

the first week.

Draft Tidal Force Schedule 2019-2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<u>SATURDAY</u>
1:30 -2:50 X-Training NT/ F	5:00-6:15AM	5:00-6:15AM (WHS) NT	5:00-6:15AM NT_YMCA	5:00-6:15AM	4:15-5:45 FP	7:15-9:00am F NT
/Plus Studio C	YMCA NT	F, Plus, FP – begins in	<u> </u>	(WHS) PLUS, FP	BRING A SNACK	Plus
3-5 F NT PLUS		Oct	6:15-7:15 USA Swimmers	NT, F - begins	6:30 -7:30 Cross	
4-4:50 FP x-training Studio A			From LT	in October	training FP/ Plus	
5 – 6:15 FP 5-5:45 Ripples C	5:00 - 6:15		6:00 -7:15 FP		(optional) studio	
6:15-7:15 LT	PM National	4:00-5:30 FP	7:30-8:15 FP x-training track		(optional) scale	
6:15-7:00 RT X-training Studio A	Team Weights		and stairs	4-5 RT	6:45 -7:45 RT	
7:15 - 8:15 RT	6:15-8 F & NT	5:30-6:30 Ripples		5- 5:45 Ripples		
		(WHS) 3 lanes	6-7 Force Weights	• •	6:15- 7:30 weight	
5:30-6:15 Tide Pool (fisher pool)		5:30 - 6:15 TP	6-7 NT optional/ Plus X-		room Force and NT	
6:15-7:00 ripples A group (fisher		5:30-6:30 LT A (WHS) 2	training track and stairs	6-8 Force/Plus	7:45-9:15 F NT Plus	
pool) 7:00-7:45 ripples B group (fisher		lanes	7:15-8:45 F/NT/Plus	(WHS)	71.10 5120 1 111 1 140	
pool)		6:30-7:30 LT B (WHS) 2	, ,	6-7 LT A (WHS)		
pool)		lanes		7-8 LT B (WHS)		
**Visualization and Goal Setting		6:30-8:30 F/NT (WHS) 4		- ()		
will be planned once a month		lanes		NT: Body Pump	ALL A B and C Gi	
with a couple twice a month. It		7:30-8:30 USA		5:25 NO PM	practice groups	will be decided the
will extend cross-training		swimmers from rt		SWIM	first week of pra	ctice. Please pick
time***		(MILIC) 2 I				•

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Nov 15 and After						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:30 -2:50 X-Training NT/ F	5:00-6:15AM	5:00-6:15AM (WHS)	5:00-6:15AM NT YMCA	5:00-	4-4:45 LT	
/Plus Studio C	NT YMCA	NT F, Plus, FP		6:15AM	<u>4:30</u> -5:45 FP	7:15-9:00 F NT Plus
3-5 F NT PLUS			5:30-6:15 TP	(WHS)	BRING A SNACK	
4-4:50 FP x-training Studio A 5 – 6:15 FP		4-4:45 Ripples (2		PLUS, FP	6:30 -7:30 Cross	12:30-1:15 Ripples (2
5-5:45 Ripples C	5:00 - 6:15 PM	lanes)	6:15-7:15 USA Swimmers	NT, F -	training FP/ Plus studio	lanes
6:15-7:15 LT	National Team	4-4:45 LT a and B	From LT	begins in		
6:15-7:00 RT X-training Studio A	Weights	will alternate weeks	<u>6:00</u> -7:15 FP	October		12:05 -1:15 USA
7:15 – 8:15 RT		(2 lanes)	7:30-8:15 FP x-training track		<u>6:30</u> -7:45 RT	Swimmers from -RT &
F-20 C-1F Tide Deal (Selection 1)	6:15-8 F & NT		and stairs		6:15- 7:30 weight room	LT group 2 (1 lane)
5:30-6:15 Tide Pool (fisher pool) 6:15-7:00 ripples A group (fisher		<u>4:30</u> -5:45 FP		4-5 RT	Force and NT	
pool)	6:30 -7:30 USA		6-7 Force Weights	5- 5:45 LT	7:45-9:15 F NT Plus	
7:00-7:45 ripples B group (fisher	Swimmers from		6-7 NT optional/ Plus X-			
pool)	LT/RT group 1		training track and stairs			
			7:15-8:45 F/NT/Plus	NT: Body	_	be held at the YMCA
**Visualization and Goal Setting				Pump 5:25	unless marked wit	th WHS.
will be planned once a month				NO PM		
with a couple twice a month. It will extend cross-training				SWIM	WHS = Walkersvi	ille High School
time***	TD - Tidono	- ED - Easter F)wan		81 W I	Frederick St,
55	TP = Tidepo	ol FP = Force F	•		Walke Walke	rsville, MD

Plus= FP PLUS Ripples LT = Low Tide F = Force

(WHS) 2 lanes

RT= Rip Tide NT = National Training

USA-RT/LT= Swimmers joining the USA option ONLY