Sept 1-7 Technique 2000 Streamlines Start of Season Sept 8-14 Technique 2200 UW kick-4 Workout structur Sept 15-21 Conditioning-Meet Prep Dual Meet w/ VACA 2000 Meet Prep Meet Prep-Warn Sept 22-28 Conditioning and Kick 2200 Breakouts Goal Setting Sept 29-Oct 5 Conditioning and Kick Block Party Meet 2400 Dives Workout structur Oct 6-12 Conditioning Build 2600 Turns Workout structur Oct 13-19 Speed and Race Prep Dual Meet w/ Marlins 2000 Breakouts Underwater Kick Oct 20-26 Conditioning Build Halloween Social 2200 Dives Teamwork Oct 27-Nov 2 Speed and Race Prep Dual Meet with VJO 2400 Turns and Finishes Racing Nov 3-9 Conditioning Build 2600 Stroke Count Stroke Count Nov 10-16 Conditioning Build 2600 Splits Performance Nov 17-23 Speed and Race Prep Block Party Meet 2000 Video work Video Work Nov 24-30 Conditioning Build Friendsgiving 2400 M Turns Leadership Dec 1-7 Conditioning Build Race Prep Block Party Meet 2000 Pacing Race Pace Work Pace Add Add Race Pace Work Pace Add Race	res re/Nutrition
Sept 15-21 Conditioning-Meet Prep Dual Meet w/ VACA 2000 Meet Prep Meet Prep-Warm Sept 22-28 Conditioning and Kick 2200 Breakouts Goal Setting Sept 29-Oct 5 Conditioning and Kick Block Party Meet 2400 Dives Workout structur Oct 6-12 Conditioning Build 2600 Turns Workout structur Oct 13-19 Speed and Race Prep Dual Meet w/ Marlins 2000 Breakouts Underwater Kick Oct 20-26 Conditioning Build Halloween Social 2200 Dives Teamwork Oct 27-Nov 2 Speed and Race Prep Dual Meet with VJO 2400 Turns and Finishes Racing Nov 3-9 Conditioning Build 2600 Stroke Count Stroke Count Nov 10-16 Conditioning Build 2600 Splits Performance Nov 17-23 Speed and Race Prep Block Party Meet 2000 Video work Video Work Nov 24-30 Conditioning Build Friendsgiving 2400 IM Turns Leadership Dec 1-7 Conditioning Build Race Pace Work	res re/Nutrition
Sept 22-28 Conditioning and Kick Block Party Meet 2400 Dives Workout structur Oct 6-12 Conditioning Build 2600 Turns Workout structur Oct 13-19 Speed and Race Prep Dual Meet w/ Marlins 2000 Breakouts Underwater Kick Oct 20-26 Conditioning Build Halloween Social 2200 Dives Teamwork Oct 27-Nov 2 Speed and Race Prep Dual Meet with VJO 2400 Turns and Finishes Racing Nov 3-9 Conditioning Build 2600 Stroke Count Stroke Count Nov 10-16 Conditioning Build 2600 Splits Performance Nov 17-23 Speed and Race Prep Block Party Meet 2000 Video work Video Work Nov 24-30 Conditioning Build Friendsgiving 2400 IM Turns Leadership Dec 1-7 Conditioning Build Race Pace Work	res re/Nutrition
Sept 29-Oct 5 Conditioning and Kick Block Party Meet 2400 Dives Workout structur Oct 6-12 Conditioning Build 2600 Turns Workout structur Oct 13-19 Speed and Race Prep Dual Meet w/ Marlins 2000 Breakouts Underwater Kick Oct 20-26 Conditioning Build Halloween Social 2200 Dives Teamwork Oct 27-Nov 2 Speed and Race Prep Dual Meet with VJO 2400 Turns and Finishes Racing Nov 3-9 Conditioning Build 2600 Stroke Count Stroke Count Nov 10-16 Conditioning Build 2600 Splits Performance Nov 17-23 Speed and Race Prep Block Party Meet 2000 Video work Video Work Nov 24-30 Conditioning Build Friendsgiving 2400 IM Turns Leadership Dec 1-7 Conditioning Build Race Pace Work	re/Nutrition
Oct 6-12 Conditioning Build 2600 Turns Workout structur Oct 13-19 Speed and Race Prep Dual Meet w/ Marlins 2000 Breakouts Underwater Kick Oct 20-26 Conditioning Build Halloween Social 2200 Dives Teamwork Oct 27-Nov 2 Speed and Race Prep Dual Meet with VJO 2400 Turns and Finishes Racing Nov 3-9 Conditioning Build 2600 Stroke Count Stroke Count Nov 10-16 Conditioning Build 2600 Splits Performance Nov 17-23 Speed and Race Prep Block Party Meet 2000 Video work Video Work Nov 24-30 Conditioning Build Friendsgiving 2400 IM Turns Leadership Dec 1-7 Conditioning Build Race Pace Work	re/Nutrition
Oct 13-19Speed and Race PrepDual Meet w/ Marlins2000BreakoutsUnderwater KickOct 20-26Conditioning BuildHalloween Social2200DivesTeamworkOct 27-Nov 2Speed and Race PrepDual Meet with VJO2400Turns and FinishesRacingNov 3-9Conditioning Build2600Stroke CountStroke CountNov 10-16Conditioning Build2600SplitsPerformanceNov 17-23Speed and Race PrepBlock Party Meet2000Video workVideo WorkNov 24-30Conditioning BuildFriendsgiving2400IM TurnsLeadershipDec 1-7Conditioning BuildRace Pace Work	
Oct 20-26Conditioning BuildHalloween Social2200DivesTeamworkOct 27-Nov 2Speed and Race PrepDual Meet with VJO2400Turns and FinishesRacingNov 3-9Conditioning Build2600Stroke CountStroke CountNov 10-16Conditioning Build2600SplitsPerformanceNov 17-23Speed and Race PrepBlock Party Meet2000Video workVideo WorkNov 24-30Conditioning BuildFriendsgiving2400IM TurnsLeadershipDec 1-7Conditioning BuildRace Pace Work	king
Oct 27-Nov 2 Speed and Race Prep Dual Meet with VJO 2400 Turns and Finishes Racing Nov 3-9 Conditioning Build 2600 Stroke Count Stroke Count Nov 10-16 Conditioning Build 2600 Splits Performance Nov 17-23 Speed and Race Prep Block Party Meet 2000 Video work Video Work Nov 24-30 Conditioning Build Friendsgiving 2400 IM Turns Leadership Dec 1-7 Conditioning Build Race Pace Work	
Nov 3-9Conditioning Build2600Stroke CountStroke CountNov 10-16Conditioning Build2600SplitsPerformanceNov 17-23Speed and Race PrepBlock Party Meet2000Video workVideo WorkNov 24-30Conditioning BuildFriendsgiving2400IM TurnsLeadershipDec 1-7Conditioning Build2200PacingRace Pace Work	
Nov 10-16Conditioning Build2600SplitsPerformanceNov 17-23Speed and Race PrepBlock Party Meet2000Video workVideo WorkNov 24-30Conditioning BuildFriendsgiving2400IM TurnsLeadershipDec 1-7Conditioning Build2200PacingRace Pace Work	
Nov 17-23Speed and Race PrepBlock Party Meet2000 Video workVideo WorkNov 24-30Conditioning BuildFriendsgiving2400 IM TurnsLeadershipDec 1-7Conditioning Build2200 PacingRace Pace Work	
Nov 24-30 Conditioning Build Friendsgiving 2400 IM Turns Leadership Dec 1-7 Conditioning Build 2200 Pacing Race Pace Work	
Dec 1-7 Conditioning Build 2200 Pacing Race Pace Work	
Doe 0.44 Cross and Does Draw Winter Charges	k
Dec 8-14Speed and Race PrepWinter Champs2000 Champs PrepSwimming Fast	
Dec 15-21 Fun Week-End of Winter Winter Social 2000 Fun Stroke Technique	e
Junior Swim Focus Meets Events Daily Volume-Ave Specific Skills Weekly Topic/E	ducation
Sept 1-7 Technique 3000 Streamlines Start of Season	
Sept 8-14 Technique 3200 UW kick-4 Workout structur	res
Sept 15-21 Conditioning-Meet Prep Dual Meet w/ VACA 3000 Meet Prep Meet Prep-Warn	nups
Sept 22-28 Conditioning and Kick 3200 Breakouts Goal Setting	
Sept 29-Oct 5 Conditioning and Kick Block Party Meet 3400 Dives Workout structur	res
Oct 6-12 Conditioning Build 3600 Turns Workout structur	re/Nutrition
Oct 13-19 Speed and Race Prep Dual Meet w/ Marlins 3000 Breakouts Underwater Kick	king
Oct 20-26 Conditioning Build Halloween Social 3400 Dives Teamwork	
Oct 27-Nov 2 Speed and Race Prep Dual Meet with VJO 3000 Turns and Finishes Racing	
Nov 3-9 Conditioning Build 3400 Stroke Count Stroke Count	
Nov 10-16 Conditioning Build 3600 Splits Performance	
Nov 17-23 Speed and Race Prep Block Party Meet 3000 Video work Video Work	
Nov 24-30 Conditioning Build Friendsgiving 3400 IM Turns Leadership	
Nov 24-30Conditioning BuildFriendsgiving3400 IM TurnsLeadershipDec 1-7Conditioning Build3600 PacingRace Pace Work	<u>k</u>
	<u>k</u>