

# AUGUST 25<sup>TH</sup> - AUGUST 30<sup>TH</sup>

Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

Masters

5:30 to 7 AM  
Swim Only

5:30 to 7 AM  
Swim Only

5:30 to 7 AM  
Cycle & Swim

5:30 to 7 AM  
Swim Only

5:30 to 7 AM  
Cycle & Swim

AM



PM

3:45 to 6:45  
Land & Swim

3:45 to 6:15 PM  
Land & Swim

3:45 to 6:45  
Land & Swim

3:45 to 6:45  
Land & Swim

3:45 to 6:15  
Land & Swim

7 to 9 AM  
@ 24e

Sprint

4 to 6:30 PM  
Land & Swim

4 to 6:15 PM  
Land & Swim

4 to 6:30 PM  
Land & Swim

4 to 6:30 PM  
Land & Swim

4 to 6:15 PM  
Land & Swim

7 to 9 AM  
@ 24e

Streamline

4 to 5 PM  
Land Only

4 to 5 PM  
Swim Only

4 to 5 PM  
LAND ONLY

4 to 5 PM  
Swim Only

4 to 5 PM  
Swim Only

8 to 10 AM  
Land & Swim

Strength  
&  
Conditioning

6 to 7 AM

6 to 7 AM

5:30 to 6:15 AM  
S&S Cycle

6 to 7 AM

6 to 7 AM

5:30 to 6:15 AM  
S&S Cycle

6 to 7 AM

6:45 to 7:15 PM  
H2O Bootcamp