

SENIOR TEAM

Weekly Plan

Wk # 8	Plan for: June 5 to 11			Short Rest + TEST SETS		
Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Saturday 10	Sunday 11
6:15-8:25 a.m.	6:15-8:25 a.m.	OFF	6:15-8:25 a.m.	6:15-8:25 a.m.	8:00-11:00 a.m.	OFF
<u>6.5-6.0-5.5</u> 1000 K-P film: SM LD/bk enter : Boerne 5K A&M and Sr. Ss. 2 + wts P 30	<u>6.5-6.0-5.5</u> 1000 K-P SR-S/fy	film: KC-CHZ (OFF 6/6 a.m.) + wts P 30	<u>6.5-6.0-5.5</u> 1000 K-P SR-L/fr VSR/bk	<u>6.5-6.0-5.5</u> 1000 K-P VSR/fr VSR/fy	3 x 200 DIVE + wt test	OFF
4:15-6:25 p.m.	4:15-6:25 p.m.	4:15-6:25 p.m.	4:15-6:25 p.m.	4:15-6:25 p.m.	OFF	OFF
<u>6.5-6.0-5.5</u> 1000 K-P Q-D/br + wts P 30	<u>6000</u> 1000 K-P RP/im	mental: Who are we? Seniors and Parents Meeting 6:00 pm + wts P 30	<u>6000</u> 1000 K-P Q-D/im	<u>6.5-6.0-5.5</u> 1000 K-P RP/fr & bk VSR/br	OFF	OFF