ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – APRIL 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 N2/1-E-5:30-6:30 T2/1-C-5:45-7:00 A2/1-E-6:00-6:30 d A2/1-E-6:30-8:00 s S4/3-C-4:30-6:00 S2/1-E-3:30-5:30 s	2 N2/1-OFF T2/1-OFF A2/1-E-5:30-7:00 S4/3-M-6:00-7:30 S1/2-C-4:30-6:30 M-C-6:30-8:00	3 N2/1-E-5:30-6:30 T2/1-E-6:30-7:45 A2/1-C-6:45-8:00 S4/3-C-4:30-5:45 S2-E-6:30-8:00 s S1-E-3:30-5:30 s S2/1-E-5:30-6:30 d	4 S2/1-E-7:00-8:30
5	6 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 S2/1-E-5:30-7:00 am S2-E-5:00-7:00 s S1-E-3:30-5:30 s	7 N2/1-OFF T2/1-E-5:30-6:45 A2/1-M-6:00-7:30 S4/3-C-4:00-4:30 d 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	8 N2/1-E-5:30-6:30 T2/1-C-5:45-7:00 A2/1-E-6:00-6:30 d A2/1-E-6:30-8:00 s S4/3-C-4:30-6:00 S2/1-E-3:30-5:30 s	9 N2/1-OFF T2/1-OFF A2/1-E-5:30-7:00 S4/3-M-6:00-7:30 S2/1-E-5:30-7:00 am S1/2-C-4:30-6:30 M-C-6:30-8:00	10 ALL Groups OFF	11
12	13 N2/1-C-6:00-7:00 T2/1-OFF A2/1-E-6:30-8:00 S4/3-C-4:30-6:00 s S2/1-E-5:30-7:00 am S2-E-5:00-7:00 s S1-E-3:30-5:30 s	14 N2/1-OFF T2/1-E-5:30-6:45 A2/1-M-6:00-7:30 S4/3-E-6:30-8:00 S2/1-C-3:30-4:30 d S2/1-C-4:30-6:30 s M-C-6:30-8:00	15 N2/1-E-5:30-6:30 T2/1-OFF A2/1-E-6:00-6:30 d A2/1-E-6:30-8:00 s S4/3-M-6:00-7:30 S2/1-E-3:30-5:30 s	16 N2/1-E-5:30-6:30 T2/1-M-6:00-7:15 A2/1-OFF S4/3-C-4:00-4:30 d S4/3-C-4:30-6:00 s S2/1-E-5:30-7:00 am S2-E-5:00-7:00 s S1-E-3:30-5:30 s M-E-6:30-8:00 TYR Pro	17 N2/1-OFF T2/1-E-5:30-6:45 A2/1-E-6:30-8:00 S4/3-C-4:30-6:00 S1/1-E-3:30-5:30 s S2/1-E-5:30-6:30 d TYR Pro	18 S2/1-E-7:00-8:30 TYR Pro
19 TYR Pro	20 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 S2/1-E-5:30-7:00 am S2-E-5:00-7:00 s S1-E-3:30-5:30 s	21 N2/1-OFF T2/1-E-5:30-6:45 A2/1-M-6:00-7:30 S4/3-C-4:00-6:00 d 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	22 N2/1-E-5:30-6:30 T2/1-C-5:45-7:00 A2/1-6:00-6:30 d A2/1-E-6:30-8:00 s S4/3-C-4:30-6:00 S2/1-E-3:30-5:30 s	23 N2/1-M-6:00-7:00 T2/1-OFF A2/1-E-6:30-8:00 S4/3-C-4:00-4:30 d S4/3-C-4:30-6:00 s S2/1-E-5:30-7:00 am S2-E-5:00-7:00 s S1-E-3:30-5:30 s M-C-6:00-7:30	24 N2/1-OFF T2/1-E-5:30-6:45 A2/1-E-6:30-8:00 S4/3-C-6:30-8:00 S2/1-C-3:30-4:30 d S2/1-C-4:30-6:30 s	25 S2/1-E-7:00-8:30 N2/1@SWAT S4/3@WEST
26 A2/1@SHOR S2/1@WEST	27 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 S2/1-E-5:30-7:00 am S2-E-5:00-7:00 s S1-E-3:30-5:30 s	28 N2/1-OFF T2/1-E-5:30-6:45 A2/1-M-6:00-7:30 S4/3-C-4:00-4:30 d 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	29 N2/1-C-6:00-7:00 T2/1-E-5:30-6:45 A2/1-6:00-6:30 d A2/1-E-6:30-8:00 s S4/3-M-6:00-7:30 S2/1-C-4:30-6:00 s	30 N2/1-OFF T2/1-OFF A2/1-E-6:30-8:00 S4/3-C-4:00-6:00 d S4/3-C-4:30-6:00 s S2/1-E-5:30-7:00 am S2-E-5:00-7:00 s S1-E-3:30-5:30 s M-C-6:00-7:30		

Final – 02/26/20