



UES SPRING Training Schedule 2026

NATIONAL

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	OFF	OFF	OFF	7:00-9:30	7:00-10:00
Dryland	4:30-5:15	4:30-5:15	4:30-5:15	4:30-5:15	OFF	10:00-11:00	OFF
PM Swim	5:30-7:30	5:30-7:30	5:30-7:30	5:30-8:00	OFF	OFF	OFF

SENIOR II

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	5:30-7 @ AG	OFF	OFF	OFF	OFF	7:00-9:30	OFF
Dryland	OFF	4:45-5:45 @ SH	OFF	5:30-6:30 @ SH	4:15-5:15 @ AG	OFF	OFF
PM Swim	5:30-7:30 @ SH	6:00-8:00	6:00-8:00	7:00-8:30	5:30-7:30	OFF	OFF

SENIOR I

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	OFF	OFF	5:30-7 @ SH	11:00-1:00	OFF
Dryland	OFF	5:45-6:15	4:30-5:15	OFF	OFF	10:00-10:45	OFF
PM Swim	6:30-8:30	4:00-5:30	5:30-7:00	5:30-7:00	OFF	OFF	OFF

SENIOR PREP GOLD

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	5:30-7 @ SH	OFF	OFF	OFF	OFF	OFF	10:30-12:30
Dryland	OFF	5:00-5:45	6:15-6:45	4:30-5:15	OFF	OFF	OFF
PM Swim	OFF	6:00-8:00	7:00-8:30	5:30-7:30	6:30-8:30	OFF	OFF

SENIOR PREP GREEN

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	5:30-7 @ SH	OFF	OFF	OFF	OFF
Dryland	6:15-6:45	OFF	OFF	5:45-6:30	OFF	OFF	11:45-12:15
PM Swim	7:00-8:30	OFF	OFF	4:00-5:30	6:30-8:30	OFF	12:30-2:30

AGE GROUP 3 GOLD

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	OFF	OFF	OFF	6:00-7:30 @ SH	OFF
Dryland	4:15-4:45	6:15-6:45	OFF	OFF	4:15-4:45	OFF	OFF
PM Swim	5:00-7:00	4:00-6:00	OFF	4:00-5:30	5:00-6:30	OFF	OFF

AGE GROUP 3 GREEN

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	OFF	OFF	OFF	7:30-9:00 @ SH	OFF
Dryland	5:45-6:15	OFF	5:45-6:15	OFF	OFF	OFF	OFF
PM Swim	4:00-5:30	OFF	4:00-5:30	OFF	5:00-6:30	OFF	OFF

UES AGE GROUP 2 GOLD							
	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	OFF	OFF	OFF	10:00-11:00	OFF
Dryland	6:45-7:15	OFF	OFF	OFF	5:45-6:15	OFF	OFF
PM Swim	5:00-6:30	OFF	4:00-5:00	OFF	4:00-5:30	OFF	OFF

UES AGE GROUP 2 GREEN							
	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	OFF	OFF	OFF	10:00-11:00	OFF
Dryland	OFF	OFF	5:15-5:45	OFF	OFF	9:15-9:45	OFF
PM Swim	4:00-5:00	OFF	4:00-5:00	OFF	4:00-5:00	OFF	OFF

UES AGE GROUP 1							
	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM Swim	OFF	OFF	OFF	OFF	OFF	OFF	OFF
Dryland	5:15-5:45	OFF	OFF	OFF	5:15-5:45	OFF	OFF
PM Swim	4:00-5:00	OFF	5:00-6:00	OFF	4:00-5:00	OFF	OFF