



TERRACE BLUEBACK SWIM CLUB



Training Schedule Fall 2016 (tentative)

Day/Group	Red	Red 2	Blue	Bronze	Silver	Gold	SF-M
Mon am						6:30-8	6:30-8
Mon pm		4:30-5:15					
Tue pm			4-5	4-5	4-5:30	4-5:30	4-5
	5:30-6:15						
Wed am					6:30-8:00	6:30-8:00	6:30-8:00
Wed pm		4:30-5:15					
Thurs am						Optional	6:30-8
Thu pm			4-5	4-5	4-5:30	4-5:30	4-5:00
	5:30-6:15						
Fri pm			4:30-5:30	4:30-6	4:30-6	4:30-6	4:30-6
Sat am				8:30-9:30	8:00-9:30	8:00-9:30	8:00-9:30
Total	1.5		3	4.5	7.5	10.5	*5

***SF-M (Swim Fit or Masters) up to 4 sessions/wk (max 5 hrs)
Dryland**

Day/Group	Red	Blue	Bronze	Silver	Gold	SF/Mas
Tues 5:45-6:15pm				.5	.5	
Thurs 5:45-6:15pm				.5	.5	
Sat 10:00-11:00am	-	-	1	1	1	-
Dryland Totals			1	2	2	
Training Totals	1.5	3	5.5	9.5	12.5	5