



HP / Performance / AGP FALL TRAINING SCHEDULE 2021-22

High Performance

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:30-7:30am (Swim)		5:25-5:30am (Arrival)		7:45-8:00am (Arrival)	7:00-7:15am (ACT)
	UofA WEST Pool		5:30-7:30am (Swim)		8:00-9:00am (DL)	7:15-9:15am (Swim)
			Kinsmen T.P		9:00-11:00am (Swim)	9:30-10:30am (LIFT)
	3:15-3:30pm (Arrival)	2:15-2:30pm (ACT)		3:15-3:30pm (Arrival)	Kinsmen DSM	Kinsmen DSM
	3:30-4:30pm (DL)	2:30-4:30pm (Swim)	4:45-5:00pm (ACT)	3:30-4:30pm (LIFT)		
	4:30-6:30pm (Swim)	4:45-5:45pm (LIFT)	5:00-7:00pm (Swim)	4:30-6:30pm (Swim)		
	Kinsmen DSM	Kinsmen DSM	UofA WEST Pool	Kinsmen DSM		

Performance

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			5:30-7:30am (Swim)		8:45-9:00am (ACT)	7:00-7:15am (ACT)
			UofA WEST Pool		9:00-11:00am (Swim)	7:15-9:15am (Swim)
					11:15-12:15pm (LIFT)	9:30-10:30am (DL)
		3:45-4:00pm (Arrival)	3:15-3:30pm (Arrival)		Kinsmen DSM	Kinsmen DSM
	4:45-5:00pm (ACT)	4:00-5:00pm (DL)	3:30-4:30pm (LIFT)	4:45-5:00pm (ACT)		
	5:00-7:00pm (Swim)	5:00-7:00pm (Swim)	4:30-6:30pm (Swim)	5:00-7:00pm (Swim)		
	UofA WEST Pool	UofA WEST Pool	Kinsmen DSM	UofA EAST Pool		

AGP

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:25-5:30am (Arrival)				8:45-9:00am (ACT)	
	5:30-7:30am (Swim)				9:00-11:00am (Swim)	
4:15-4:30pm (Arrival)	Kinsmen DSM	3:45-4:00pm (Arrival)			11:15-12:15pm (DL)	
4:30-6:30pm (Swim)		4:00-5:00pm (DL)	4:45-5:00pm (ACT)	4:45-5:00pm (ACT)	Kinsmen DSM	
6:30-7:15pm (Dryland)		5:00-7:00pm (Swim)	5:00-7:00pm (Swim)	5:00-7:00pm (Swim)		
Kinsmen DSM		UofA EAST Pool	UofA EAST Pool	UofA WEST Pool		

Legend

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

KINSMEN T.P - Kinsmen Sports Centre (Training Pool)

UofA WEST Pool - University of Alberta West Training Pool

UofA EAST Pool - 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