

SENIOR TEAM

Weekly Plan

Wk # 10	Plan for: June 19 to 25			Short Rest		
Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24	Sunday 25
6:15-8:25 a.m.	6:15-8:25 a.m.	OFF/film	OFF/film	8:00 a.m.	8:00 a.m.	8:00 a.m.
<u>6.5-6.0-5.5</u> 1000 K-P LD/bk film: SM-WF + wts P 30	<u>6.5-6.0-5.5</u> 1000 K-P SR-S/fy	OFF film: PA-KR + wts P 30	OFF film: AR-SK + wts P 30	<u>A&M Sr. Ct.</u> w/u 7:30 am prelims 9:00	<u>A&M Sr. Ct.</u> w/u 7:45 am prelims 9:00	<u>A&M Sr. Ct.</u> w/u 8:00 am prelims 9:00
				OFF	<u>Senior Series II</u> w/u 8:00 am meet 9:00	<u>Senior Series II</u> w/u 8:00 am meet 9:00
4:15-6:25 p.m.	4:15-6:25 p.m.	4:15-6:25 p.m.	4:15-6:25 p.m.	4:30/5:00 p.m.	4:30 p.m.	3:30 p.m.
<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	<u>6.5-6.0-5.5</u> 1000 K-P SR-L/bk + wts P 30	Depart to A&M 12:30 p.m. Warm-up at A&M 5:00 p.m. <u>6000</u> 1000 K-P dsc-S/fy-br	<u>A&M Sr. Ct.</u> w/u 4:30 pm finals 6:00 pm	<u>A&M Sr. Ct.</u> w/u 4:45 pm finals 6:00 pm	<u>A&M Sr. Ct.</u> w/u 4:00 pm finals 5:00 pm
				<u>Senior Series II</u> w/u 5:00 pm meet 6:00	OFF	OFF

NO Monday a.m. practice 6/26