

SUMMER 2021 Training Grid- BEGINS JUNE 7, 2021

GROUP	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Senior 3 AM		6:30-8:30 V	6:30-8:30 RGCC	6:30-8:30 V	6:30-8:30 RGCC	6:15-8:15 REC	6:15-8:15 REC
Senior 3 PM		4:30-6 PM (V)		4:30-6 PM (V)			
Dryland			8:45-9:30		8:45-9:30	8:30-9:15	
Senior 2 AM		6:45-8:30 V	6:45-8:30 RGCC	6:45-8:30 V	6:45-8:30 RGCC	6:15-8:15 REC	6:15-8:15 REC
Senior 2 PM		4:30-6 PM (V)		4:30-6 PM (V)			
Dryland			8:45-9:30		8:45-9:30	8:30-9:15	
Senior 1 AM	6:15-7:45 RGCC	6:15-7:45 RGCC		6:15-7:45 RGCC	6:15-7:45 V	6:30-8:15 Rec	
Senior 1 PM	4:30-6 PM (V)		4:30-6 PM (V)				
Dryland		8-8:45		8-8:45	8-8:45		
Blue ALL AM	7-8:30 RGCC	7:30-9 RGCC	7-8:30 V	7:30-9 RGCC	7-8:30 V		6:30-8 Rec
Dryland AM		9:15-9:45		9:15-9:45			
Gold ALL	7:45-9	7:45-9	7:45-9		7:45-9		7-8:15

AM (10-under)	RGCC	RGCC	V		V		Rec
Dryland							
Silver and Green ALL AM	8:15-9 RGCC		7:45-8:30 V	8-8:45 RGCC			
Masters!!!			6-7:30 RGCC			6:15-7:45 Rec	6:15-7:45 Rec