

SENIOR TEAM

Weekly Plan

Wk #3	Plan for May 1 to 7				Distance		
Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6	Sunday 7	
6:30-8:45 a.m.	OFF	6:30-8:45 a.m.	OFF	6:30-8:45 a.m.	8:00-11:00 a.m.	OFF	
<u>4500</u> 700K 900P Ø CHZ-KC LD/bk +film: AR-JS-SK	OFF	<u>4500</u> 700K 900P SR-L/bk	OFF	<u>4500</u> 700K 900P Ø CHZ-KC SR-S/fy	12 x 50 DIVE + wts F 30 LC Goals Leadership Goals	OFF	
5:00-7:00 p.m.	5:00-7:00 p.m.	5:00-7:00 p.m.	5:00-7:00 p.m.	5:00-7:00 p.m.	OFF	OFF	
<u>4500</u> 700K 900P Q-D/br + wts F 30	<u>4500</u> 700K 900P SR-S/fy	<u>4500</u> 700K 900P RP/im + wts F 30	<u>4500</u> 700K 900P Q-D/im	<u>4500</u> 700K 900P RP/br	OFF	OFF	