

Long Course Seasonal Plan 2006

May (cont...)

1	EN <sup>1-2</sup> + Tech	Freestyle	Reg Dryland
2	"	"	"
3	"	"	Team Day
4	"	"	Reg Dryland
5	"	"	Team Day
6	"	"	Luther Challenge
7	"	Breaststroke	Reg Dryland
8	"	"	Reg Dryland
9	"	"	Team Day
10	"	"	Reg Dryland
11	"	"	Team Day
12	"	"	Luther Challenge

F 19	EN <sup>1-2</sup> + Sp <sup>3</sup> + Tech (Fr)	Team Day
S 20	EN <sup>1-2-3</sup> + Sp <sup>3</sup> + Tech (Blk)	Luther Challenge
M 22	EN <sup>1-2</sup> + Sp <sup>3</sup> + Tech (Fry)	Reg Dryland
T 23	Test Set 2 Timed 3,000/5,000(?)	Team Day
W 24	EN <sup>1-2-3</sup> + Sp <sup>3</sup> + Tech (Blk)	Reg Dryland
Th 25	EN <sup>1-2</sup> + Sp <sup>3</sup> + Tech (Fly)	"
F 26	EN <sup>1-2</sup> + Sp <sup>3</sup> + Tech (Blk)	Team Day
S 27	EN <sup>1-2-3</sup> + Sp <sup>3</sup> + Tech (Fry)	Luther Challenge
M 29	EN <sup>1-2</sup> + Sp <sup>3</sup> + Tech (Borst)	Reg Dryland
T 30	EN <sup>1-2-3</sup> + Sp <sup>3</sup> + Tech (Free)	"
W 31	EN <sup>1-2</sup> + Sp <sup>3</sup> + " (Borst)	Team Day

7 SPRING BREAK - NO Practice

18			
19			
20			
21			
22			
24	EN <sup>1-2</sup> + Tech	Backstroke	Reg Dryland
25	"	"	"
26	"	"	Team Day
27	"	"	Reg Dryland
28	"	"	Team Day
29	"	"	Luther Challenge

June			
Th 1	EN <sup>1-2-3</sup> + Sp <sup>3</sup> + Tech (Free)	Reg Dryland	
F 2	EN <sup>1-2</sup> + Sp <sup>3</sup> + Tech (Borst)	Team Day	
S 3	EN <sup>1-2-3</sup> + Sp <sup>3</sup> + Tech (Fr)	Luther Challenge	
M 5			
T 6			
W 7			
Th 8			
F 9			
S 10			
M 12			
T 13			
W 14			
Th 15			

1	EN <sup>1-2</sup> + Tech	Butterfly	Reg Dryland
2	Test Set #1	Timed 3000	"
3	EN <sup>1-2</sup> + Tech - fly	Team Day	
4	"	"	Reg Dryland
5	"	"	Team Day
6	"	"	Luther Challenge
8	EN <sup>1-2</sup> + Sp <sup>3</sup> + IM work	Reg Dryland	
9	EN <sup>1-2-3</sup> + Sp <sup>3</sup> + Tech (Borst)	"	
10	EN <sup>1-2</sup> + Sp <sup>3</sup> + " (Fry)	Team Day	
11	EN <sup>1-2-3</sup> + Sp <sup>3</sup> + " (Borst)	Reg Dryland	
12	EN <sup>1-2</sup> + Sp <sup>3</sup> + " (Fry)	Team Day	
13	EN <sup>1-2</sup> + Sp <sup>3</sup> + " (Borst/Fly)	Luther Challenge	
15	EN <sup>1-2</sup> + Sp <sup>3</sup> + " (Fr)	Reg Dryland	
17	EN <sup>1-2-3</sup> + Sp <sup>3</sup> + " (Blk)	"	
19	EN <sup>1-2</sup> + Sp <sup>3</sup> + " (Fr)	Team Day	
21	EN <sup>1-2-3</sup> + Sp <sup>3</sup> + " (Blk)	Reg Dryland	

F 16			
S 17			
M 19			
T 20			
W 21			
Th 22			
F 23			
S 24			
M 26			
T 27			
W 28			
Th 29			
F 30			
July			
S 1			
M 3			