



Keyano Summer Training Schedule 2026

* Swimmers train until their last qualified / entered competition of the season

	MONDAY Jun 29	TUESDAY Jun 30	WEDNESDAY Jul 1	THURSDAY Jul 2	FRIDAY Jul 3	SATURDAY Jul 4	SUNDAY Jul 5
			Canada Day	EKI 2026	EKI 2026	EKI 2026	EKI 2026
Sr National	5:45-7:45am 2:00-4:00pm	4:00-6:00pm	10:00-noon	EKI Competition Days - Good Luck all swimmers!			
Jr National	4:00-6:00pm	6:45-8:45am	10:00-noon				
Sr Provincial	6:00-7:30pm	6:45-8:45am	2:00-4:00pm				
Jr Provincial	8:15-9:45am	9:00-10:30am	2:00-4:00pm				
Para Comp		9:00-10:30am	2:00-4:00pm				
Gold (EKI only)	10:30-noon	10:30-noon	2:00-4:00pm				

	MONDAY Jul 6	TUESDAY Jul 7	WEDNESDAY Jul 8	THURSDAY Jul 9	FRIDAY Jul 10	SATURDAY Jul 11	SUNDAY Jul 12
	Post-EKI Rest Day						
Sr National	Off for all Keyano	4:00-6:00pm	5:45-7:45am 2:00-4:00pm	7:45-9:45am	5:45-7:45am 2:00-4:00pm	6:45-8:45am	
Jr National		7:45-9:45am	4:00-6:00pm	5:45-7:30am 4:00-6:00pm	4:00-6:00pm	6:45-8:45am	
Sr Provincial		Sr Prov qualifiers for AB Summer Champs join a National group training schedule (as designated by coaching staff)					
Jr Provincial		9:45-11:45am	8:15-9:45am	9:45-11:45am	8:15-9:45am	10:45-12:15pm	
Gold		Gold Group qualifiers for AB Summer Champs / AB Summer Games join Jr Prov training schedule					



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	MONDAY Jul 13	TUESDAY Jul 14	WEDNESDAY Jul 15	THURSDAY Jul 16	FRIDAY Jul 17	SATURDAY Jul 18	SUNDAY Jul 19
Sr National	5:45-7:45am 2:00-4:00pm	4:00-6:00pm	2:00-4:00pm	7:45-9:45am	5:45-7:45am 2:00-4:00pm	6:45-8:45am	
Jr National	4:00-6:00pm	7:45-9:45am	5:45-7:45am 4:00-6:00pm	4:00-6:00pm	4:00-6:00pm	6:45-8:45am	
Jr Provincial	8:15-9:45am	9:45-11:45am	8:15-9:45am	9:45-11:45am	8:15-9:45am	10:45-12:15pm	

	MONDAY Jul 20	TUESDAY Jul 21	WEDNESDAY Jul 22	THURSDAY Jul 23	FRIDAY Jul 24	SATURDAY Jul 25	SUNDAY Jul 26
			ABC's Travel Day!	AB Summer Champs	AB Summer Champs	AB Summer Champs	AB Summer Champs
Sr National	5:45-7:45am 2:00-4:00pm	7:45-9:45am	11:45-1:15pm	AB Summer Champs Competition Days - Good Luck to all swimmers!			
Jr National	4:00-6:00pm	4:00-6:00pm	11:45-1:15pm				
Jr Provincial	8:15-9:45am	9:45-11:45am	11:45-1:15pm				

	MONDAY Jul 27	TUESDAY Jul 28	WEDNESDAY Jul 29	THURSDAY Jul 30	FRIDAY Jul 31	SATURDAY Aug 1	SUNDAY Aug 2
	Summer Break begins						
Sr National	Congratulations on your 2025-26 swim season! All swimmers are off as of July 27 - have a healthy and relaxing summer!						
Jr National							
Jr Provincial							