

Performance Squad - 9 swim sessions / 3 gym sessions per week					
Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:
<b>Morning Session:</b>	<b>Morning Session:</b>	<b>Morning Session:</b>	<b>Morning Session:</b>	<b>Morning Session:</b>	<b>Morning Session:</b>
5:00am-5:15am - Dryland	5:00am-5:15am - Dryland	5:00am-5:15am - Dryland	5:00am-5:15am - Dryland	5:00am-5:15am - Dryland	5:30am-5:45am - Dryland
5:15am-7:15am - Swim	5:15am-7:15am - Swim	5:15am-7:15am - Swim	5:15am-7:15am - Swim	5:15am-7:15am - Swim	5:45am-7:45am - Swim
or		or		or	
6:30am-7:00am - Dryland		6:30am-7:00am - Dryland		6:30am-7:00am - Dryland	
7:00am-9:00am - Swim		7:00am-9:00am - Swim		7:00am-9:00am - Swim	
<b>Afternoon Session:</b>		<b>Afternoon Session:</b>		<b>Afternoon Session:</b>	
1:00pm-1:30pm - Dryland		1:00pm-1:30pm - Dryland		1:00pm-1:30pm - Dryland	
1:30pm-3:30pm - Swim		1:30pm-3:30pm - Swim		1:30pm-3:30pm - Swim	
or		or		or	
5:00pm-5:30pm - Dryland		5:00pm-5:30pm - Dryland		3:30pm-4:00pm - Dryland	
5:30pm-7:30pm - Swim		5:30pm-7:30pm - Swim		4:00pm-6:30pm - Swim	