

KAC MASTERS TRAINING SCHEDULE

2026-2027

August 5th, 2026

<u>MASTERS</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>AM</u>	OFF	6:00am - 6:15am ACT 6:15am - 7:15am SW SCM (Experienced)	OFF	OFF	6:00am - 6:15am ACT 6:15am - 7:15am SW LCM (Experienced)	8:45am - 9:00am ACT 9:00am - 10:00am SW SCM	OFF
<u>PM</u>	OFF	6:15pm - 6:30pm ACT 6:30pm - 7:30pm SW SCM	OFF	6:15pm - 6:30pm ACT 6:30pm - 7:30pm SW SCM	OFF	OFF	OFF

*****ACT = Activation, SW = Swim, SCM/LCM = Lanes, DL = Dryland Training - August 5th, 2026**

Please note that Tuesday and Friday morning practices are best suited for experienced Masters swimmers, former competitive swimmers and triathletes.