

SENIOR TEAM

Weekly Plan

Wk # 5	Plan for May 15 to 21				Distance + test sets		
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20	Sunday 21	
6:30-8:30 a.m.	OFF	6:30-8:30 a.m.	OFF	6:30-8:30 a.m.	8:00-11:00 a.m.	OFF	
<u>5500</u> 800K 1000P film: MO-JS-MH LD/bk [SMU & NS entries]	OFF	<u>5500</u> 800K 1000P fr = SR-L bk = VSR	OFF	<u>5500</u> 800K 1000P VSR fr VSR fy	6 x 100 DIVE @ 12:00 + WT TEST + mental	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>5500</u> 800K 1000P Q-D/br + wts F 40	<u>5500</u> 800K 1000P SR-S	<u>5500</u> 800K 1000P RP/im + wts F 40	<u>5500</u> 800K 1000P Q-D/im	<u>5500</u> 800K 1000P fr = RP br = VSR	OFF	OFF	