

SENIOR TEAM

Weekly Plan

Wk # 14	Plan for: July 17 to 23			QUALITY		
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21	Saturday 22	Sunday 23
OFF	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>4.5-4.0-3.5</u> 800 K 600 P SR-S/fy	OFF	CHZ: SR-L/bk <u>4500</u> 800K 600P	CHZ: SR-S/fy <u>4500</u> 800K 600P	CA & CHZ: 2 x bkn swims CA=100fy/100fr CHZ=200fr/400fr + film starts	OFF
			CA: SR-L/bk <u>2400</u> 400K 400P	CA: SR-S/fy <u>2400</u> 400K 400P	Sectionals: w/u only / br	
	+ wts V 9/18		SECTIONALS OFF	SECTIONALS OFF	+ wts V 9/18	
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>4.5-4.0-3.5</u> 800 K 600 P LD/bk film starts: Sr. Ct. Ø Nationals	<u>4.5-4.0-3.5</u> 800 K 600 P Q-D/br	<u>4000</u> 800K 600P RP/im	CHZ: Q-D/im <u>4500</u> 800K 600P	CHZ: RP/br <u>4500</u> 800K 600P	OFF	OFF
			CA: Q-D/fy <u>2400</u> 400K 400P	CA: RP/bk <u>2400</u> 400K 400P		
+ wts V 9/18		+ wts V 9/18	SECTIONALS <u>2.6-2.4-2.2</u> 400K-P SR-L/bk	SECTIONALS <u>2.6-2.4-2.2</u> 400K-P RP/fy		