

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 S4/3-E-5:30-7:00 * SNT-E-5:30-7:00 am S2/1-E-3:30-5:30 *	3 S3/4-E-5:30-7:00 * S2/1-E-3:30-5:30 s * SNT-E-5:30-6:30 d M-C-5:30-7:00	4 S4/3-E-5:00-6:30 * S2/1-E-3:30-5:00 *	5 SNT-E-5:30-7:00 am SNT-E-3:30-5:30 M-E-5:30-7:00 13&O State Champs	6 SNT-E-3:30-5:30 s SNT-E-5:30-6:30 d 13&O State Champs	7 13&O State Champs
8 13&O State Champs	9 S4/3-C-4:30-6:00 ** S2/1-C-4:30-6:00 ** SNT-E-3:30-5:30 s	10 S4/3-C-4:30-6:00 ** S2/1-C-4:30-6:00 ** SNT-E-3:30-5:30 s SNT-E-5:30-6:30 d M-E-5:30-7:00	11 S4/3-C-4:30-6:00 ** S2/1-C-4:30-6:00 ** SNT-E-3:30-5:00 s	12 S4/3-E-5:30-7:00 ** S2/1-E-5:30-7:00 ** SNT-E-3:30-5:30 s M-C-5:30-7:00	13 SNT-E-5:30-7:00 s	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30 N2/1-C-6:00-7:00 T2/1-M-6:00-7:15 A2/1-E-6:30-8:00 S4/3-C-4:30-6:00 s S2-E-5:00-7:00 s S1-E-3:30-5:30 s	31 N2/1-OFF T2/1-E-5:30-6:45 A2/1-M-6:00-7:30 S4/3-C-4:30-6:00 s S2-E-6:30-8:00 s S1-E-3:30-5:30 s S2/1-E-5:30-6:30 d M-C-6:00-7:30				
* State Team Only	** Non State Team	SNT- Senior National/Speedo	# Optional Stay In Shape Workouts			