

Standard Workout Schedule 2016 - 2017

	5:30 - 6:45am	7:45 - 3:03	3:30 - 3:15	3:15 - 3:30	3:30 - 3:45	3:45 - 4:00	4:00 - 4:15	4:15 - 4:30	4:30 - 4:45	4:45 - 5:00	5:30 - 5:15	Later
Monday												
HS Only												
JCC Senior												
JCC Nat												
Coach 1												
Coach 2												
Coach 3												
Senior 1												
Senior 2												
Senior 3												
SHY - Senior												
STAC												
Tuesday												
HS Only												
JCC Senior												
JCC Nat												
Coach 1												
Coach 2												
Coach 3												
Senior 1												
Senior 2												
Senior 3												
SHY - Senior												
STAC												
Wednesday												
HS Only												
JCC Senior												
JCC Nat												
Coach 1												
Coach 2												
Coach 3												
Senior 1												
Senior 2												
Senior 3												
SHY - Senior												
STAC												

■ = Dryland
 ■ = Swims
 ■ = Run/CrossFit/Plyometrics
 ■ = Lift
 ■ = Club
■ = Swims if you don't swim a morning with Y/Club that week
■ = Optional

	5:30 - 6:45am	7:45 - 3:03	3:30 - 3:15	3:15 - 3:30	3:30 - 3:45	3:45 - 4:00	4:00 - 4:15	4:15 - 4:30	4:30 - 4:45	4:45 - 5:00	5:30 - 5:15	Later
Thursday												
HS Only												
JCC Senior												
JCC Nat												
Coach 1												
Coach 2												
Coach 3												
Senior 1												
Senior 2												
Senior 3												
SHY - Senior												
STAC												
Friday												
HS Only												
JCC Senior												
JCC Nat												
Coach 1												
Coach 2												
Coach 3												
Senior 1												
Senior 2												
Senior 3												
SHY - Senior												
STAC												
Saturday												
HS Only												
JCC Senior												
JCC Nat												
Coach 1												
Coach 2												
Coach 3												
Senior 1												
Senior 2												
Senior 3												
SHY - Senior												
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