

### 2025-2026 -Training Schedule Performance Stream

| Group                        | Monday                                               | Tuesday                                                                         | Wednesday                                        | Thursday                                                                            | Friday                                                                          | Saturday                     |
|------------------------------|------------------------------------------------------|---------------------------------------------------------------------------------|--------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|------------------------------|
| Gold                         | Activation: 5:15-5:30 am Swim<br>- 5:30-7:00 am - VV | Activation: 5:15-5:30 am<br>Swim - 5:30-7:00 am - MNP<br>Dryland - 7:00-8:00 am |                                                  | Activation: 5:15-5:30 am<br>Swim - 5:30-7:00 am - MNP (6)<br>Dryland - 7:00-8:00 am | Activation: 5:15-5:30 am<br>Swim - 5:30-7:00 am - MNP<br>Dryland - 7:00-8:00 am | Swim - 7:00-9:30 am MNP      |
|                              | Dryland VV 4-5:30 TBC                                | Swim - 4:00-5:30pm VV<br>Stretch/mobility 5:30-6:30pm                           | Swim 5:30-7:00 pm VV<br>Dryland 4-5:30 TBC       | Swim - 4:00-6:00pm - VV                                                             | Swim (1 lane) 4-6:00pm VV<br>(By sign up only )                                 |                              |
| Silver                       | Swim - 5:30-7:00 am - VV                             |                                                                                 |                                                  | Swim - 5:30-7:00 am - MNP (6)<br>Dryland - 7:00-8:00 am                             | Swim - 5:30-7:00 am - MNP<br>Dryland - 7:00-8:00 am                             | Swim - 7:00-9:30 am - MNP    |
|                              | Swim - 4:00-5:30 pm - VV<br>Dryland 5:30-6:30 pm     | Swim - 4:00-5:30pm VV<br>Stretch/mobility 5:30-6:30 pm                          | Swim - 4-5:30 PM - VV<br>Dryland 5:30-6:30 pm    | Swim - 4:00- 6:00 pm - VV                                                           | Swim (1 lane) 4-6:00pm VV<br>(By sign up only )                                 |                              |
| Bronze                       |                                                      | Swim - 5:30-7:15 am - RR                                                        |                                                  |                                                                                     | Swim - 5:30-7:00 am - VV                                                        | Swim - 10:30-12:00 - MNP (2) |
|                              | Swim - 4:00-5:30 pm - VV<br>(Dryland 5:30-6:30 pm)   |                                                                                 | Swim - 4:00-5:30 PM - VV<br>Dryland 5:30-6:30 pm | Activation: 5:15-5:30 pm<br>Swim - 5:30-7:00 PM - VV                                | Swim (1 lane) 4-6:00pm VV<br>(By sign up only )                                 |                              |
| MNP - Formerly Repsol Centre | RR - Rocky Ridge                                     | GP - Genesis Place                                                              | TH - Thornhill Pool                              | VV- Vivo Pool                                                                       | October 29th, 2025                                                              |                              |