

2010- April PRACTICE

SENIOR GROUP



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
				1	2	3	
	* please notice the days we will run outside (on track if available) bring the correct attire!						
4	5	6	7	8	9	10	
EASTER		3:30 - 5pm * Sectional swimmers do not come this week	3:30 - 5pm	3:30 - 5pm			
11	12	13	14	15	16	17	
	3:30 - 5:30 * dryland	3:30 - 5:30 * running (bring pair of running shoes)	3:30 - 5:30 * dryland	3:30 - 5:30 * running	3:30 - 5		
18	19	20	21	22	23	24	
	3:30 - 6 * dryland	3:30 - 6 * running	3:30 - 6 * dryland	3:30 - 6 * running	3:30 - 5	9 - 11am	
25	26	27	28	29	30	1 MAY	
	3:30 - 6 * dryland/lift?	3:30 - 6 * running	3:30 - 6 * dryland/lift?	3:30 - 6 * running	3:30 - 5	9 - 11am	