

## ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – JUNE 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3 S2-E-5:30-7:00 am S1-C-5:30-7:00 am	4 USA Trials Wave I SEA Pirate Plunge	5 USA Trials Wave I SEA Pirate Plunge
		N2-E-5:30-6:30 N1-E-5:30-6:30 T2-M-5:30-6:45 <b>T1-M-5:30-6:45</b> A2-E-6:30-8:00 A1-C-5:00-6:30 S4-C-5:00-6:30 S3-C-3:30-5:00 S2-E-6:30-8:00 S1-E-3:30-5:30 S2/1-E-5:30-6:30 w M-C-6:30-8:00	N2-C-6:30-7:30 N1-C-6:30-7:30 T2-E-5:30-6:30 T1-E-5:30-6:30 A2-C-5:00-6:30 A1-E-6:30-8:00 S4-E-6:30-8:00 S3-OFF S2-C-5:00-6:30 S1-C-3:30-5:00	N2-OFF N1-OFF T2-OFF T1-OFF <b>A2-E-5:30-7:00</b> <b>A1-C-6:00-7:30</b> <b>S4-C-6:00-7:30</b> <b>S3-C-4:30-6:00</b> <b>S2-E-5:30-7:00</b> <b>S1-E-3:30-5:30</b> <b>M-E-7:00-8:00</b>	N2@EBSC N1@EBSC T2-C-5:00-6:00 T1-C-5:00-6:00 A2-OFF A1-OFF S4-OFF S3-OFF S1-C-3:30-5:30 S2-C-6:30-8:00 S2/1-C-5:30-6:30 w	
6 USA Trials Wave I SEA Pirate Plunge	7 USA Trials Wave I S2-E-5:30-7:00 S1-C-5:30-7:00	8	9	10 S2-E-5:30-7:00 am S1-C-5:30-7:00	11	12 Biathlon & Team Picnic Wiberg Aquatic Center
	<b>N2-OFF</b> <b>N1-OFF</b> T2-C-5:00-6:15 T1-C-5:00-6:15 A2-E-5:30-7:00 A1-C-6:15-7:45 S4-C-6:15-7:45 S3-C-3:30-5:00 S2-E-5:30-7:30 S1-E-3:30-5:30	N2-E-5:30-6:30 N1-E-5:30-6:30 <b>T2-OFF</b> <b>T1-OFF</b> A2-E-6:30-8:00 A1-C-5:00-6:30 S4-C-5:00-6:30 S3-C-3:30-5:00 S2-E-6:30-8:00 S1-E-3:30-5:30 S2/1-E-5:30-6:30 w M-C-6:30-8:00	<b>N2-E-5:30-6:30</b> <b>N1-E-5:30-6:30</b> <b>T2-E-6:30-8:00</b> <b>T1-E-6:30-8:00</b> <b>A2-C-6:30-8:00</b> <b>A1-OFF</b> <b>S4-OFF</b> <b>S3-OFF</b> <b>S2-C-6:30-8:00</b> <b>S1-C-5:00-6:30</b>	N2-OFF N1-OFF T2-OFF T1-OFF A2-E-5:30-7:00 A1-C-5:00-6:30 S4-C-5:00-6:30 S3-C-3:30-5:00 S2-E-5:30-7:30 S1-E-3:30-5:30 M-C-6:30-8:00	N2-E-5:30-6:30 N1-E-5:30-6:30 T2-C-5:00-6:15 T1-C-5:00-6:15 A2-E-6:30-8:00 A1-C-6:15-7:45 S4-C-6:15-7:45 S3-C-3:30-5:00 S1-E-3:30-5:30 S2-E-6:30-8:00 S2/1-E-5:30-6:30 w	
13 USA Trials Wave II	14 USA Trials Wave II S3-W-7:00-9:00 S3-W-9:00-9:30 d S2/1-W-6:00-8:30 M-W-6:00-7:00	15 USA Trials Wave II <b>A1-W-8:00-9:15</b> S3-W-7:00-9:00 S2/1-W-6:00-8:30	16 USA Trials Wave II S3-W-7:00-9:00 S3-W-9:00-9:30 d S2/1-W-6:00-8:30 M-W-6:00-7:00	17 USA Trials Wave II <b>A1-W-8:00-9:15</b> S3-W-7:00-9:00 S2/1-W-6:00-8:30	18 USA Trials Wave II SWAT Grand Prix S3-W-7:00-9:00 S2/1-W-6:00-8:30 M-W-6:00-7:00	19 USA Trials Wave II SWAT Grand Prix WEST Summer Starter
	N2/1-W-4:30-5:30 T2/1-E-4:30-5:45 A2/1-W-4:00-4:30 d A2/1-W-4:30-6:00 S4-W-4:00-4:30 d S4-W-4:30-6:00 S1-E-2:00-3:30	N2-W-4:30-5:30 T2/1-W-4:30-5:45 A2-W-4:30-6:00 A1-W-4:30-6:00 S4-W-4:30-6:00 <b>S3-E-4:00-5:30</b> S2-E-2:00-3:30 <b>S2/1-E-3:30-4:30 w</b> SSG-E-5:30-7:00 M-W-5:30-7:00	N2/1-E-4:30-5:30 T2/1-W-4:30-5:45 A2-W-4:30-6:00 A1-E-3:00-4:30 S4-W-4:30-6:00 s SSG-E-5:30-7:00	N1-W-4:30-5:30 <b>T2/1-OFF</b> A2/1-W-4:00-4:30 d A2/1-W-4:30-6:00 S4-W-4:00-4:30 d S4-W-4:30-6:00 S3-E-4:00-5:30 S2-W-4:30-6:00 <b>S2/1-E-3:30-4:30 w</b> S1-E-2:00-3:30 s SSG-E-5:30-7:00 M-W-5:30-7:00	N2/1-W-4:30-5:30 T2/1-W-4:30-5:45 A2-E-4:00-5:30 A1-W-4:30-6:00 S4-E-4:00-5:30 SSG-E-5:30-7:00	
20 USA Trials Wave II SWAT Grand Prix	21 S3-W-7:00-9:00 S3-W-9:00-9:30 d S2/1-W-6:00-8:30 M-W-6:00-7:00	22 <b>A1-W-8:00-9:15</b> S3-W-7:00-9:00 S2/1-W-6:00-8:30	23 S3-W-7:00-9:00 S3-W-9:00-9:30 d S2/1-W-6:00-8:30 M-W-6:00-7:00	24 <b>A1-W-8:00-9:15</b> S3-W-7:00-9:00 S2/1-W-6:00-8:30	25 S3-W-7:00-9:00 S2/1-W-6:00-8:30 M-W-6:00-7:00	26 S2/1-W-7:00-9:00
	PCG-E-3:30-4:30 N2/1-W-4:30-5:30 T2/1-E-4:30-5:45 A2/1-W-4:00-4:30 d A2/1-W-4:30-6:00 S4-W-4:00-4:30 d S4-W-4:30-6:00 S1-E-2:00-3:30	N2-W-4:30-5:30 T2/1-W-4:30-5:45 A2-W-4:30-6:00 A1-W-4:30-6:00 S4-W-4:30-6:00 <b>S3-E-4:00-5:30</b> S2-E-2:00-3:30 <b>S2/1-E-3:30-4:30 w</b> SSG-E-5:30-7:00 M-W-5:30-7:00	PCG-E-3:30-4:30 N2/1-E-4:30-5:30 T2/1-W-4:30-5:45 A2-W-4:30-6:00 A1-E-2:00-3:30 S4-W-4:30-6:00 s SSG-E-5:30-7:00	N1-W-4:30-5:30 <b>T2/1-OFF</b> A2/1-W-4:00-4:30 d A2/1-W-4:30-6:00 S4-W-4:00-4:30 d S4-W-4:30-6:00 S3-E-4:00-5:30 S2-W-4:30-6:00 <b>S2/1-E-3:30-4:30 w</b> S1-E-2:00-3:30 s SSG-E-5:30-7:00 M-W-5:30-7:00	N2/1-W-4:30-5:30 T2/1-W-4:30-5:45 A2-E-4:00-5:30 A1-W-4:30-6:00 S4-E-4:00-5:30 SSG-E-5:30-7:00	
27	28 S3-W-7:00-9:00 S3-W-9:00-9:30 d S2/1-W-6:00-8:30 M-W-6:00-7:00	29 <b>A1-W-8:00-9:15</b> S3-W-7:00-9:00 S2/1-W-6:00-8:30	30 S3-W-7:00-9:00 S3-W-9:00-9:30 d S2/1-W-6:00-8:30 M-W-6:00-7:00			
	PCG-E-3:30-4:30 N2/1-W-4:30-5:30 T2/1-E-4:30-5:45 A2/1-W-4:00-4:30 d A2/1-W-4:30-6:00 S4-W-4:00-4:30 S4-W-4:30-6:00 S1-E-2:00-3:30	N2-W-4:30-5:30 T2/1-W-4:30-5:45 A2-W-4:30-6:00 A1-W-4:30-6:00 S4-W-4:30-6:00 <b>S3-E-4:00-5:30</b> S2-E-2:00-3:30 <b>S2/1-E-3:30-4:30 w</b> SSG-E-5:30-7:00 M-W-5:30-7:00	PCG-E-3:30-4:30 N2/1-E-4:30-5:30 T2/1-W-4:30-5:45 A2-W-4:30-6:00 A1-E-2:00-3:30 S4-W-4:30-6:00 SSG-E-5:30-7:00			

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