



Senior Training Program



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	Venue:	Redeemer	JPC		Redeemer	Redeemer	JPC
	Squad:	State / National	State / National (Gym + Swim)	NO TRAINING	State / National (Gym + Swim)	State / National	State / National
	Time:	5:15 - 7:15	5:15 - 7:15		5:15 - 7:15	5:15 - 7:15	6:15 - 8:15
PM	Venue:	JPC	Redeemer	JPC	Redeemer		
	Squad:	State / National	State / National	State / National	State / National	NO TRAINING	NO TRAINING
	Time:	5:00 - 7:00	5:00 - 7:00	5:00 - 7:00	5:00 - 7:00		