

2019-2020 SMS Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gold	3:30-5:00pm (LP) 5:15-6:15pm (TR)	5:45-7:15am (LP)	3:30-5:00pm (LP) 5:15-6:15pm (TR)	5:45-7:15am (LP) 4:30-6:00pm (GB)	3:30-5:00pm (LP)	9:00-10:00am (TR) 10:00-12:00pm (LP)
Silver	3:30-4:30pm (GB) 5:15-6:15pm (TR)	*5:45-7:15am (LP) 4:00-5:30pm (LP)	5:15-6:15pm (TR)	*5:45-7:15am (LP) 4:00-5:30pm (LP)	3:30-5:00pm (LP)	9:00-10:00am (TR) 10:00-12:00pm (LP)
Bronze 1	3:30-4:30pm (GB) 5:15-6:15pm (TR)	4:30-5:30pm (LP)	5:15-6:15pm (TR)	4:30-5:30pm (LP)		9:00-10:00am (TR) 12:00-1:00pm (LP)
Bronze 2	3:30-4:30pm (GB) 5:15-6:15pm (TR)	3:30-4:30pm (LP)	5:15-6:15pm (TR)	3:30-4:30pm (LP)		9:00-10:00am (TR) 12:00-1:00pm (LP)
Bronze 3a	3:30-4:30pm (GB) 5:15-6:15pm (TR)	3:00-4:00pm (LP)	5:15-6:15pm (TR)		3:00-4:00pm (LP)	9:00-10:00am (TR) 12:00-1:00pm (LP)
Bronze 3b	3:30-4:30pm (GB) 5:15-6:15pm (TR)		2:45-3:30pm (LP) 5:15-6:15pm (TR)		3:00-4:00pm (LP)	9:00-10:00am (TR) 12:00-1:00pm (LP)
Development	3:30-4:30pm (GB) 5:15-6:15pm (TR)	5:45-7:15am (LP)	5:15-6:15pm (TR)	5:45-7:15am (LP)		9:00-10:00am (TR) *10:00-12:00pm (LP) *12:00-1:00pm (LP)

LP = Lions Pool GB = Gov's Beach TR = Track Area

*Dependent on ability, decided by Coach Darren