 **SPRING TRAINING CAMP 2019 – MARCH 25 – 30TH**

***Elite 2 Jr. & Western – YNG groups***

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| ***Monday, March 25th***  NO MORNING  3:45 – 6 PM  Water  YNG – Elite 2 Jr. | ***Tuesday, March 26th***  NO MORNING  3 PM – 4 PM  Dry land – Running  4 PM – 6 PM  Water work | ***Wednesday, March 27th***  Morning  5:30 – 8:30 AM  8:30 – 9:30 AM – dryland  Afternoon  3 – 4:30 PM – dryland  4:30 – 6 PM - water | | ***Thursday, March 28th***  NO MORNING  3 PM – 4 PM dryland  Running  4 PM – 6PM - water | ***Friday, March 29th***  NO MORNING  3 PM – 4PM  Dryland  4PM – 6 PM  water | ***Saturday, March 30th***  Morning  6:45 – 9:30 AM  water | ***Sunday***  ***March 31st***  OFF |
| ***Monday, April 1st***  Return to normal schedule |  |  |  | |  | ***Saturday, April 6th***  LOSC LC invitational Swim Meet | ***Sunday***  LOSC LC meet |
| ***Monday, April 8th***  Morning off  Afternoon  \*\* ALL in from 3:45 – 6 PM | ***Tuesday, April 9th***  from April 9th – May 23rd  Training block  NO meets until Monterrey, except for those not attending that meet – they will swim at Hyack | |  | | --- | | April 9 – 14 train | | April 15 – 21 train  Easter saturday off | | April 22nd – off Easter monday | | April 23 – April 28th – train | | April 29 – May 5  train | | May 6 – May 17 train  Hyack meet May 17 – 19 – NON Monterrey swimmers | | ***Thursday, May 23rd***  ***Depart for SFO*** | |  |  |  |