



## 2014 CISC National Swim Team Training Schedule

Friday, June 6 <sup>th</sup>	3:30 p.m. - 5:30 p.m.	Swim & dryland
Saturday, June 7 <sup>th</sup>	2:00 p.m. - 4:00 p.m.	Swim-run-swim
Monday, June 9 <sup>th</sup>	5:15 a.m. - 6:45 a.m.	Swimming
Monday, June 9 <sup>th</sup>	5:30 p.m. - 7:30 p.m.	Squad Meeting
Tuesday, June 10 <sup>th</sup>	4:30 p.m. - 6:30 p.m.	Swimming
Wednesday, June 11 <sup>th</sup>	5:15 a.m. - 6:45 a.m.	Swimming
Wednesday, June 11 <sup>th</sup>	4:30 p.m. - 6:30 a.m.	Dryland & swim
Thursday, June 12 <sup>th</sup>	4:30 p.m. - 6:30 p.m.	Swimming
Monday, June 16 <sup>th</sup>	5:30 a.m. - 6:45 a.m.	Dryland only
Tuesday, June 17 <sup>th</sup>	5:15 a.m. - 6:45 a.m.	Swimming
Wednesday, June 18 <sup>th</sup>	3:30 p.m. - 5:30 p.m.	Swimming
Thursday, June 19 <sup>th</sup>	5:15 a.m. - 6:30 a.m.	Swimming
Friday, June 20 <sup>th</sup>	3:30 p.m. - 5:30 p.m.	(Subject to confirmed date for the Nestle Prep/Primary Schools Swim Meet)
Saturday, June 21 <sup>st</sup>	“Keep It Alive” 5K race, plus one (1) hour Swim	
Monday, June 23 <sup>rd</sup>	5:15 a.m. - 6:45 a.m.	Dryland only
Monday, June 23 <sup>rd</sup>	4:00 p.m. - 6:00 p.m.	Swimming
Tuesday, June 24 <sup>th</sup>	5:15 a.m. - 6:45 a.m.	Swimming
Wednesday, June 25 <sup>th</sup>	3:30 p.m. - 5:30 p.m.	Dryland & Swim
Thursday, June 26 <sup>th</sup>	5:30 a.m. - 6:45 a.m.	Dryland only
Thursday, June 26 <sup>th</sup>	2:30 p.m. - 4:00 p.m.	Motivation & swim
Friday, June 27 <sup>th</sup>	2:00 p.m. - 4:00 p.m.	Dryland & swim
Saturday, June 28 <sup>th</sup>	7:00 a.m. - 8:30 a.m.	Visualization/Swim
Saturday, June 28 <sup>th</sup>	3:00 p.m. - 4:30 p.m.	Swimming
Monday, June 30 <sup>th</sup>	-	To be confirmed
Tuesday, July 1 <sup>st</sup>	-	To be confirmed
Wednesday, July 2 <sup>nd</sup>	-	To be confirmed