



State Senior Squad Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim AM	5:30 - 7:30 (50m pool)			5:30 - 7:30 (25m pool)	5:30 - 7:30 (50m pool)	6:00 - 8:00 (50m pool)
Dryland PM		6:15 - 7:15	4:00 - 4:45	6:00 - 7:00		
Swim PM	4:30 - 6:30 (50m pool)	4:45 - 6:15 (25m pool)	4:45 - 6:30 (25m pool)	4:30 - 6:00 (50m pool)		