - Time frame to arrive before training

ACT - Activation on deck

DL - Dryland Training

LIFT - Weight Room Training

Swim - Swim Training