Sept 1-7Aerobic/Kick BaseComp Meeting5,000StreamlinesSept 8-14Aerobic Build/Kick Base5,500Dolphin kick/UW kick	Weekly Topic/Education
	Start of Season
	Workout structures
Sept 15-21 Aerobic Build Block Party/TCA/Natomas   Mentor/B Party 6,000   warmup prep-breakouts	Meet Prep-Warmups
Sept 22-28 Aerobic Build/Meet Prep C Session/Practice w/ PASA 6,000 Turns	Goal Setting
Sept 29-Oct 5 Aerobic Variance Block Party College Meeting 6,500 Starts	College Swimming
Oct 6-12 Aerobic Variance C Session/Practice w/ O Club 7,000 IM Turns	Nutrition
Oct 13-19 Mix EN/Build in Speed PLS/Orinda 6,500 Stroke Rate	Stroke Rate/Analysis
Oct 20-26 Mix EN/Build in Speed Team Social 7,000 Kick Rate and Sped	Kick Rate/Analysis
Oct 27-Nov 2 Aerobic/Meet Prep PASA Invite 5,500 Focus Meet Week	Stroke/Kick Count
Nov 3-9 Aerobic Variance-Spec 6,500 Video Analysis-Breakdown	Accountability
Nov 10-16 Aerobic Variance-Spec C Session/Practice w/ TBD 7,000 Power	Performance
Nov 17-23 Meet Prep-Mix EN/SP Block Party 6,500 Starts and Turns	Sharpen the Sword
Nov 24-30 Meet Prep-Mix EN/SP Friendsgiving 5,000 Individual Analysis	We not Me
Dec 1-7 Race Prep/Taper Texas Travel 4,000 Fast Swimming-Taper	Swimming Fast
Dec 8-14 Race Prep/Taper Junior Nats/DART Invite 4,000 Fast Swimming-Taper	Swimming Fast
Dec 15-21 Technique/Recovery Holiday Social 4,500 Stroke Technique	Stroke Technique
Senior Swim Focus Meets Daily Volume-Ave Weekly Focus	Weekly Topic
SeniorSwim FocusMeetsDaily Volume-AveWeekly FocusSept 1-7Aerobic/Kick BaseComp Meeting5,000Streamlines	Weekly Topic Start of Season
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Sept 1-7 Aerobic/Kick Base Comp Meeting 5,000 Streamlines	Start of Season
Sept 1-7     Aerobic/Kick Base     Comp Meeting     5,000     Streamlines       Sept 8-14     Aerobic Build/Kick Base     5,000     Dolphin kick/UW kick	Start of Season Workout structures
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