

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – DECEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 N2-E-6:00-6:45 N1-E-6:00-6:45 T2-M-6:15-7:00 T1-M-7:00-7:45 A2-C-7:00-8:00 A1-E-6:45-8:15 S4-C-7:00-8:00 S3-E-4:30-6:00 S2/1-C-3:30-5:30 s S2/1-C-5:30-6:30 d M-C-5:30-7:00	1 N2-M-6:15-7:00 N1-M-7:00-7:45 T2-E-5:30-6:30 T1-E-5:30-6:30 A2-OFF A1-E-6:30-8:00 S4-OFF S3-C-3:30-5:00 S2/1-E-3:30-5:30 s	2 N2-E-6:00-6:45 N1-E-6:00-6:45 T2-OFF T1-OFF A2-C-7:00-8:00 A1-E-6:45-8:15 S4-C-7:00-8:00 S3-E-4:30-6:00 S2/1-C-3:30-5:30 s S2/1-5:30-6:30 d M-C-5:30-7:00	3 N2-OFF N1-OFF T2-E-5:30-6:30 T1-E-5:30-6:30 A2-E-6:30-8:00 A1-OFF S4-E-6:30-8:00 S3-C-3:30-5:00 S2/1-E-3:30-5:30	4 N2-E-6:00-7:00 N1-E-6:00-7:00 T2-E-7:00-8:00 T1-E-7:00-8:00 A2-C-5:30-6:30 A1-C-6:30-8:00 S4-C-5:30-6:30 S3-E-4:30-6:00 S2/1-C-3:30-5:30	5 Swim A Long NB/NC/ND-C-10:30-11:45 NA/TD/TC-C-11:45-1:00 TB/TC-C-1:00-2:15 A2-C-9:15-10:30 A1-C-8:00-9:15 S4-C-9:15-10:30 S3-E-8:15-9:30 S2/1-E-7:00-8:15
6	7 N2-E-6:00-6:45 N1-E-6:00-6:45 T2-M-6:15-7:00 T1-M-7:00-7:45 A2-C-7:00-8:00 A1-E-6:45-8:15 S4-C-7:00-8:00 S3-E-4:30-6:00 S2/1-C-3:30-5:30 s S2/1-C-5:30-6:30 d M-C-5:30-7:00	8 N2-M-6:15-7:00 N1-M-7:00-7:45 T2-E-5:30-6:30 T1-E-5:30-6:30 A2-OFF A1-E-6:30-8:00 S4-OFF S3-C-3:30-5:00 S2/1-E-3:30-5:30	9 N2-E-6:00-6:45 N1-E-6:00-6:45 T2-OFF T1-OFF A2-C-7:00-8:00 A1-E-6:45-8:15 S4-C-7:00-8:00 S3-E-4:30-6:00 S2/1-C-3:30-5:30 s S2/1-5:30-6:30 d M-C-5:30-7:00	10 N2-OFF N1-OFF T2-E-5:30-6:30 T1-E-5:30-6:30 A2-E-6:30-8:00 A1-OFF S4-E-6:30-8:00 S3-OFF S2/1-E-3:30-5:30	11 N2-OFF N1-OFF T2-C-5:00-5:45 T1-C-5:00-5:45 A2-C-5:45-6:45 A1-C-6:45-8:00 S4@EBSC S3@EBSC S2@EBSC S1-C-3:30-5:00 S1@PX3	12 N2-E-9:00-10:00 N1-E-9:00-10:00 T2@OZ T1@OZ A2@OZ A1@OZ S4-OFF S3-OFF S2-OFF S1@PX3
13 S1@PX3	14 N2-E-6:00-6:45 N1-E-6:00-6:45 T2-OFF T1-OFF A2-C-7:00-8:00 A1-E-6:45-8:15 S4-C-7:00-8:00 S3-E-4:30-6:00 S2/1-C-3:30-5:30 s S2/1-C-5:30-6:30 d M-C-5:30-7:00	15 N2-OFF N1-OFF T2-E-5:30-6:30 T1-E-5:30-6:30 A2-OFF A1-E-6:30-8:00 S4-OFF S3-C-3:30-5:00 S2/1-E-3:30-5:30	16 N2-E-6:00-6:45 N1-E-6:00-6:45 T2-OFF T1-OFF A2-C-7:00-8:00 A1-E-6:45-8:15 S4-C-7:00-8:00 S3-E-4:30-6:00 S2/1-C-3:30-5:30 s S2/1-5:30-6:30 d M-C-5:30-7:00	17 N2-OFF N1-OFF T2-E-5:30-6:30 T1-E-5:30-6:30 A2-E-6:30-8:00 A1-OFF S4-E-6:30-8:00 S3-OFF S2/1-E-3:30-5:30	18 N2-E-6:00-7:00 N1-E-6:00-7:00 T2-E-7:00-8:00 T1-E-7:00-8:00 A2-C-5:30-6:30 A1-C-6:30-8:00 S4-C-5:30-6:30 S3-E-4:30-6:00 S2/1-C-3:30-5:30	19 N2@EBSC (pm) N1@EBSC (pm) T2@EBSC (am) T1@EBSC (am) A2@EBSC (am) A1@EBSC (am) S4@LAKE S3@LAKE S2/1@LAKE S2/1-C-9:00-10:30
20	21 N2-E-6:00-6:45 N1-E-6:00-6:45 T2-OFF T1-OFF A2-C-7:00-8:00 A1-E-6:45-8:15 S4-C-7:00-8:00 S3-E-4:30-6:00 S2/1-C-3:30-5:30 s S2/1-C-5:30-6:30 d M-C-5:30-7:00	22 N2-OFF N1-OFF T2-E-5:30-6:30 T1-E-5:30-6:30 A2-OFF A1-E-6:30-8:00 S4-OFF S3-C-3:30-5:00 S2/1-E-3:30-5:30	23 N2-E-5:00-6:00 N1-E-5:00-6:00 T2-E-6:00-7:00 T1-E-6:00-7:00 A2-C-4:00-5:30 A1-C-2:30-4:00 S4-C-4:00-5:30 S3-E-10:30-12:00 S2/1-E-7:00-9:00 s S2/1-E-9:00-10:00 w M-C-5:30-7:00	24 S2/1-C-9:00-11:00	25 ALL GROUPS OFF	26 S2/1-C-9:00-11:00
27	28 N2-E-5:00-6:00 N1-E-5:00-6:00 T2-E-6:00-7:00 T1-E-6:00-7:00 A2-C-4:00-5:30 A1-C-2:30-4:00 S4-C-4:00-5:30 S3-E-10:30-12:00 S2/1-E-7:00-9:00 s S2/1-E-9:00-10:00 w M-C-5:30-7:00	29 N2-E-5:00-6:00 N1-E-5:00-6:00 T2-E-6:00-7:00 T1-E-6:00-7:00 A2-C-4:00-5:30 A1-C-2:30-4:00 S4-C-4:00-5:30 S3-E-10:30-12:00 S2/1-E-7:00-9:00 s S2/1-E-9:00-10:00 w	30 N2-E-5:00-6:00 N1-E-5:00-6:00 T2-E-6:00-7:00 T1-E-6:00-7:00 A2-C-4:00-5:30 A1-C-2:30-4:00 S4-C-4:00-5:30 S3-E-10:30-12:00 S2/1-E-7:00-9:00 s S2/1-E-9:00-10:00 w M-C-5:30-7:00	31 S2/1-C-9:00-11:00	1 ALL GROUPS OFF	2 S2/1-C-9:00-11:00

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