

SENIOR TEAM

Weekly Plan

Wk # 6	Plan for: May 22 to 28			SHORT REST		
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27	Sunday 28
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
6000 900K 1100P LD/bk	OFF	6000 900K 1100P SR-L/bk	OFF	6000 900K 1100P SR-S/fy + wts F 40	3 x 200 Dive @ 12:00 + wts F 40 11 am: Seniors (PA-KC-AIE-JF CHZ-TM-NR-BS) + parents meeting	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
6000 900K 1100P Q-D/br + wts F 40	6000 900K 1100P SR-S/fy	6000 900K 1100P RP/im + wts F 40	6000 900K 1100P Q-D/im	6000 900K 1100P RP/br	OFF	OFF