DTSC TRAINING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING TRAINING	ACADEMY SILVER Swim 6:30am-7:30am		ACADEMY SILVER Swim 6:30am-7:30am	ACADEMY SILVER Swim 6:30am-7:30am	ACADEMY SILVER Swim 6:30am-7:30am	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 6:30am-7:30am	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 Dryland 5:30am-6:00am Swim 6:00am-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 Dryland 5:30am-6:00am Swim 6:00am-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
AFTERNOON	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**		