



Draft Tidal Force Schedule 2019-2020

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

ALL A B and C Groupings within practice groups will be decided the first week of practice. Please pick the first week.

Nov 15 and After						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:30 -2:50 X-Training NT/ F /Plus Studio C 3-5 F NT PLUS 4-4:50 FP x-training Studio A 5 - 6:15 FP 5-5:45 Ripples C 6:15-7:15 LT 6:15-7:00 RT X-training Studio A 7:15 - 8:15 RT 5:30-6:15 Tide Pool (fisher pool) 6:15-7:00 ripples A group (fisher pool) 7:00-7:45 ripples B group (fisher pool) **Visualization and Goal Setting will be planned once a month with a couple twice a month. It will extend cross-training time***	5:00-6:15AM NT YMCA 5:00 - 6:15 PM National Team Weights 6:15-8 F & NT 6:30 -7:30 USA Swimmers from LT/RT group 1	5:00-6:15AM (WHS) NT F, Plus, FP 4-4:45 Ripples (2 lanes) 4-4:45 LT a and B will alternate weeks (2 lanes) 4:30-5:45 FP	5:00-6:15AM NT_YMCA 5:30-6:15 TP 6:15-7:15 USA Swimmers From LT 6:00-7:15 FP 7:30-8:15 FP x-training track and stairs 6-7 Force Weights 6-7 NT optional/ Plus X-training track and stairs 7:15-8:45 F/NT/Plus	5:00-6:15AM (WHS) PLUS, FP NT, F - begins in October 4-5 RT 5- 5:45 LT NT: Body Pump 5:25 NO PM SWIM	4-4:45 LT 4:30-5:45 FP BRING A SNACK 6:30 -7:30 Cross training FP/ Plus studio 6:30 -7:45 RT 6:15- 7:30 weight room Force and NT 7:45-9:15 F NT Plus	7:15-9:00 F NT Plus 12:30-1:15 Ripples (2 lanes) 12:05-1:15 USA Swimmers from -RT & LT group 2 (1 lane)

All practices will be held at the YMCA unless marked with WHS.

**WHS = Walkersville High School
81 W Frederick St,
Walkersville, MD**

TP = Tidepool Ripples
LT = Low Tide
RT = Rip Tide
USA-RT/LT = Swimmers joining the USA option ONLY

FP = Force Prep Plus= FP PLUS
F = Force
NT = National Training