





































DTSC TRAINING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	ACADEMY SILVER  Swim 5:30am-6:30am		ACADEMY SILVER  Swim 5:30am-6:30am	ACADEMY SILVER  Swim 6:30am-7:30am	ACADEMY SILVER  Swim 5:30am-6:30am	ACADEMY SILVER  Swim 5:30am-7:00am  Gym 7:15am-8:00am	ACADEMY SILVER 3 sessions per week
	ACADEMY GOLD  Swim 6:30am-7:30am		ACADEMY GOLD  Swim 6:30am-7:30am	ACADEMY GOLD  Swim 5:30am-6:30am	ACADEMY GOLD  Swim 6:30am-7:30am	ACADEMY GOLD  Swim 5:30am-7:00am  Gym 7:15am-8:00am	ACADEMY GOLD 3 sessions per week
	COMPETITION  Gym 5:30am-6:00am  Swim 6:00am-7:30am	COMPETITION  Dryland 5:30am-6:00am  Swim 6:00am-7:30am	COMPETITION  Gym 5:30am-6:00am  Swim 6:00am-7:30am	COMPETITION  Gym 5:30am-6:00am  Swim 6:00am-7:30am	COMPETITION  Cycle 5:40am-6:10am  Swim 6:15am-7:30am	COMPETITION  Swim 5:30am-7:00am  Gym 7:15am-8:00am	COMPETITION 4 sessions per week
	STATE & NATIONAL  Gym 5:30am-6:00am  Swim 6:00am-7:30am	STATE & NATIONAL  Dryland 5:30am-6:00am  Swim 6:00am-7:30am	STATE & NATIONAL  Gym 5:30am-6:00am  Swim 6:00am-7:30am	STATE & NATIONAL  Gym 5:30am-6:00am  Swim 6:00am-7:30am	STATE & NATIONAL  Cycle 5:40am-6:10am  Swim 6:15am-7:30am	STATE & NATIONAL  Swim 5:30am-7:00am  Gym 7:15am-8:00am	STATE & NATIONAL 5+ sessions per week

MONDAY

TUESDAY

WEDNESDAY


THURSDAY

FRIDAY


SATURDAY

SUNDAY


ACADEMY SILVER


 **Swim**
7:00pm-8:00pm

ACADEMY SILVER


 **Swim**
8:00pm-9:00pm

ACADEMY SILVER


 **Dryland**
6:00pm-6:45pm

 **Swim**
7:00pm-8:00pm

ACADEMY SILVER


 **Swim**
7:00pm-8:00pm

ACADEMY SILVER


 **Swim**
7:30pm-8:30pm **Eltham**

ACADEMY SILVER


 **Dryland**
4:00pm-4:45pm

 **Swim**
5:00pm-6:00pm


ACADEMY GOLD


 **Swim**
8:00pm-9:00pm

ACADEMY GOLD


 **Swim**
7:00pm-8:00pm

ACADEMY GOLD


 **Dryland**
6:00pm-6:45pm

 **Swim**
7:00pm-8:00pm

ACADEMY GOLD


 **Swim**
8:00pm-9:00pm

ACADEMY GOLD


 **Swim**
7:30pm-8:30pm **Eltham**

ACADEMY GOLD


 **Dryland**
3:00pm-3:45pm


 **Swim**
4:00pm-5:00pm

COMPETITION


 **Swim**
4:00pm-5:30pm **Eltham**

COMPETITION


 **Cycle**
6:00pm-6:30pm

 **Swim**
7:00pm-8:30pm


COMPETITION

 **Swim**
4:00pm-6:00pm **Eltham**


COMPETITION

 **Swim**
7:00pm-8:30pm


COMPETITION


 **Swim**
6:00pm-7:30pm **Eltham**

STATE & NATIONAL


 **Swim**
4:00pm-5:30pm **Eltham**

STATE & NATIONAL


 **Cycle**
6:00pm-6:30pm

 **Swim**
7:00pm-8:30pm


STATE & NATIONAL

 **Swim**
4:00pm-6:00pm **Eltham**

STATE & NATIONAL

 **Swim**
7:00pm-8:30pm

STATE & NATIONAL

 **Swim**
6:00pm-7:30pm **Eltham**

AFTERNOON