

## DCSC Training Schedule 2009-2010

SQUAD		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>NATIONAL</b>	AM	OFF	5:30 - 7:00 ©	5:30 - 7:15 ●	5:30 - 7:00 ©	OFF	6:00 - 8:00 ● 8:00 - 9:00 DL	16.75 hrs
	PM	4:15 - 5:45 5:45 - 6:45 DL	4:30 - 6:30	4:15- 5:45 5:45- 6:45 DL	OFF	4:30- 6:30		
<b>TAG</b>	AM	OFF	5:30 - 7:00 ©	OFF	OFF	6:00- 7:15 ●	6:00 - 8:00 ● 8:00 - 9:00 DL	11 hrs
	PM	4:15- 5:45	OFF	4:15- 5:45	4:15- 5:30 5:30-6:30 DL	OFF		
<b>GOLD</b>	AM	OFF	OFF	OFF	OFF	OFF	7:30 - 9:00 ●	6 hrs
	PM	6:30- 7:30	OFF	5:30 - 6:45	4:15- 5:30 5:30- 6:30 DL	OFF		
<b>SILVER</b>	AM	OFF	OFF	OFF	OFF	OFF	7:30 - 9:00 ●	4.25 hrs
	PM	5:00- 5:45 DL 5:45- 6:30	OFF	OFF	5:15 - 6:30	OFF		
<b>BRONZE</b>	AM	OFF	OFF	OFF	OFF	OFF	8:15 - 9:00 ●	3 hrs
	PM	6:00- 6:45 (A) or 6:45- 7:30 (B) (choose one)	OFF	6:00- 6:45 DL 6:45- 7:30 (A & B)	OFF	OFF		

© Tues & Thurs mornings at Centennial  
 ● Wed, Fri & Sat mornings at Sportsplex  
 all afternoon/evenings at Sportsplex  
 DL= dryland

### Triathlete Swimmers (competitive)

National- Tues pm, Wed am, Thurs am, Fri pm = 7.25 hrs

Tag- Thurs pm (no DL) , Fri am = 2.5 hrs

### Non-Competitive/Summer Swimmers (2 hrs per week max, no dryland)

Tag- Thurs 4:15- 5:15pm, Fri 6:00- 7:00am

Gold- Mon 6:30-7:30pm, Thurs 4:15-5:15pm

Silver- Mon 5:45-6:30pm, Thurs 5:15- 6:30

Bronze- Mon 6:00- 6:45 or 6:45-7:30pm, Wed 6:45-7:30pm

No Non-Competitive swimmers in National squad