

MIT_Masters_Themes_June 2_Thru July 20 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
9	10	11	12	13	14	15
a. Middle b. Sprint	a. Stroke b. Turns	a. Ultra Dist b. Backstr	a. Dist b. BR	a. Short b. Kick NO PM PRACT		Coaches Choice 11:15 - 12:30

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
16	17	18	19	20	21	22
a. Stroke b. Kick	a. Dist b. Drill	a. Ultra Dist b. BR	a. Short b. Turns	a. Middle b. Sprint NO PM PRACT		No Practice Swim Meet

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
23	24	25	26	27	28	29
a. Dist b. Drill	a. Short b. Sprint	a. Ultra Dist b. Kick	a. Middle b. Fly	a. Stroke b. Drill NO PM PRACT		Coaches Choice 11:15 - 12:30

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
30	Jul-08 1	2	3	4	5	6
a. Short b. Kick	a. Middle b. BR	a. Ultra Dist b. BA	a. Stroke b. Sprint	No Practice Holiday		No Practice Holiday

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
7	8	9	10	11	12	13
a. Coaches CH b. Coaches CH	a. Middle b. Fly	a. Ultra Dist b. Drill	a. Stroke b. Kick	a. Short b. Sprint NO PM PRACT		No Practice Swim Meet

Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
14	15	16	17	18	19	20
a. Middle b. Sprint	a. Stroke b. Turns	a. Ultra Dist b. Backstr	a. Dist b. Kick	a. Short b. BR NO PM PRACT		NOTE: New Sun Practice time 4:45 - 6pm

NOTE: Starting Sunday July 20 our Sunday practice will be at 4:45 to 6pm.