

## JUNE 2023

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>WEEKEND</b>
<b>5</b> <b>AM</b> Distance Freestyle  <b>PM</b> Sprint Freestyle	<b>6</b> <b>AM</b> Off-Stroke Recovery  <b>PM</b> Best Form 100's	<b>7</b> <b>AM</b> 2 <sup>nd</sup> Best Form 200's Pace  <b>PM</b> Distance Specific IM	<b>8</b> <b>AM</b> 2 <sup>nd</sup> Best Form 100's  <b>PM</b> Best Form 200's Pace	
<b>12</b> <b>AM</b> Distance Specific Free  <b>PM</b> Distance Freestyle	<b>13</b> <b>AM</b> Distance Specific IM  <b>PM</b> 2 <sup>nd</sup> Best Form 200's Pace	<b>14</b> <b>AM</b> Best Form 100's  <b>PM</b> Off-Stroke Recovery	<b>15</b> <b>AM</b> Best Form 200's Pace  <b>PM</b> 2 <sup>nd</sup> Best Form 100's	<b>17 &amp; 18</b> <b>ESCA Meet @</b> <b>FBISD Pool</b>
<b>19</b> <b>AM</b> 2 <sup>nd</sup> Best Form 200's Pace  <b>PM</b> Best Form 100's	<b>20</b> <b>AM</b> Sprint Freestyle  <b>PM</b> Distance Fs	<b>21</b> <b>AM</b> Off-Stroke Recovery  <b>PM</b> Best Form 200's Pace	<b>22</b> <b>AM</b> 2 <sup>nd</sup> Best Form 100's  <b>PM</b> Distance Specific IM	
<b>26</b> <b>AM</b> Best Form 100's  <b>PM</b> Distance Freestyle	<b>27</b> <b>AM</b> Best Form 200's Pace  <b>PM</b> 2 <sup>nd</sup> Best Form 100's	<b>28</b> <b>AM</b> 2 <sup>nd</sup> Best Form 200's Pace  <b>PM</b> Sprint Freestyle	<b>29</b> <b>AM</b> Off-Stroke Recovery  <b>PM</b> Challenge 100's	<b>30 June – 4 July</b> <i>Holiday</i> <i>Swims where you can get them!</i>

ALL PRACTICES AT TAYLOR

Coach Sharon will be directing AM Workouts / Coach Russell will be directing PM Workouts  
 Coach Wendy will be working with Coach Sharon and Coach Andy will be working with Coach Russell