

MIT_Masters_Themes_July 21_Thru Aug 31 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
21	22	23	24	25	26	27
a. Middle	a. Stroke	a. Ultra Short	a. IM / middle	a. Dist Free		Coaches
b. Fly - BA	b. Drill	b. Front Quad	b. BR - FR	b. Kick NO PM PRACT		Choice
						11:15 - 12:30

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
28	29	30	31	1	2	3
a. Dist Free	a. Middle	a. Ultra Dist	a. Stroke	August a. Short		Coaches Choice
b. BA - BR	b. Turns	b. Kick	b. Front Quad	b. Sprint NO PM PRACT		PM: begins at 4:30pm

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
4	5	6	7	8	9	10
a. Middle / IM	a. Dist Free	a. Ultra Short	a. Middle	a. Dist / IM		Coaches Choice
b. Turns	b. Fly	b. Sprint	b. Drill	b. BR NO PM PRACT		PM: begins at 4:30 PM

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
11	12	13	14	15	16	17
a. Short	a. Dist	a. Ultra Dist	a. Stroke	a. Middle Last Day of Long Course!		Coaches Choice
b. Kick	b. Fly	b. Kick	b. Sprint	b. Drill		PM: begins at 4:30pm

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
18	19	20	21	22	23	24
a. Coaches CH	a. Middle	a. Ultra Dist	a. Stroke	a. Short		Coaches Choice
b. Coaches CH	b. Back	b. Drill	b. Kick	b. Sprint NO PM PRACT		NOTE Practice Starts at 10:30am

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
25	26	27	28	29	30	31
a. Middle	a. Stroke	a. Ultra Dist	a. Dist	a. Short		Coaches Choice
b. Turns	Sprint	BR	b. Kick	b. Fly NO PM PRACT		NOTE: Practice Starts at 10:30am

FALL SESSION STARTS ON TUES SEPT 2