

## ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – JUNE 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	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-E-5:00-7:00 s S1-E-3:30-5:30 s	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	N2/1-C-6:30-7:30 T2/1-E-5:30-6:45 A2/1-6:00-6:30 d A2/1-E-6:30-8:00 S4/3-M-6:00-7:30 S2/1-C-4:30-6:30 s	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-E-5:00-7:00 s S1-E-3:30-5:30 s M-C-6:00-7:30	N2/1@EBSC T2/1@EBSC A2/1@EBSC S4/3-C-5:30-7:00 S2-C-6:30-8:00 s S1-C-3:30-5:30 s S2/1-C-5:30-6:30 d	N2/1@LAKE T2/1@LAKE A2/1@SHOR S4/3@SHOR S2/1@SHOR
7	8	9	10	11	12	13
A2/1@SHOR S4/3@SHOR S2/1@SHOR	S2/1-E-5:30-7:00 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-W-3:30-5:30 s	N2/1-OFF T2/1-E-5:30-6:45 A2/1-OFF S4/3-C-4:00-4:30 d S4/3-C-4:30-6:00 s S2-E-6:30-8:00 s S2/1-W-3:30-5:30 s S2/1-E-6:00-7:00 d M-C-6:00-7:30	N2/1-E-5:30-6:30 T2/1-C-6:00-7:15 A2/1-6:00-6:30 d A2/1-E-6:30-8:00 S4/3-C-4:30-6:00 S2/1-W-3:30-5:30	N2/1-OFF T2/1-C-5:30-6:45 A2/1-E-6:30-8:00 S4/3-C-4:00-5:30 s S4/3-C-5:30-6:00 d S2/1-W-3:30-5:30 s M-C-6:30-8:00	N2/1-E-5:30-6:30 T2/1-E-6:30-7:45 A2/1-C-6:00-7:30 S4/3-C-4:30-6:00 S2/1-W-3:30-5:30 s S2/1-E-6:00-7:00 d	EBSC Biathlon EBSC Team Picnic
14	15	16	17	18	19	20
	S4/3-W-7:00-9:00 s S4/3-W-9:00-9:30 d S2/1-W-6:00-8:30 s M-W-6:00-7:00	A1-W-7:30-9:00 S3-W-7:00-9:00 S2/1-W-6:00-8:30 s	S4/3-W-7:00-9:00 S4/3-W-9:00-9:30 d S2/1-W-6:00-8:30 M-W-6:00-7:00	A1-W-7:30-9:00 S3-W-7:00-9:00 S2/1-W-6:00-8:30	S4/3-W-7:00-9:00 S2/1-W-6:00-8:30 s M-W-6:00-7:00 Zone Open H20	S2/1-W-7:00-9:00
	N2/1-W-4:30-5:30 T2/1-C-3:30-4:45 A2/1-W-4:00-4:30 d A2/1-W-4:30-6:00 s SIS-W-4:30-6:00	N2-W-4:30-5:30 T2/1-W-4:30-5:45 A2/1-W-4:30-6:00 S4/3-C-2:00-3:30 s S2/1-C-2:30-3:30 d S2/1-C-3:30-5:00 s SIS-W-4:30-5:30 s SIS-W-5:30-6:00 d M-W-5:30-7:00	N2/1-C-4:00-5:00 T2/1-OFF A2/1-W-4:00-4:30 d A2/1-W-4:30-6:00 s SIS-W-4:30-6:00	N1-W-4:30-5:30 T2/1-W-4:30-5:45 A2/1-W-4:30-6:00 S4/3-C-2:00-3:30 S2/1-C-2:30-3:30 d S2/1-C-3:30-5:00 s SIS-W-4:30-5:30 s SIS-W-5:30-6:00 d M-W-5:30-7:00	N2/1-W-4:30-5:30 T2/1-W-4:30-5:45 A2/1-C-3:30-5:00	
21	22	23	24	25	26	27
	S4/3-W-7:00-9:00 s S4/3-W-9:00-9:30 d S2/1-W-6:00-8:30 s M-W-6:00-7:00	A1-W-7:30-9:00 S3-W-7:00-9:00 S2/1-W-6:00-8:30 s	S4/3-W-7:00-9:00 S4/3-W-9:00-9:30 d S2/1-W-6:00-8:30 M-W-6:00-7:00	A1-W-7:30-9:00 S3-W-7:00-9:00 S2/1-W-6:00-8:30	S4/3-W-7:00-9:00 S2/1-W-6:00-8:30 s M-W-6:00-7:00	
	N2/1-W-4:30-5:30 T2/1-C-3:30-4:45 A2/1-W-4:00-4:30 d A2/1-W-4:30-6:00 s SIS-W-4:30-6:00	N2-W-4:30-5:30 T2/1-W-4:30-5:45 A2/1-W-4:30-6:00 S4/3-C-2:00-3:30 s S2/1-C-2:30-3:30 d S2/1-C-3:30-5:00 s SIS-W-4:30-5:30 s SIS-W-5:30-6:00 d M-W-5:30-7:00	N2/1-C-4:00-5:00 T2/1-OFF A2/1-W-4:00-4:30 d A2/1-W-4:30-6:00 s SIS-W-4:30-6:00	N1-W-4:30-5:30 T2/1-W-4:30-5:45 A2/1-W-4:30-6:00 S4/3-C-2:00-3:30 S2/1-C-2:30-3:30 d S2/1-C-3:30-5:00 s SIS-W-4:30-5:30 s SIS-W-5:30-6:00 d M-W-5:30-7:00	N2/1-W-4:30-5:30 T2/1-W-4:30-5:45 A2/1-C-3:30-5:00	N2/1@SEA T2/1@SEA A2/1@SEA S4/3@SEA S2/1@SEA
USA Time Trials	USA Time Trials	USA Time Trials	USA Time Trials	USA Time Trials	USA Time Trials	USA Time Trials
28	29	30				
	S4/3-W-7:00-9:00 s S4/3-W-9:00-9:30 d S2/1-W-6:00-8:30 s M-W-6:00-7:00	A1-W-7:30-9:00 S3-W-7:00-9:00 S2/1-W-6:00-8:30 s S2/1-E-9:00-10:00				
N2/1@SEA T2/1@SEA A2/1@SEA S4/3@SEA S2/1@SEA	N2/1-W-4:30-5:30 T2/1-C-3:30-4:45 A2/1-W-4:00-4:30 d A2/1-W-4:30-6:00 s SIS-W-4:30-6:00	N2-W-4:30-5:30 T2/1-W-4:30-5:45 A2/1-W-4:30-6:00 S4/3-C-2:00-3:30 s S2/1-C-2:30-3:30 d S2/1-C-3:30-5:00 s SIS-W-4:30-5:30 s SIS-W-5:30-6:00 d M-W-5:30-7:00				
USA Time Trials						