



**May 2010**

**Age Group 2 – Work out Times**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 May	3  Training with Patrick 4:15-4:45PM On Deck 4:45-5:00 Pool 5:00 - 6:30	4  Dry 3:45-4:00 Pool 4:00 – 6:00	5 Dry 6:00-6:15AM Pool 6:15-7:30AM  Training with Patrick 4:15-4:45PM On Deck 4:45-5:00 Pool 5:00 - 6:30	6  Dry 3:45-4:00 Pool 4:00 – 6:00	7  Kelowna Inv (LCM)	8  Kelowna Inv (LCM)
9  Kelowna Inv (LCM)	10  OFF	11  Dry 3:45-4:00 Pool 4:00 – 6:00	12 Dry 6:00-6:15AM Pool 6:15-7:30AM  Training with Patrick 4:15-4:45PM On Deck 4:45-5:00 Pool 5:00 - 6:30	13  Dry 3:45-4:00 Pool 4:00 – 6:00	14  On Deck 3:30-3:45PM Pool 3:45-4:45PM	15  Pool 6:00-7:45AM
16	17  Training with Patrick 4:15-4:45PM On Deck 4:45-5:00 Pool 5:00 - 6:30	18  Dry 3:45-4:00 Pool 4:00 – 6:00	19 Dry 6:00-6:15AM Pool 6:15-7:30AM  Training with Patrick 4:15-4:45PM On Deck 4:45-5:00 Pool 5:00 - 6:30	20  Dry 3:45-4:00 Pool 4:00 – 6:00	21  Training with Patrick 4:00-4:30PM On Deck 4:45-5:00 Pool 5:00 - 6:30	22 Dry 6:15– 06:30 Pool 6:30-8:30
23	24  Victoria Day Holiday	25  Dry 3:45-4:00 Pool 4:00 – 6:00	26 Dry 6:00-6:15AM Pool 6:15-7:30AM  Training with Patrick 4:15-4:45PM On Deck 4:45-5:00 Pool 5:00 - 6:30	27  Dry 3:45-4:00 Pool 4:00 – 6:00	28  Pool 3:45-5:15 PIZZA 5:15-6:00PM	29 WARM UP & POOL SET UP Pool 6:30-8:30  DISTANCE TIME TRIAL 9:00 – 11:00 RACING
30	31  On Deck 4:45-5:00 Pool 5:00 - 6:30	1 (June)  Dry 3:45-4:00 Pool 4:00 – 6:00	2 AM OFF  On Deck 4:45-5:00 Pool 5:00 - 6:30	3  Pool 4:00 – 5:30	4  June Classic	5  June Classic