



March 2012

Senior Work – out Times

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27 Dry 4:00 – 4:15 Pool 4:15 - 6:30	28 Pool 4:00 – 6:00 No Wts	29 Pool 6:30 - 7:30 Depart for AAA's Dry 4:45 – 5:00 Pool 5:00 - 6:30	1 AAA's Pool 4:15 - 6:00	2 AAA's Pool 5:00 - 6:30 pm	3 Pool 7:00 – 8:30 am AAA's
4 AAA's	5 Dry 4:45 – 5:00 Pool 5:00 - 6:30	6 Pool 4:00 – 6:00 No Wts	7 AM OFF Dry 4:00 – 4:15 Pool 4:15 - 6:30	8 Pool 4:00 – 6:00 No Wts	9 Depart for KISU Pool 5:00 – 6:30	10 AM OFF KISU (No AAA Swimmers)
11 KISU	12 Dry 4:00 – 4:15 Pool 4:15 - 6:30	13 Pool 4:00 – 6:00 No Wts 6:15–7:00	14 Am Off Dry 4:00 – 4:15 Pool 4:15 - 6:30	15 Pool 4:00 – 6:00 No Wts 6:15 – 7:00	16 Dry 0600–615 Pool 0615 - 0730 Pm Off	17 Am OFF
18 Spring Break No Swimming	19 Spring Break No Swimming	20 Spring Break No Swimming	21 Spring Break No Swimming	22 Spring Break No Swimming	23 Spring Break No Swimming	24 Spring Break No Swimming
25	26 Dry 4:00 – 4:15 Pool 4:15 - 6:30	27 Olympic Trials Pool 4:00 – 6:00	28 Dry 0600 –0615 Pool 0615 - 0730 Olympic Trials Dry 4:00 – 4:15 Pool 4:15 - 6:30	29 Olympic Trials Pool 4:00 – 6:00	30 Am Off Olympic Trials Pool 4:00 – 6:00	31 Dry 06:15 – 06:30 Pool 06:30 – 08:30 Tri Training Olympic Trials