

## ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 N2/1-E-5:30-6:30 T2/1-C-5:30-6:45 A2/1-E-6:30-8:00 s S4/3-C-4:00-5:30 S2/1@SST	2 S2/1@SST
3	4 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	5 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 S2/1-C-5:30-6:30 d S2/1-C-3:30-5:30 s M-C-6:30-8:00	6 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 TYR PRO NC	7 N2/1-M-6:00-7:00 T2/1-OFF A2/1-E-5:00-6:30 S4/3-E-3:30-5:00 s S4/3-E-5:00-5:30 d S2/1-C-3:30-5:30 M-E-6:30-8:00 TYR PRO NC	8 N2/1-C-5:30-6:30 T2/1-E-5:30-6:45 A2/1-C-6:30-8:00 S4/3-C-4:00-5:30 S2/1@PX3 TYR PRO NC	9 S4/3@PX3 S2/1@PX3 TYR PRO NC
10 N2/1@WEST T2/1@WEST A2/1@WEST S4/3@PX3 S2/1@PX3	11 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	12 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 S2/1-C-5:30-6:30 d S2/1-C-3:30-5:30 s M-C-6:30-8:00	13 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	14 N2/1-M-6:00-7:00 T2/1-OFF A2/1-E-5:00-6:30 S4/3-E-3:30-5:00 S4/3-E-5:00-5:30 d S2/1-C-3:30-5:30 s S2/1-C-5:30-6:30 d M-E-6:30-8:00	15 N2/1-C-5:00-6:00 T2/1-C-6:00-7:00 A2/1-C-7:00-8:00 S4/3@EBSC S2/1@EBSC	16 ALL Groups Off
17	18 N2/1-E-5:30-6:30 T2/1-M-6:00-7:15 A2/1-E-6:30-8:00 S4/3-C-3:30-5:00 S2/1-E-3:30-5:30	19 N2/1-OFF T2/1-E-5:30-6:45 A2/1-M-6:00-7:30 S4/3-C-3:30-5:00 s S4/3-C-5:00-5:30 d S2/1-E-3:30-5:30 s S2/1-E-5:30-6:30 d M-E-6:30-8:00	20 N2/1-E-5:30-6:30 T2/1-C-5:30-6:45 A2/1-E-6:30-8:00 S4/3-C-3:30-5:30 s S2/1-E-3:30-5:30 s	21 N2/1-OFF T2/1-E-5:30-6:45 A2/1-C-6:30-7:00 d A2/1-C-7:00-8:00 s S4/3-C-3:30-5:00 s S4/3-C-5:00-5:30 d S2/1-E-3:30-5:30 s M-E-6:30-8:00	22 N2/1-E-5:30-6:30 T2/1-OFF A2/1-E-6:30-8:00 S4/3-C-3:30-5:00 S2/1-E-3:30-5:30 s S2/1-E-5:30-6:30 d	23 N2/1@MSS T@/1@MSS A2/1@MSS S4/3@MSS S2/1-E-7:00-8:30 *
24 N2/1@MSS T@/1@MSS A2/1@MSS S4/3@MSS	25 N2/1-E-5:30-6:30 T2/1-M-6:00-7:15 A2/1-E-6:30-8:00 S4/3-C-3:30-5:00 S2/1-E-3:30-5:30 s	26 N2/1-OFF T2/1-OFF A2/1-M-6:00-7:30 S4/3-E-4:30-5:00 d S4/3-E-5:00-6:30 S2/1-E-3:30-5:00 s S2/1-E-5:30-6:30 d M-E-6:30-8:00	27 N2/1- C-11:30-12:30 * T2/1- C-11:30-12:30 * A2/1-C-11:30-12:30 * S4/3-E-C-10:00-11:30 * S2/1-C-8:00-10:00	28 Happy Thanksgiving	29 N2/1-OFF T2/1-OFF A2/1-OFF S4/3-OFF S2/1-C-8:00-10:00 s S2/1-C-10:00-11:00 d	30 S2/1-E-8:00-10:00 s
* = Turkey Relays						