**TRAINING SCHEDULE BEGINNING AUGUST 20, 2018**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | M | T | W | H | F | S |
| **Senior** | 5:15am-6:30am  4:00-4:30 dryland  4:30-6:30 water | 4:00-4:30 dryland | 4:45-6:30pm at Mule Town Rec  Columbia | 4:00-4:30 dryland | 5:15am-6:30am water | 8:00-10:00am at Mule Town Rec Columbia |
|  | 4:30-6:30 water | 4:30-6:30 water |  |
| **Varsity** | 4:00-4:30 dryland |  | 4:45-6:30pm at  Mule Town Rec  Columbia |  | 5:15am-6:30am water | 8:00-10:00am at Mule Town Rec  Columbia |
|  | 4:30-6:15 water | 4:00-4:30 dryland  4:30-6:15 water |  | 4:00-4:30 dryland  4:30-6:15 water |  |  |
| **Junior** | 5:45-6:15 dryland  6:15-8:00 water | X | 4:30-6:00pm  Water  6:00-6:30pm dyland | X | 4:30-6:00pm water | 8:00-9:45am  water |
|  |  |  |  |  |  |  |
| **Junior A/1** | 6:30pm-7:45pm At Mule Town Rec Columbia | 6:00-6:30pm  Dryland  6:30-8:00 pm water | X | 6:00-6:30pm  Dryland  6:30-8:00 pm water |  | 9:45am-11:15am water |
|  |  |  |  |  |  |  |
| **Teal** | X | 6:30-7:45pm  At Mule Town Rec Columbia | 6:00-7:15pm | X | 6:00-7:15pm | 11:15am-12:30pm |
|  |  |  |  |  |  |  |
| **Bronze** | X | 6:30-7:30pm At Mule Town Rec  Columbia | 7:15-8:00pm | X | 7:15-8:00pm | 12:30-1:30pm |
|  |  |  |  |  |  |  |
|  |  | *\*Practice times are subject to change* | | |  |  |
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