

February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 Distance Workout – 3800	2 Hypoxic/Drills Workout 3600	3 Sprints Workout 3700	4 IM's Workout 3600	5 Mid Distance Workout – 3800	6 Rose Bowl Meet
7	8 Mid Distance Workout – 3900	9 Sprints Workout 3800	10 Stroke/Kicks Workout 3500	11 Distance Workout 3800	12 Hypoxic/Drills Workout 3600	13 100's Workout 3900
14	15 POOL CLOSED President's Day	16 Mid Distance Workout 3900	17 IM's Workout 3600	18 Sprints Workout 3800	19 100's Workout 3900	20 Distance Workout 4000
21 Fullerton Meet	22 Sprints Workout 3900	23 Drills/Kick Workout 3600	24 Stroke Workout 3700	25 Mid Distance Workout 3800	26 IM's Workout 3700	27 Hypoxic/Kick Workout 3700
28	29 Distance Workout 4100					