

SENIOR TEAM

Weekly Plan

Wk # 12	Plan for: July 3 to 9				Quality		
Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7	Saturday 8	Sunday 9	
6:15-8:25 a.m.	6:15-8:25 a.m.	film	6:15-8:25 a.m.	6:15-8:25 a.m.			
<u>5.5-5.0-4.5</u> 900 K 800 P film: BS-KS LD/bk	<u>5.5-5.0-4.5</u> 900 K 800 P SR-S/fy	OFF film: STARTS CS-SK-MJ-KS (OFF 6/6 am) + wts V 9-9/18	STAGS OFF depart 10:00 a.m.	<u>So Tx</u> w/u 8 ⁰⁰ am lanes 1-6 prelims 10 am	<u>So Tx</u> w/u 7 ⁴⁰ am lanes 1-6 prelims 8:30	<u>So Tx</u> w/u 7 ⁰⁵ am lanes 1-6 prelims 8:30	
+ wts V 9-9/18			<u>5.5-5.0-4.5</u> 900 K 800 P SR-L/bk	<u>5.5-5.0-4.5</u> 900 K 800 P SR-S/fy	12 point Swim + wts V 9-9/18	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.			
<u>5.5-5.0-4.5</u> 900 K 800 P Q-D/br	OFF	<u>5000</u> 900 K 800 P RP/im	STAGS w/u (for 1500) 3pm 1500s 4pm General w/u 6:30	<u>So Tx</u> w/u 5:00 pm finals 6:00	<u>So Tx</u> w/u 5:00 pm finals 6:00	<u>So Tx</u> w/u 4:00 pm finals 5:00	
+ wts V 9-9/18		+ wts V 9-9/18	<u>5000</u> 900K 800P Q-D/im	<u>5.5-5.0-4.5</u> 900 K 800 P RP/br	OFF	OFF	

Sunday p.m. STAGS Finalists OFF
Monday a.m.
July 10th