



## SPRING WORKOUT SCHEDULE as of 04/09/19

P.O. Box 66425,  
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POOL	TIME	MON	TUES	WED	THURS	FRI
<b>MORNING</b> *Long Course Workout						
WESTWOOD	5:30		MID DIST	DIST FREE	<i>DIST/SPR</i>	CRSSTRN
SANTA MONICA	5:30		CRSSTRN*		DIST FREE*	
SANTA MONICA	6:30		DIST FREE*		MID DIST*	
VALLEY	6:00		DIST FREE	<i>DIST/SPR</i>	STR/FREE	<i>MID DIST</i>
LOYOLA	5:30	<i>DIST FREE</i>		<i>DIST/SPR</i>		<i>MID DIST</i>
LOYOLA	6:00		MID DIST		STR/FREE	
CULVER CITY	5:30	DIST FREE*		CRSSTRN*		MID DIST*
CULVER CITY	6:30	DIST FREE*		FREE*		MID DIST*
CULVER CITY	7:30	FREE*		FREE*		FREE*
CULVER CITY	6:00		BEG TRI*		BEG TRI*	
ECHO PARK	6:00		<i>CRSSTRN</i>	<i>DIST FREE</i>	<i>SPRINT</i>	<i>MID DIST</i>
EL SEGUNDO	5:45-7	DIST FREE	CRSSTRN	MID DIST	DIST FREE	DIST/SPR
EL SEGUNDO	7:00	FREE		FREE		FREE
EL SEGUNDO	9:00		FREE		FREE	
OCCIDENTAL	5:30-7	DIST FREE		FREE		FREE
<b>MID-DAY</b> *Long Course Workout						
CULVER	12:00	CRSSTRN*		DIST FREE*		DIST/SPR*
WESTWOOD	12:00		MID DIST		SPRINT	
USC	12:00	DIST FREE		CRSSTRN		SPRINT
EL SEGUNDO	12:00	FREE	FREE	FREE	FREE	FREE
<b>EVENING</b> *Long Course Workout						
CULVER CITY	6:00	DIST FREE	<i>MID DIST</i>	CRSSTRN	<i>MID DIST</i>	<i>SPR/MID DIS</i>
CULVER CITY	7:00					DIST FREE & SWIM 101
SANTA MONICA	6:30		CRSSTRN		SPRINT	
SANTA MONICA	7:30	DIST FREE*		DIST FREE*		
USC	6:00	<i>DIST FREE</i>	<i>MID DIST</i>		<i>DIST/SPR</i>	
REDONDO	8:00	<i>MID DIST</i>		<i>MID/SPR</i>		
VALLEY	7:00			DIST FREE		<i>MID DIST</i>

### WEEKEND

#### SATURDAY \*Long Course

LOYOLA Mega 5K*	6:30-8am
SANTA MONICA*	8:00am
<i>WESTWOOD</i>	<i>8:00am</i>
<i>VALLEY</i>	<i>7:30am</i>
EL SEGUNDO	10:00am
SANTA MONICA	11:15am
<i>SANTA MONICA</i>	<i>4:00pm</i>

#### SUNDAY \*Long Course

LOYOLA Mega 4K	8:00am
LOYOLA	9:00am
<i>LOYOLA SWIM 101 (RSVP REQUIRED)</i>	8:00am
EL SEGUNDO	10:00am
<i>VALLEY</i>	<i>11:00am</i>
<i>VALLEY SWIM 101 (RSVP REQUIRED)</i>	11:00am
CULVER*	11:00am
REDONDO	2:30pm
SANTA MONICA	11:15am
<i>SANTA MONICA</i>	<i>4:00pm</i>

#### WORKOUT THEMES:

DIST FREE = Distance Freestyle  
 MID DIST = Mid Distance Freestyle  
 MID/SPR = Mid Distance Free w/Sprints  
 DIST SPR = Distance Free w/Sprints  
 SWIM 101 = Intro/Beginner Workout  
 CRSSTRN = other strokes & IM for well-rounded swimming

Weekend Workouts: Coach's Choice

Shaded Boxes=smaller workouts ideal for new swimmers

#### INTRODUCTORY LOW KEY "SWIMMING 101" WORKOUT

The Swim 101 is broken up into three goals for the hour:

1. Teach technique and practice it in drills and in swimming
2. Learn how to workout
3. Do a mini workout

- LMU Sundays 8am RSVP required—scaq@swim.net
- VNSO (Valley) Sundays 11am RSVP required—sign up online swim.net/scaq
- Culver Fri 7pm—sign up online swim.net/scaq