

DESERT THUNDER MASTERS SWIMMING
 SEPTEMBER, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 WKS TO IM	Aug 30 5:45-6:45 AM 25's Sprints	Aug 31 5:45-6:45 AM Volume	1 5:45-6:45 AM 50's Sprints	2 5:45-6:45 AM volume	3 5:45-6:45 AM Circuit Strength	4
5 12 WKS TO IM	6 No Workout! Happy Labor Day	7 5:45-6:45 AM 7:00 Kick AFAYCG	8 5:45-6:45 AM 3x50'S @ 2:00 FAP	9 5:45-6:45 AM 3x100's @ 2:30 FAP	10 5:45-6:45 AM Circuit Strength	11
12 11 WKS TO IM	13 5:45-6:45 AM 8x25's @ 1:00 FAP 3x200's @ 4:00 FAP	14 5:45-6:45 AM 7:00 Kick AFAYCG	15 5:45-6:45 AM 4x50'S @ 2:00 FAP	16 5:45-6:45 AM 4x100's @ 2:30 FAP	17 5:45-6:45 AM Circuit Strength	18
19 10 WKS TO IM	20 5:45-6:45 AM 8x25's @ 1:00 FAP 3x200's @ 4:00 FAP	21 5:45-6:45 AM 7:00 Kick AFAYCG	22 5:45-6:45 AM 5x50'S @ 2:00 FAP	23 5:45-6:45 AM 5x100's @ 2:30 FAP	24 5:45-6:45 AM Circuit Strength	25
26 9 WKS TO IM	27 5:45-6:45 AM 400 IM/ 500 FR TT	28 5:45-6:45 AM 50 TT	29 5:45-6:45 AM 200 TT	30 5:45-6:45 AM 100 TT	Oct 1 5:45-6:45 AM Circuit Strength	Oct 2