

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
General Event	August 31	September 01	September 02	September 03	September 04	September 05	September 06
Early Morning			Aerobic		Build 25's		
Mid Morning			Aerobic		Build 25's		
Tue/Thurs		Aerobic		Aerobic Kick			
Sat						Aerobic Pulling	
Sun							Drill/Swim
General Event	September 07	September 08	September 09	September 10	September 11	September 12	September 13
Early Morning	IM drill exchange		Aerobic Pulling		Build 25's		
Mid Morning	IM drill exchange		Aerobic Pulling		Build 25's		
Tue/Thurs		Aerobic Kick		IM drill exchange			
Sat						Drill/Swim/Kick 50's	
Sun							Aerobic Kicking
General Event	September 14	September 15	September 16	September 17	September 18	September 19	September 20
Early Morning	Build 50's		Fins Kicking		IM drill exchange		
Mid Morning	Build 50's		Fins Kicking		IM drill exchange		
Tue/Thurs		Aerobic		Build 25's			
Sat						Stroke Drilling	
Sun							IM drill exchange
General Event	September 21	September 22	September 23	September 24	September 25	September 26	September 27
Early Morning	Dec 200's		Aerobic		Fins Kick/Swim		
Mid Morning	Dec 200's		Aerobic		Fins Kick/Swim		
Tue/Thurs		Build 50's		Dec 200's			
Sat						Stroke Drilling	
Sun							Anaerobic Kicking
General Event	September 28	September 29	September 30	October 01	October 02	October 03	October 04
Early Morning	Dec 150's with fins		Aerobic Pulling		Stroke Drilling		
Mid Morning	Dec 150's with fins		Aerobic Pulling		Stroke Drilling		
Tue/Thurs		Fins Kick/Swim		IM drill exchange			
Sat						Aerobic Pulling	
Sun							Drill/Swim
General Event	October 05	October 06	October 07	October 08	October 09	October 10	October 11
Early Morning	Fly/Back Swimming		Dec 250's/150 IM		Aerobic Kicking		
Mid Morning	Fly/Back Swimming		Dec 250's/150 IM		Aerobic Kicking		
Tue/Thurs		Underwater Kicking		Fly/Back Swimming			
Sat						25's Sprint	
Sun							Aerobic Kicking
General Event	October 12	October 13	October 14	October 15	October 16	October 17	October 18
Early Morning	Back/Breast Swimming		Threshold 50's		Dec 300's/100 IM		
Mid Morning	Back/Breast Swimming		Threshold 50's		Dec 300's/100 IM		
Tue/Thurs		Aerobic Kicking		Back/Breast Swimming			
Sat						Underwater Kicking	
Sun							IM drill exchange

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
	December 07	December 08	December 09	December 10	December 11	December 12	December 13
General Event							
Early Morning	Sprint stroke 75's		Aerobic Pulling		Aerobic Stroke 100's		
Mid Morning	Sprint stroke 75's		Aerobic Pulling		Aerobic Stroke 100's		
Tue/Thurs		Sprint 25/50's		Threshold 50's			
Sat						VO2Max 100's	
Sun							Sprint 100's
	December 14	December 15	December 16	December 17	December 18	December 19	December 20
General Event							
Early Morning	Test Set		Spr 25-50-75-100		Sprint Kicking	Snack Club	
Mid Morning	Test Set		Spr 25-50-75-100		Sprint Kicking		
Tue/Thurs		Aerobic 50-75-100's		IM pulling			
Sat						Aerobic 75-100-125`5	
Sun							Test Set
	December 21	December 22	December 23	December 24	December 25	December 26	December 27
General Event							
Early Morning	Aerobic 150`s		Aerobic Kicking		Practice Cancelled		
Mid Morning	Aerobic 150`s		Aerobic Kicking		Practice Cancelled		
Tue/Thurs		Spr 100`s		Practice Cancelled			
Sat						Practice Cancelled	
Sun							
	December 28	December 29	December 30	December 31	January 01	January 02	January 03
General Event							
Early Morning	Aerobic 100's		Fins Kicking		Practice Cancelled		
Mid Morning	Aerobic 100's		Fins Kicking		Practice Cancelled		
Tue/Thurs		IM`s build 50`s		Practice Cancelled			
Sat						Free-Back	
Sun							Free-Kick
	January 04	January 05	January 06	January 07	January 08	January 09	January 10
General Event							
Early Morning	Build 50's		Stroke Drilling		Building 50`s		
Mid Morning	Build 50's		Stroke Drilling		Building 50`s		
Tue/Thurs		Aerobic kicking		Swim-Kick-Pull 100`s			
Sat						Stroke Drilling	
Sun							Aerobic Kicking
	January 11	January 12	January 13	January 14	January 15	January 16	January 17
General Event							
Early Morning	Dec 200's		Underwater Kicking with fins		VO2Max 25`s		
Mid Morning	Dec 200's		Underwater Kicking with fins		VO2Max 25`s		
Tue/Thurs		Stroke Kicking		Building 75`s			
Sat						Swim-Kick-Pull 150`s	
Sun							Aerobic Kicking
	January 18	January 19	January 20	January 21	January 22	January 23	January 24
General Event							
Early Morning	50-150-250 pull		VO2Max 50`s		IM Drill		
Mid Morning	50-150-250 pull		VO2Max 50`s		IM Drill		
Tue/Thurs		Aeobic 300`s		Distance Kicking			
Sat						Sprint Kicking	
Sun							Threshold 100`s

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
	January 25	January 26	January 27	January 28	January 29	January 30	January 31
General Event							
Early Morning	100 swim-50 fast kick		Spr 25's		50 swim-100 fast kicking		
Mid Morning	100 swim-50 fast kick		Spr 25's		50 swim-100 fast kicking		
Tue/Thurs		V02Max 100's		Threshold 100's			
Sat						200 IM dec's	
Sun							Distance Kicking
	February 01	February 02	February 03	February 04	February 05	February 06	February 07
General Event							
Early Morning	400's easy/fast		Spr 25's		Threshold 50's		
Mid Morning	400's easy/fast		Spr 25's		Threshold 50's		
Tue/Thurs		50swim/100 kick/150 swim		50 kick/100 swim/150 kick			
Sat						Distance Pulling	
Sun							Stroke Drilling
	February 08	February 09	February 10	February 11	February 12	February 13	February 14
General Event							
Early Morning	V02Max 25's		Stroke 50's		V02Max 75's		
Mid Morning	V02Max 25's		Stroke 50's		V02Max 75's		
Tue/Thurs		Aerobic Kicking		Threshold 50's			
Sat						Distance IM	
Sun							Sprint Kicking
	February 15	February 16	February 17	February 18	February 19	February 20	February 21
General Event							
Early Morning	stroke drill/stroke swim		VO2Max 50's		V02 Max Broken 100 IM		
Mid Morning	stroke drill/stroke swim		VO2Max 50's		V02 Max Broken 100 IM		
Tue/Thurs		Aerobic 500's		Sprint Kicking			
Sat						V02Max 300 Pull	
Sun							Distance/Sprint Kicking
	February 22	February 23	February 24	February 25	February 26	February 27	February 28
General Event							
Early Morning	IM Pulling		IM Kicking		Spr 25's		
Mid Morning	IM Pulling		IM Kicking		Spr 25's		
Tue/Thurs		V02Max 100's		V02Max 100's			
Sat						Threshold 25's	
Sun							Sprint 25's
	March 01	March 02	March 03	March 04	March 05	March 06	March 07
General Event							
Early Morning	Endurance 50/100		Race Pace 50's		Endurance 100/150	RMMSC	
Mid Morning	Endurance 50/100		Race Pace 50's		Endurance 100/150		
Tue/Thurs		Build 100's		400 swim/400 Kick			
Sat						Sprint Free	
Sun							Pyramid IM(200-1200-200)
	March 08	March 09	March 10	March 11	March 12	March 13	March 14
General Event							
Early Morning	Threshold 50's		20x50 best average #1		Spring kicking		
Mid Morning	Threshold 50's		20x50 best average #1		Spring kicking		
Tue/Thurs		V02Max 100's		200 swim/400 kick/400 swim			
Sat						50 IM/100 Free/150 stroke	
Sun							V02 Max 300's Pull

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
	March 15	March 16	March 17	March 18	March 19	March 20	March 21
General Event							
Early Morning	VO2Max 25's		Distance Pull		20x50 best average #2		
Mid Morning	VO2Max 25's		Distance Pull		20x50 best average #2		
Tue/Thurs		20x50 best average #1		Threshold Kicking with fins			
Sat						VO2max 150's	
Sun							Sprint 50's
	March 22	March 23	March 24	March 25	March 26	March 27	March 28
General Event							
Early Morning	Pull-swim 50's		Stroke drill/kick/swim		Threshold kicking with fins		
Mid Morning	Pull-swim 50's		Stroke drill/kick/swim		Threshold kicking with fins		
Tue/Thurs		VO2 Max 200's		20x50 best average #2			
Sat						Pull-swim 100's	
Sun							Pyramid IM(200-1200-200)
	March 29	March 30	March 31	April 01	April 02	April 03	April 04
General Event							
Early Morning	Threshold 50's		Endurance stroke 50's		Sprint 25/37.5/50		
Mid Morning	Threshold 50's		Endurance stroke 50's		Sprint 25/37.5/50		
Tue/Thurs		Distance Kicking		Distance Pulling			
Sat						Endurance stroke 50's	
Sun							Broken 100 IM/100 IM
	April 05	April 06	April 07	April 08	April 09	April 10	April 11
General Event							
Early Morning	Broken 100's stroke		Broken 200 IM's		Dec 100's/Dec 50's		
Mid Morning	Broken 100's stroke		Broken 200 IM's		Dec 100's/Dec 50's		
Tue/Thurs		Broken 100's stroke		Broken 200 IM's			
Sat						Speed Play	
Sun							2x (4x50)
	April 12	April 13	April 14	April 15	April 16	April 17	April 18
General Event							
Early Morning	Quality 50's/Taper		Anerobic 100's/Taper		Distance Pulling/Taper		
Mid Morning	Quality 50's/Taper		Anerobic 100's/Taper		Distance Pulling/Taper		
Tue/Thurs		Demont/Taper		Kick to build 100's swim/Taper			
Sat						Free drilling	
Sun							Pull-swim 100's
	April 19	April 20	April 21	April 22	April 23	April 24	April 25
General Event							
Early Morning	Free drilling		150's kick/swim		Breathe Control 100'a		
Mid Morning	Free drilling		150's kick/swim		Breathe Control 100'a		
Tue/Thurs		Free pulling		Stroke drilling			
Sat						2x (16x50) pace 800/pace 400	
Sun							Aerobic swim-sprint 75's
	April 26	April 27	April 28	April 29	April 30	May 01	May 02
General Event							
Early Morning	Aerobic kick		200's dec (2 ways)		Broken 100's (25/50/25)		
Mid Morning	Aerobic kick		200's dec (2 ways)		Broken 100's (25/50/25)		
Tue/Thurs		300 IM-100 IM		Aerobic stroke 100's-25's fast			
Sat						Demont	
Sun							Drill with fins

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
	May 03	May 04	May 05	May 06	May 07	May 08	May 09
General Event				AGM 7:00pm Best Western			
Early Morning	Breathe Control 200's		75 IMO/150 free		Distance Pulling		
Mid Morning	Breathe Control 200's		75 IMO/150 free		Distance Pulling		
Tue/Thurs		2x (12x50) pace 800/pace 400		V02Max 75's			
Sat						Sprint 25's kick	
Sun							Broken 100 IM/100 IM
	May 10	May 11	May 12	May 13	May 14	May 15	May 16
General Event							
Early Morning	Quality stroke 50's		300's swim dec (3 ways)		Pull 50's		
Mid Morning	Quality stroke 50's		300's swim dec (3 ways)		Pull 50's		
Tue/Thurs		Aerobic 250's		Pace 100's/Taper			
Sat						Sprint 25's/Taper	
Sun							Pace Work/Taper
	May 17	May 18	May 19	May 20	May 21	May 22	May 23
General Event					Masters Nationals	Masters Nationals	Masters Nationals
Early Morning	IM drilling/Taper		Quality stroke 50's/Taper		Spr 25's		
Mid Morning	IM drilling/Taper		Quality stroke 50's/Taper		Spr 25's		
Tue/Thurs		200 dec/Taper		Spr 75's/Taper			
Sat						Aerobic swim-sprint 25's	
Sun							200's fins
	May 24	May 25	May 26	May 27	May 28	May 29	May 30
General Event	Masters Nationals						
Early Morning	Aerobic 100's		200's pull		16x25 SPR (sets of 4)		
Mid Morning	Aerobic 100's		200's pull		16x25 SPR (sets of 4)		
Tue/Thurs		Spr 25's - FREE with fins		Spr 25's -STROKE			
Sat						Dec 400's	
Sun							Distance Pulling
	May 31	June 01	June 02	June 03	June 04	June 05	June 06
General Event							
Early Morning	Spr 25's - FREE with fins		Spr25's - STROKE		Dec 400's		
Mid Morning	Spr 25's - FREE with fins		Spr25's - STROKE		Dec 400's		
Tue/Thurs		200's with fins		100's with fins			
Sat						Aerobic 100's	
Sun							V02 Max 300's Pull
	June 07	June 08	June 09	June 10	June 11	June 12	June 13
General Event							
Early Morning	Anerobic Kick/Spr 25's		Threshold 50's		Spr 50's		
Mid Morning	Anerobic Kick/Spr 25's		Threshold 50's		Spr 50's		
Tue/Thurs		Dec 1-3 (200, 150, 100)		V02 Max 200's pull			
Sat						Dec 1-3 (75, 50, 25)	
Sun							Threshold 50's
	June 14	June 16	June 17	June 18	June 19	June 20	June 21
General Event							
Early Morning	Hypox 25's		V02Max 200's pull		100's with fins		
Mid Morning	Hypox 25's		V02Max 200's pull		100's with fins		
Tue/Thurs		Distance Kicking with fins		Spr 50's			
Sat						"x"x 100 (3/2/1 choice)	
Sun							Threshold 100's

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
General Event	June 22	June 23	June 24	June 25	June 26	June 27	June 28
Early Morning	Distance Pulling		400's with fins		Distance Kicking with fins		
Mid Morning	Distance Pulling		400's with fins		Distance Kicking with fins		
Tue/Thurs		Hypox 25's		20x100 (75@75%25@25%)			
Sat						Hypox 25's	
Sun							400's with fins
General Event	June 28	June 29	June 30	July 01	July 02	July 03	July 04
Early Morning	20x100 (75@75%25@25%)		Hypox 25's				
Mid Morning	20x100 (75@75%25@25%)		Hypox 25's				
Tue/Thurs		2x (16x50) @800/@400 pace					
Sat							
Sun							
General Event	July 05	July 06	July 07	July 08	July 09	July 10	July 11
Early Morning							
Mid Morning							
Tue/Thurs							
Sat							
Sun							
General Event	July 12	July 13	July 14	July 15	July 16	July 17	July 18
Early Morning							
Mid Morning							
Tue/Thurs							
Sat							
Sun							
General Event	July 19	July 20	July 21	July 22	July 23	July 24	July 25
Early Morning							
Mid Morning							
Tue/Thurs							
Sat							
Sun							
General Event	July 26	July 27	July 28	July 29	July 30	July 31	August 01
Early Morning							
Mid Morning							
Tue/Thurs							
Sat							
Sun							
General Event	August 02	August 03	August 04	August 05	August 06	August 07	August 08
Early Morning							
Mid Morning							
Tue/Thurs							
Sat							
Sun							