

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Lancer Invite N2/1-OFF T2/1-OFF A2/1-OFF S4/3-OFF S2/1-M-6:00-8:00 s M-OFF	2 N2-OFF N1-OFF T2/1-E-5:30-6:45 A2/1-E-6:15-6:45 d A2/1-E-6:45-8:00 s S4/3-M-6:00-7:30 s S2/1-C-3:30-5:00 s	3 N2/1-E-5:30-6:30 T2/1-C-5:30-6:45 A2/1-OFF S4/3-C-6:00-6:30 d S4/3-C-6:30-8:00 S2/1-C-3:30-5:30 s M-E-6:30-8:00	4 N2/1-C-5:30-6:30 T2/1-E-5:30-6:30 A2/1-E-6:30-8:00 S4/3@LAKE S2/1@LAKE	5 A2/1@MFSC S2/1-E-7:45-9:00 s
6	7 N2/1-OFF T2/1-M-6:00-7:15 A2/1-E-6:30-8:00 S4/3-E-5:00-6:30 S2/1-C-3:30-5:00 s S2/1-C-5:00-5:30 r	8 N2/1-E-5:30-6:30 T2/1-C-5:30-6:45 A2/1-M-6:00-7:30 S4/3-E-6:00-6:30 d S4/3-E-6:30-8:00 s S2/1-C-5:30-6:30 d S2/1-C-3:30-5:30 s M-C-6:30-8:00	9 N2/1-OFF T2/1-E-5:30-6:45 A2/1-E-6:15-6:45 d A2/1-E-6:45-8:00 s S4/3-OFF S2/1-C-3:30-5:00 s	10 N2/1-OFF T2/1-OFF A2/1-OFF S4/3-OFF S2/1-M-6:00-8:00 s M-OFF	11 N2/1-E-5:30-6:30 T2/1-C-5:30-6:45 A2/1-E-6:30-8:00 A2/1-E-7:00-8:00 S4/3-C-6:30-8:00 S2/1-C-3:30-5:30 s S2/1-C-5:30-6:30 d	12 N2/1@WEST T2/1-@WEST S2/1-E-7:45-9:00 s M-C-11:00-12:00
13	14 N2/1-OFF T2/1-M-6:00-7:15 A2/1-E-6:30-8:00 S4/3-E-5:00-6:30 S2/1-C-3:30-5:00 s S2/1-C-5:00-5:30 r	15 N2/1-E-5:30-6:30 T2/1-C-5:30-6:45 A2/1-M-6:00-7:30 s S4/3-E-6:00-6:30 d S4/3-E-6:30-8:00 s S2/1-C-5:30-6:30 d S2/1-C-3:30-5:30 s M-C-6:30-8:00	16 N2/1-OFF T2/1-E-5:30-6:45 A2/1-E-6:15-6:45 d A2/1-E-6:45-8:00 s S4/3-OFF S2/1-C-3:30-5:00 s	17 N2/1-M-6:00-7:00 T2/1-OFF A2/1-OFF S4/3-E-5:00-5:30 d S4/3-E-5:30-7:00 s S2/1-E-3:30-5:30 s M-E-7:00-8:30	18 N2/1-E-5:30-6:30 T2/1-C-5:30-6:45 A2/1-E-6:30-8:00 A2/1-E-7:00-8:00 S4/3-C-6:30-8:00 S2/1-C-3:30-5:30 s S2/1-C-5:30-6:30 d	19 N2/1@EBSC T2/1@EBSC A2/1@EBSC S2/1-C-9:00-10:30
20 S4/3@OZ S2/1@OZ	21 N2/1-OFF T2/1-M-6:00-7:15 A2/1-E-6:30-8:00 S4/3-E-5:00-6:30 S2/1-C-3:30-5:00 s S2/1-C-5:00-5:30 r	22 N2/1-E-5:30-6:30 T2/1-C-5:30-6:45 A2/1-M-6:00-7:30 s S4/3-E-6:00-6:30 d S4/3-E-6:30-8:00 s S2/1-C-5:30-6:30 d S2/1-C-3:30-5:30 s M-C-6:30-8:00	23 N2/1-OFF T2/1-E-5:30-6:45 A2/1-E-6:15-6:45 d A2/1-E-6:45-8:00 s S4/3-OFF S2/1-C-3:30-5:00 s	24 N2/1-M-6:00-7:00 T2/1-C-5:30-6:45 A2/1-C-6:30-8:00 S4/3-E-5:00-5:30 d S4/3-E-5:00-6:30 s S2/1-C-3:30-5:30 s M-E-6:30-8:00	25 N2/1-E-5:30-6:30 T2/1-OFF A2/1-C-7:00-8:00 S4/3-E-6:30-8:00 S2/1-C-3:30-5:00 s S2/1-C-5:00-6:00 d	26 S2/1-E-8:00-9:30 s
27	28 N2/1-OFF T2/1-M-6:00-7:15 A2/1-E-6:30-8:00 S4/3-E-5:00-6:30 S2/1-C-3:30-5:00 s S2/1-C-5:00-5:30 r	29 N2/1-E-5:30-6:30 T2/1-C-5:30-6:45 A2/1-M-6:00-7:30 s S4/3-E-6:00-6:30 d S4/3-E-6:30-8:00 s S2/1-C-5:30-6:30 d S2/1-C-3:30-5:30 s M-C-6:30-8:00	30 N2/1-OFF T2/1-E-5:30-6:45 A2/1-E-6:15-6:45 d A2/1-E-6:45-8:00 s S4/3-M-6:00-7:30 S2/1-C-3:30-5:00 s	31 N2/1-OFF T2/1-OFF A2/1-OFF S4/3-OFF S2/1-C-3:30-5:30 M-E-5:30-7:00		