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| **Spring Weekend Training Camp Timeline** |  |  |  |  |  |  |
| **"Mindful Swimming"** |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Friday March 2nd** | 6-7:15am | Swim with Santa Barbara Masters as Los Banos - Optional |  |  |  |  |  |
|  | Noon-1pm | Swim with Gaucho Masters at UCSB Rec Center Pool - Optional |  |  |  |  |  |
|  | 1-5pm | VO2 Max testing - Optional at addt'l Cost |  |  |  |  |  |
|  | 1-5pm | Videotaping (if in town) |  |  |  |  |  |
|  | 4:30-5:00 | Registration - ICA Building |  |  |  |  |  |
|  | 5:15-6:00 | Freestyle Clinic - Class Room - ICA Building |  |  |  |  |  |
|  | 6:00-6:30 | Dynamic Stretching and Snacks |  |  |  |  |  |
|  | 6:30-8:00 | Freestyle Drills/Workout (s) - Sprint & Distance/Mid Distance (Short Course) UCSB Campus Pool |  |  |  |  |  |
|  | 8:00-9:00 | Dinner (Sandwiches) at the Pool |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Saturday March 3rd** |  |  |  |  |  |  |  |
|  | 7:00-8:00am | Stretching/Yoga Discussion @ UCSB Campus Pool |  |  |  |  |  |
|  | 8:15-10:30am | IM/Stroke, Mid Distance and Sprint Workout(s) - Long Course - UCSB Campus Pool |  |  |  |  |  |
|  | 10:30-1pm | Videotaping |  |  |  |  |  |
|  | 10:30-1pm | Massages (Additional Fee & Optional by sign up) |  |  |  |  |  |
|  | 1:00-2:30pm | Back/Breast Clinic - Classroom at ICA Building |  |  |  |  |  |
|  | 3:00-5:30 pm | Back/Breast Drills and HIIT Workout (Short Course) at UCSB Campus Pool |  |  |  |  |  |
|  | 5:30-6:00pm | Foam Rolling and Stretching |  |  |  |  |  |
|  | 7:00-9:00pm | Camp Dinner |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **Sunday March 4th** |  |  |  |  |  |  |  |
|  | 6:30-8:00am | Sprint, Mid Distance and IM/Stroke Workout(s) - Short Course at UCSB Campus Pool |  |  |  |  |  |
|  | 8:30-10:00am | Fly Clinic and Nutrition Discuss - Classroom at ICA Building |  |  |  |  |  |
|  | 10:30-11:15am | Fly Drills and Turns (Short Course) @ Campus Pool |  |  |  |  |  |
|  | 9:30-noon | Review Videos with Swimmers |  |  |  |  |  |
|  | 12 noon-1pm | Lunch and Camp Conclusion |  |  |  |  |  |
|  | 2-3pm | Open Water Swim - Optional @ Campus Point |  |  |  |  |  |
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