

ASK Training Schedule
May-June 2017

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ELITE SR	SW		06:00-08:00 (Ris)		06:00-08:00 (Ris)			09:00-11:30
	SW	16:00-18:30	16:00-18:00	16:00-18:00	16:00-18:30	16:00-17:30		
	DL	60min	60min	60min	60min	60min		
ELITE JR	SW		06:00-08:00 (Ris)		06:00-08:00 (Ris)			09:00-11:30
	SW	16:00-18:30	16:00-18:30	16:00-18:00	16:00-18:30	16:00-17:30		
	DL	60min	60min	60min	60min	60min		
ELITE UNG	SW	18:30-20:00	18:30-20:00	18:00-20:00	18:30-20:00	18:30-20:00		16:00-18:00
	DL	40min	40min	40min	40min	40min		
SPEED ELT	SW	17:30-19:00	18:00-20:00	18:30-20:00	18:00-20:00	17:30-19:00		TBA
	DL	60min	60min	60min	60min	60min		
SPEED TRN	SW	18:30-20:00		17:00-18:30	18:00-20:00	17:30-19:00		TBA
	DL	40min		40min	60min			
KONK 1	SW	16:30-18:00 (Ris)	16:00-17:00	16:00-17:00		17:00-18:30		16:30-18:00
	DL	30min	30min	30min		30min		
KONK 2	SW	16:30-18:00 (Ris)	16:00-17:00	16:00-17:00		17:00-18:30		16:30-18:00
	DL	30min	30min	30min		30min		
START	SW	15:30-16:30		16:15-17:15 (Ris)		16:00-17:00		16:30-18:00
	DL	30min		30min		30min		
MEDLEY	SW	18:00-19:30 (Ris)		17:15-18:45 (Ris)				15:00-16:30
	DL	40min		40min				
INTRO	SW	16:00-16:30			17:30-18:00			
	DL	20min			20min			
MASTERS	SW	19:00-20:00		06:00-08:00 (Ris)		19:00-20:00		
INTEGRATE	SW		19:30-20:45 (Ris)					14:00-15:00
SYNKRON		19:00-20:45 (Ris)		18:45-20:45 (Ris)				11:30-14:30

*All time listed are "in water", swimmers should arrive minimum 15 minutes prior for land warm-up.

*DL (dryland training) will be scheduled before or after swim training (exact times will be provided at a later)

*DL has the same value as the water training, attendance is NOT optional, but an essential for all swimmers

*Select swimmers in both SPEED groups will be invited to attend Sunday training with ELITE SR/JR or ELITE UNG

*Sessions highlighted in yellow will be at Risenga