

Practice Schedule

BTW Swim • Swim & Weight Training Days

Standard Day — Monday, Wednesday, Thursday

30 minutes dryland / weight training

Time	Block
2:50 – 3:00	Meeting on deck — go over the set
3:00 – 3:10	Change into swim or land gear
3:10 – 3:40	Dryland / weight training
3:40 – 3:50	Transition back to pool
3:50 – 4:50	Swim

Core Day — Tuesday

20 minutes core, plus optional weight room

Time	Block
2:50 – 3:00	Meeting on deck — go over the set
3:00 – 3:10	Change into swim gear
3:10 – 3:30	Core on deck
3:30 – 3:40	Transition into pool
3:40 – 4:40	Swim
4:40 – 4:50	Change / transition to weight room
4:50 – 5:30	Optional weight room — juniors and seniors

Friday — Captain's Council

Team meeting first, short movement regimen in place of core

Time	Block
2:50 – 3:10	Captain's council / team meeting
3:10 – 3:20	Change into swim gear
3:20 – 3:30	Movement regimen on deck
3:30 – 3:40	Transition into pool — quick set talk
3:40 – 4:40	Swim
4:40 – 4:50	Change / transition to weight room
4:50 – 5:30	Optional weight room — juniors and seniors

Weekly Group Assignments

Day	Group Assignment
Monday	Junior/senior girls in the weight room — everyone else on deck
Tuesday	Whole team core, 20 min — optional weights, juniors/seniors
Wednesday	Junior/senior boys in the weight room — everyone else on deck
Thursday	Whole team dryland on deck
Friday	Captain's council — optional weights, juniors/seniors

Swim is a full hour every day. Optional weight room runs 4:50 – 5:30.