



HP / Performance / AGP Winter/Spring Schedule 2022

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 LC | | 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 LC | Kinsmen DSM LC |
| | 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 SC | Kinsmen DSM SC | UofA WEST Pool | Kinsmen DSM LC | | |

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 LC | Kinsmen DSM LC |
| | 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 SC | 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 SC | 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 LC | |
| 6:30-7:15pm (Dryland) | | 5:00-7:00pm (Swim) | 5:00-7:00pm (Swim) | 5:00-7:00pm (Swim) | | |
| Kinsmen DSM LC | | 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