

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – FEBRUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 N2/1@SST T2/1@SST A2/1@SST S4/3@SST S2/1@SST
2 N2/1@SST T2/1@SST A2/1@SST S4/3@SST S2/1@SST	3 N2/1-C-6:00-7:00 T2/1-M-6:00-7:15 A1-E-6:45-8:00 A2/S4-OFF S3-E-6:45-8:00 S2/1-E-5:30-7:00 am S2/1-E-3:30-5:30 s	4 N2/1-OFF T2/1-C-5:30-6:45 A2/1-M-6:00-7:30 S4/3-E-4:00-5:30 s S4/3-E-5:30-6:00 d S2/1-C-3:30-5:30 s S2/1-C-5:30-6:30 d M-C-6:30-8:00	5 N2/1-C-5:00-6:00 T2/1-E-5:15-6:30 A2/1-E-6:00-6:30 d A2/1-E-6:30-8:00 s S4/3-E-4:00-5:30 S2/1-C-3:30-5:00 s	6 N2/1-OFF T2/1-OFF A2/1-C-5:30-7:00 S4/3-E-4:00-5:30 s S4/3-E-5:30-6:00 d S2/1-E-5:30-7:00 am S2/1-C-3:30-5:30 s M-C-7:00-8:30	7 N2/1-C-5:30-6:30 T2/1-E-6:45-8:00 A2/1-C-6:30-8:00 S4/3-E-4:00-5:30 S2/1-C-3:30-5:30 s S2/1-C-5:30-6:30 d	8 S2/1-E-7:00-8:30 s
9	10 N2/1-C-6:00-7:00 T2/1-M-6:00-7:15 A1-E-6:45-8:00 A2/S4-OFF S3-E-6:45-8:00 S2/1-E-5:30-7:00 am S2/1-E-3:30-5:30 s	11 N2/1-OFF T2/1-C-5:30-6:45 A2/1-M-6:00-7:30 S4/3-E-4:00-5:30 s S4/3-E-5:30-6:00 d S2/1-C-3:30-5:30 s S2/1-C-5:30-6:30 d M-C-6:30-8:00	12 N2/1-C-5:00-6:00 T2/1-E-5:15-6:30 A2/1-E-6:00-6:30 d A2/1-E-6:30-8:00 s S4/3-E-4:00-5:30 S2/1-C-3:30-5:00 s	13 N2/1-OFF T2/1-OFF A2/1-C-5:30-7:00 S4/3-E-4:00-5:30 s S4/3-E-5:30-6:00 d S2/1-E-5:30-7:00 am S2/1-C-3:30-5:30 s M-C-7:00-8:30	14 N2/1@EBSC T2/1@EBSC A2/1@EBSC S4/3@EBSC S2/1@EBSC S2/1-C-3:30-5:30 s S2/1-C-5:30-6:30 d	15 S2/1-E-7:00-8:30 s
16	17 N2/1-C-6:00-7:00 T2/1-M-6:00-7:15 A1-E-6:45-8:00 A2/S4-OFF S3-E-6:45-8:00 S2/1-E-5:30-7:00 am S2/1-E-3:30-5:30 s	18 N2/1-OFF T2/1-C-5:30-6:45 A2/1-M-6:00-7:30 S4/3-E-4:00-5:30 s S4/3-E-5:30-6:00 d S2/1-C-3:30-5:30 s S2/1-C-5:30-6:30 d M-C-6:30-8:00	19 N2/1-C-5:00-6:00 T2/1-E-5:15-6:30 A2.1-E-6:00-6:30 d A2/1-E-6:30-8:00 s S4/3-E-4:00-5:30 S2/1-C-3:30-5:00 s	20 N2/1-OFF T2/1-OFF A2/1-C-5:30-7:00 S4/3-E-4:00-5:30 s S4/3-E-5:30-6:00 d S2/1-E-5:30-7:00 am S2/1-C-3:30-5:30 s M-C-7:00-8:30	21 N2/1@REGIONAL T2/1@REGIONAL A2/1@REGIONAL S4/3@REGIONAL S2/1@REGIONAL A2/1-C-5:30-7:00 S2/1-C-3:30-5:30 s S2/1-C-5:30-6:30 d	22 N2/1@REGIONAL T2/1@REGIONAL A2/1@REGIONAL S4/3@REGIONAL S2/1@REGIONAL
N2/1@REGIONAL T2/1@REGIONAL A2/1@REGIONAL S4/3@REGIONAL S2/1@REGIONAL	24 T2/1-C-5:00-6:15 * A2/1-C-5:00-6:30 * S4/3-E-5:30-7:00 * S2/1-E-5:30-7:00 am * S2/1-E-3:30-5:30 s *	25 T2/1-E-5:00-6:15 * A2/1-E-5:00-6:30 * S4/3-C-5:30-7:00 * S2/1-C-3:30-5:30 s * S2/1-C-5:30-6:30 d * M-E-6:30-8:00	26 T2/1-E-5:00-6:15 * A2/1-E-5:00-6:30 * S4/3-C-5:00-6:30 * S2/1-C-3:30-5:00 s *	27 T2/1-E-5:00-6:15 * A2/1-E-5:00-6:30 * S4/3-C-5:30-7:00 * S2/1-E-5:30-7:00 am * S2/1-C-3:30-5:30 s * M-E-6:30-8:00	28 S4/3-C-5:30-7:00* S2/1-C-3:30-5:30 s* S2/1-C-5:30-6:30 d* 12&U State Champs	29 S2/1-E-7:00-8:30 s* 12&U State Champs
* = State Team Only						