

ELMBROOK SWIM CLUB – WORKOUT SCHEDULE – DECEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 N2/1-C-5:00-6:00 T2/1-E-6:00-7:15 A2/1-M-6:30-8:00 S4-E-3:30-5:00 S3-E-4:30-6:00 S2/1-C-3:30-5:00	2 N2/1-C-5:30-6:30 T2/1-E-5:00-6:15 A2/1-E-6:15-7:45 S4-C-5:30-7:00 S3-E-3:30-5:00 S3-E-5:00-5:30 d S2/1-C-3:30-5:30 M-C-6:30-8:00	3 N2/1-C-5:15-6:00 T2/1-E-5:30-6:45 A2/1-E-6:30-8:00 S4-OFF S3-E-4:00-5:30 S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 w	4 N2/1@BAC T2/1@BAC A2/1@BAC S4/3@BAC S2/1@BAC S2/1-E-7:30-9:00
5 N2/1@BAC T2/1@BAC A2/1@BAC S4/3@BAC S2/1@BAC	6 N2/1-OFF T2/1-OFF A2/1-E-6:30-8:00 S4-E-3:30-5:00 S3-C-3:30-5:00 S2/1-E-4:30-6:30	7 N2/1-C-5:30-6:30 T2/1-E-5:00-6:15 A2/1-E-6:30-8:00 S4-C-5:30-7:00 S3-E-3:30-5:00 S3-E-5:00-5:30 d S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 w M-C-6:30-8:00	8 N2/1-C-5:00-6:00 T2/1-E-6:00-7:15 A2/1-M-6:30-8:00 S4-E-3:30-5:00 S3-E-4:30-6:00 S2/1-C-3:30-5:00 Junior Nationals	9 N2/1-C-5:30-6:30 T2/1-E-5:00-6:15 A2/1-E-6:15-7:45 S4-C-5:30-7:00 S3-E-3:30-5:00 S3-E-5:00-5:30 d S2/1-C-3:30-5:30 M-C-6:30-8:00 Junior Nationals	10 N2/1-OFF T2/1-OFF A2/1-E-6:30-7:00 d A2/1-E-7:00-8:00 S4-OFF S3-E-5:30-7:00 S2/1-E-3:30-5:30 S2/1-E-5:30-6:30 w Junior Nationals	11 12&U Single Age State S2/1-E-7:00-8:30 Junior Nationals
12 12&U Sgle Age State	13 N2/1-OFF T2/1-M-6:30-7:45 A2/1-E-6:30-8:00 S4-E-3:30-5:00 S3-C-3:30-5:00 S2/1-E-4:30-6:30	14 N2/1-C-5:30-6:30 T2/1-E-5:00-6:15 A2/1-E-6:30-8:00 S4-C-5:30-7:00 S3-E-3:30-5:00 S3-E-5:00-5:30 d S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 w M-C-6:30-8:00	15 N2/1-C-5:00-6:00 T2/1-E-6:00-7:15 A2/1-M-6:30-8:00 S4-E-3:30-5:00 S3-E-4:30-6:00 S2/1-C-3:30-5:00	16 N2/1-E-5:30-6:30 T2/1-OFF A2/1-OFF S4-E-5:30-7:00 S3-M-6:30-8:00 S2/1-E-3:30-5:30 M-E-6:30-8:00	17 N2/1-C-5:15-6:00 T2/1-E-5:30-6:45 A2/1-E-6:00-6:30 d A2/1-E-6:30-8:00 S4-OFF S3-E-4:00-5:30 S3-E-5:30-6:00 d S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 w	18 EBSC Swim-A Long S2/1-E-7:00-8:00 S4/3-E-8:10-9:10 A2/1-E-9:20-10:20 T2/1-E-10:30-11:30 N2/1-E-11:40-12:40
19	20 N2/1-C-7:00-8:00 T2/1-M-6:30-7:45 A2/1-E-6:30-8:00 S4-E-3:30-5:00 S3-C-3:30-5:00 S2/1-E-4:30-6:30	21 N2/1-C-5:30-6:30 T2/1-E-5:00-6:15 A2/1-E-6:00-6:30 d A2/1-E-6:30-8:00 S4-C-5:30-7:00 S3-E-3:30-5:00 S3-E-5:00-5:30 d S2/1-C-3:30-5:30 S2/1-C-5:30-6:30 w M-C-6:30-8:00	22 N2/1-C-5:00-6:00 T2/1-E-6:00-7:15 A2/1-OFF S4-E-3:30-5:00 S3-E-4:30-6:00 S2/1-C-3:30-5:30	23 N2/1-OFF T2/1-OFF A2/1-OFF S4/3-OFF S2/1-C-8:00-9:00 w S2/1-C-9:00-11:00	24 N2/1-OFF T2/1-OFF A2/1-OFF S4/3-OFF S2/1-OFF	25 N2/1-OFF T2/1-OFF A2/1-OFF S4/3-OFF S2/1-OFF
26	27 N2/1-OFF T2/1-OFF A2/1-E-10:30-12:00 S4-E-12:00-1:30 S3-E-9:00-10:30 S2/1-E-7:00-9:00	28 N2/1-OFF T2/1-OFF A2/1-E-10:00-10:30 d A2/1-E-10:30-12:00 S4-E-12:00-1:30 S3-E-8:30-9:00 d S3-E-9:00-10:30 S2/1-E-7:00-9:00	29 N2/1-OFF T2/1-OFF A2/1-E-10:30-12:00 S4-E-12:00-1:30 S3-E-9:00-10:30 S2/1-E-7:00-9:00	30 N2/1-OFF T2/1-OFF A2/1-OFF S4/3-OFF S2/1-C-8:00-10:00	31 N2/1-OFF T2/1-OFF A2/1-OFF S4/3-OFF S2/1-C-8:00-9:00 w S2/1-C-9:00-11:00	1 N2/1-OFF T2/1-OFF A2/1-OFF S4/3-OFF S2/1-C-9:00-10:30

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		S2/1-E-9:00-10:00 w M-E-5:30-7:00				