



Pre-Senior							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
RDWD	8:00 - 9:30am	7:00 - 9:30am & 2:00-3:30pm	8:00 - 9:30am	7:00 – 9:30am	7:00 – 9:00am	10:00 - 12:00pm	
Dryland	7:00 – 7:45am		7:00 – 7:45am			8:30 – 9:30am	

**\*\*COM - College of Marin (Kentfield)**  
**\*\*RDWD - Redwood High School,**  
**\*\*Monday & Wednesday dryland is at Redwood High School. Saturday dryland is at COM**

Senior							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
RDWD	7:30 - 9:30am	7:00 - 9:30am & 2:00-3:30pm	7:30 - 9:30am	7:00 - 9:30am & 2:00-3:30pm	7:00 – 9:00am	10:00 - 12:00pm	
Dryland	5:45 - 7:00am		5:45 - 7:00am			8:30 – 9:30am	

**\*\*COM - College of Marin (Kentfield)**  
**\*\*RDWD - Redwood High School,**  
**\*\*All drylands are at COM**

Varsity (June 20 <sup>th</sup> – July 27 <sup>th</sup> )							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
RDWD	9:30 – 10:45am		9:30 – 10:45am	2:15 - 3:30pm	7:30 – 9:00am		
**RDWD - Redwood High School,							

Master's							
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
RDWD	5:45 - 7:00am	5:45 - 7:00am	5:45 - 7:00am	5:45 - 7:00am	5:45 - 7:00am	7:15 - 8:30am	7:15 - 8:30am
RDWD	9:30 - 10:45am	9:30 - 10:45am**	9:30 - 10:45am	9:30 - 10:45am**		8:30 - 9:45am	8:30 - 9:45am
RDWD - Redwood High School ** Long Course Workout							