**NAU TRAINING TRIP PRACTICE SCHEDULE**

**Tuesday, June 28th**

4:00PM – 6:00PM 25YD Legs/AE Flush

**Wednesday, June 29th**

8AM – 10AM 50M Threshold Aerobic(3x800 test set)

4:00PM – 6:00PM 50M Pace w/ generous intervals

**Thursday, June 30th**

8AM – 10AM 50M Lactate(10x50’s @ 3:00)

4PM—6PM 25YD Recovery

**Friday, July 1st**

AM HIKE HIKE Following early breakfast, return by end of lunch

4:00PM – 6:00PM 50M LEGS/IM Aerobic

**Saturday, July 2nd**

8AM – 10AM 50M Speed  
4PM-6PM 50M Pace

**Sunday, July 3rd**

8AM-10PM 50M Recovery

4PM-6PM 50M Stroke Groups

**Monday, July 4th**

Sedona Day FULL DAY OFF

**Tuesday, July 5th**

8AM – 10AM 50M Threshold Aerobic(3x800 test set)

4:00PM – 6:00PM 25YD Stand-ups/Lactate

**Wednesday, July 6th** Travel and off day