



2020-2021 OCTOBER TENTATIVE TRAINING SCHEDULE

HIGH PERFORMANCE

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:20-5:30am (Arrival)		5:20-5:30am (Arrival)		8:00-9:00am (LIFT)	7:50-8:00am (Arrival)
	5:30-7:30am (Swim)		5:30-7:30am (Swim)		9:15-11:15am (Swim)	8:00-10:00am (Swim)
	U of A (WEST)		U of A (WEST)**		KINS SCM	10:15-11:00am (DL)
		1:50-2:00pm (Arrival)				KINS SCM
	2:50-3:00pm (Arrival)	2:00-4:00pm (Swim)	2:50-3:00pm (Arrival)	3:50-4:00pm (Arrival)		
	3:00-5:00pm (Swim)	4:15-5:15pm (DL)	3:00-5:00pm (Swim)	4:00-6:00pm (Swim)		
	U of A (WEST)	U of A (WEST)	U of A (WEST)	Fountain Park		

** For Olympic Trials Qualifiers (Subject to change)

PERFORMANCE

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		5:20-5:30am (Arrival)			11:05-11:15am (Arrival)	9:45-10:00am (Arrival)
		5:30-7:30am (Swim)			11:15-1:15pm (Swim)	10-12:00pm (Swim)
		U of A (WEST)			1:30-2:15pm (DL)	KINS (SCM)
					KINS (SCM)	
3:50-4:00pm (Arrival)	3:50-4:00pm (Arrival)			4:20-4:30pm (Arrival)		
4:00-6:00pm (Swim)	4:00-6:00pm (Swim)	4:30-5:30pm		4:30-6:30pm (Swim)		
G-MAC	Fountain Park	ZOOM DL		Clareview		

SENIOR

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:20-5:30am (Arrival)		5:20-5:30am (Arrival)			
	5:30-7:30am (Swim)		5:30-7:30am (Swim)			
	G-MAC		U of A (WEST)			
4:50-5:00pm (Arrival)		4:50-5:00pm (Arrival)		4:50-5:00pm (Arrival)	1:30-2:15pm (DL)	
5:00-7:00pm (Swim)	5-6pm (DL)	5:00-7:00pm (Swim)		5:00-7:00pm (Swim)	2:15-3:45pm (Swim)	
U of A (WEST)	Google Hangouts	U of A (WEST)		U of A (WEST)	KINS (SCM)	

PERFORMANCE X

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:20-5:30am (Arrival)		5:20-5:30am (Arrival)			
	5:30-7:30am (Swim)		5:30-7:30am (Swim)			
	G-MAC		U of A (WEST)			
4:50-5:00pm (Arrival)		4:50-5:00pm (Arrival)		4:50-5:00pm (Arrival)	12:00-1:00pm (DL)	
5:00-7:00pm (Swim)	5-6pm (DL)	5:00-7:00pm (Swim)		5:00-7:00pm (Swim)	1:15-2:45pm (Swim)	
U of A (WEST)	Google Hangouts	U of A (WEST)		U of A (WEST)	KINS (SCM)	

AGE GROUP PERFORMANCE

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		5:20-5:30am (Arrival)				
		5:30-7:30am (Swim)				
		G-MAC (4 lanes)				
	3:50-4:00pm (Arrival)			3:50-4:00pm (Arrival)		
4:20-4:30pm (Arrival)	4:00-5:30pm (Swim)		3:50-4:00pm (Arrival)	4:00-6:00pm (Swim)		3:20-3:30pm (Arrival)
4:30-6:30pm (Swim)	5:45-6:30pm (DL)		4:00-5:30pm (Swim)	6:15-7pm (DL)		3:30-5:30pm (Swim)
Clareview	G-MAC		G-MAC (4)	G-MAC		U of A (EAST)

U of A POOL

JAG

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					7:50-8:00am (Arrival)	
					8:00-10:00am (Swim)	
					U of A EAST	
	5:20-5:30pm (Arrival)		5:20-5:30pm (Arrival)			3:20-3:30pm (Arrival)
	5:30-7:00pm (Swim)	5:00-6:00pm	5:30-7:00pm (Swim)			3:30-5:00pm (Swim)
	U of A WEST	Google Hangouts DL	U of A WEST			U of A EAST

OW

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					7:50-8:00am (Arrival)	
					8:00-9:00am (Swim)	
					U of A EAST	
	4:50-5:00pm (Arrival)		4:50-5:00pm (Arrival)			
	5:00-6:00pm (Swim)		5:00-6:00pm (Swim)	5:00-6:00pm		
	U of A West		U of A West	Google Hangouts DL		

JOW

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:50-6:00pm (Arrival)		5:50-6:00pm (Arrival)			
	6:00-7:00pm (Swim)		6:00-7:00pm (Swim)	5:00-6:00pm		
	U of A WEST		U of A WEST	Google Hangouts DL		

JD

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:50-6:00pm (Arrival)		5:50-6:00pm (Arrival)			
	6:00-7:00pm (Swim)		6:00-7:00pm (Swim)	5:00-6:00pm		
	U of A WEST		U of A WEST	Google Hangouts DL		

*Every 4th Saturday morning through December will be a "VIRTUAL" Swim Meet (more details to follow)

FOUNTAIN PARK POOL

JAG

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					9:50-10:00am (Arrival)	
					10:00-12:00pm (Swim)	
					Fountain Park	
3:50-4:00pm (Arrival)		3:50-4:00pm (Arrival)	4:20-4:30pm (Arrival)			
4:00-5:30pm (Swim)	5:00-6:00pm	4:00-5:30pm (Swim)	4:30-6:00pm (Swim)			
Fountain Park	Google Hangouts DL	Fountain Park	Fountain Park			

OW 1

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
3:50-4:00pm (Arrival)		3:50-4:00pm (Arrival)			2:35-2:45pm (Arrival)	
4:00-5:00pm (Swim)		4:00-5:00pm (Swim)		5:00-6:00pm	2:45-3:45pm (Swim)	
Fountain Park		Fountain Park		Google Hangouts DL	KINS (SCM)	

OW 2

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
4:50-5:00pm (Arrival)		4:50-5:00pm (Arrival)			2:35-2:45pm (Arrival)	
5:00-6:00pm (Swim)		5:00-6:00pm (Swim)		5:00-6:00pm	2:45-3:45pm (Swim)	
Fountain Park		Fountain Park		Google Hangouts DL	KINS (SCM)	

JOW 1

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:20-5:30pm (Arrival)		5:20-5:30pm (Arrival)				
5:30-6:30pm (Swim)		5:30-6:30pm (Swim)		5:00-6:00pm		
Fountain Park		Fountain Park		Google Hangouts DL		

JOW 2

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:20-5:30pm (Arrival)		5:20-5:30pm (Arrival)				
5:30-6:30pm (Swim)		5:30-6:30pm (Swim)		5:00-6:00pm		
Fountain Park		Fountain Park		Google Hangouts DL		

JD

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:20-5:30pm (Arrival)		5:20-5:30pm (Arrival)				
5:30-6:30pm (swim)		5:30-6:30pm (swim)		5:00-6:00pm		
Fountain Park		Fountain Park		Google Hangouts DL		

*Every 4th Saturday morning through December will be a "VIRTUAL" Swim Meet (more details to follow)

Legend

KINSMEN - Kinsmen Sports Centre

FOUNTAIN PARK - Fountain Park Pool (St. Albert)

G-MAC - Grant MacEwan Pool

U of A WEST - Main Competition Pool (North of the Butterdome)

U of A EAST - By the Campus Gym (East of Butterdome)

DL – Dryland Training

Arrival - Time frame to arrive before practice

LIFT - Weight Room Training

