



2025 Spring Performance Training Schedule | Starts: 2/18/2025

LOCATION KEY: ■ = Smith Weight Room/Roth Building ■ = Center for Performance and Leadership (next to Gallagher Gymnasium)

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 a.m. 7:30 a.m.					
3:00 p.m. 4:00 p.m.	<p>Wrestling</p> <p>Basketball (All)</p>	<p>Crew</p> <p>Golf</p> <p>Swim & Dive</p> <p>Equestrian</p> <p>Tennis (All)</p> <p>Field Hockey</p> <p>Volleyball</p>	<p>Rugby</p> <p>Wrestling</p> <p>Hockey (All)</p> <p>Basketball(All)</p> <p>Soccer (All)</p> <p>Softball</p>	<p>Crew</p> <p>Golf</p> <p>Swim & Dive</p> <p>Equestrian</p> <p>Tennis (All)</p> <p>Field Hockey</p> <p>Volleyball</p>	Soccer (All)
4:00 p.m. 5:00 p.m.	<p>Hockey (All)</p> <p>Rugby</p> <p>Softball</p> <p>Football</p>	Football	<p>Cross Country</p> <p>Track</p> <p>Football</p>	<p>Football</p> <p>Football</p>	Open Make Up Training Session
5:00 p.m. 6:00 p.m.	<p>Cross Country</p> <p>Track</p>	Baseball	Baseball	Baseball	