



All Workouts at Blodgett unless otherwise specified.

August
2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|------------------------------------|---|------------------------------------|-------------------------------------|-------------------------|
| Dist FR/IM | IM / Stroke | Mid FR | IM / Stroke | Sprint/Lactate | Mid / Dist FR | IM / Stroke |
| 1 NE OPEN Championships 6:15-7:45 PM @ MAC | 2 5:30-6:30 AM NE Open Championships | 3 5:30-6:30 AM 5:00-6:30 PM | 4 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 5 5:30-6:30 AM 5:00-6:30 PM | 6 5:30-6:30 AM 12:15-1:30 PM | 7 9:00-10:30 AM |
| 8 6:15-7:45 PM | 9 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 10 5:30-6:30 AM 5:00-6:30 PM | 11 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 12 5:30-6:30 AM 5:00-6:30 PM | 13 5:30-6:30 AM 12:15-1:30 PM | 14 9:00-10:30 AM |
| 15 CMSC BREAK | 16 CMSC BREAK | 17 CMSC BREAK | 18 CMSC BREAK | 19 CMSC BREAK | 20 CMSC BREAK | 21 CMSC BREAK |
| 22 CMSC BREAK | 23 CMSC BREAK | 24 CMSC BREAK | 25 CMSC BREAK | 26 CMSC BREAK | 27 CMSC BREAK | 28 CMSC BREAK |
| 29 CMSC BREAK | 30 5:30-6:30 AM 12:30-1:30 PM 5:00-6:30 PM | 31 5:30-6:30 AM 7:00-8:30 PM |  | | | |

All Workouts at Blodgett unless otherwise specified.

September
2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|--|---|-------------------------|
| Dist FR/IM | IM / Stroke | Mid FR | IM / Stroke | Sprint/Lactate | Mid / Dist FR | IM / Stroke |
|  | | | 1 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 2 5:30-6:30 AM 7:00-8:30 PM | 3 5:30-6:30 AM 12:15-1:30 PM | 4 9:00-10:30 AM |
| 5 6:15-7:45 PM | 6 LABOR DAY 9:00-10:30 AM | 7 5:30-6:30 AM 7:00-8:30 PM | 8 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 9 5:30-6:30 AM 7:00-8:30 PM | 10 5:30-6:30 AM 12:15-1:30 PM | 11 9:00-10:30 AM |
| 12 6:15-7:45 PM | 13 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 14 5:30-6:30 AM no evening workout | 15 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 16 5:30-6:30 AM 7:00-8:30 PM MAC | 17 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 18 9:00-10:30 AM |
| 19 6:15-7:45 PM | 20 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 21 5:30-6:30 AM 7:00-8:30 PM | 22 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 23 5:30-6:30 AM no evening workout | 24 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 25 11:00 AM-12:30 PM |
| 26 6:15-7:45 PM | 27 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 28 5:30-6:30 AM 7:00-8:30 PM | 29 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 30 5:30-6:30 AM 7:00-8:30 PM | | |


All Workouts at Blodgett unless otherwise specified.

October
2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|--|---|-------------------------|
| Dist FR/IM | IM / Stroke | Mid FR | IM / Stroke | Sprint/Lactate | Mid / Dist FR | IM / Stroke |
|  | | | | | 1 5:30-6:30 AM 12:15-1:30 PM | 2 7:30-9:00 AM MAC |
| 3 6:15-7:45 PM | 4 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 5 5:30-6:30 AM 7:00-8:30 PM | 6 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 7 5:30-6:30 AM 7:00-8:30 PM | 8 5:30-6:30 AM 12:15-1:30 PM | 9 11:00 AM-12:30 PM |
| 10 6:15-7:45 PM | 11 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 12 5:30-6:30 AM no evening workout | 13 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 14 5:30-6:30 AM 7:00-8:30 PM MAC | 15 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 16 11:00 AM-12:30 PM |
| 17 6:15-7:45 PM | 18 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 19 5:30-6:30 AM no evening workout | 20 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 21 5:30-6:30 AM 7:00-8:30 PM MAC | 22 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 23 11:00 AM-12:30 PM |
| 24 6:15-7:45 PM | 25 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 26 5:30-6:30 AM 7:00-8:30 PM | 27 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 28 5:30-6:30 AM 7:00-8:30 PM | 29 5:30-6:30 AM 12:15-1:30 PM | 30 11:00 AM-12:30 PM |
| 31 6:15-7:45 PM | | | | | | |


All Workouts at Blodgett unless otherwise specified.

November
2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------|---|------------------------------------|---|------------------------------------|--------------------------------------|-----------------------|
| Dist FR/IM | IM / Stroke | Mid FR | IM / Stroke | Sprint/Lactate | Mid / Dist FR | IM / Stroke |
| 6:15-7:45 PM | 1 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 2 5:30-6:30 AM 7:00-8:30 PM | 3 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 4 5:30-6:30 AM 7:00-8:30 PM | 5 5:30-6:30 AM 12:15-1:30 PM | 6 7:30-9:00 AM MAC |
| 7 6:15-7:45 PM | 8 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 9 5:30-6:30 AM 7:00-8:30 PM | 10 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 11 5:30-6:30 AM 7:00-8:30 PM | 12 5:30-6:30 AM 12:15-1:30 PM | 13 9:00-10:30 AM |
| 14 6:15-7:45 PM | 15 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 16 5:30-6:30 AM 5:00-6:30 PM | 17 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 18 5:30-6:30 AM 5:00-6:30 PM | 19 5:30-6:30 AM 12:15-1:30 PM | 20 CANCELLED |
| 21 6:15-7:45 PM | 22 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 23 5:30-6:30 AM 5:00-6:30 PM | 24 5:30-6:30 AM 12:15-1:30 PM no evening workout | 25 Thanksgiving | 26 no AM workout 12:15-1:30 PM | 27 9:00-10:30 AM |
| 28 6:15-7:45 PM | 29 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 30 5:30-6:30 AM 5:00-6:30 PM |  | | | |

All Workouts at Blodgett unless otherwise specified.

December
2010

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|------------------------------------|---|------------------------------------|-------------------------------------|------------------------|
| Dist FR/IM | IM / Stroke | Mid FR | IM / Stroke | Sprint/Lactate | Mid / Dist FR | IM / Stroke |
|  | | | 1 | 2 | 3 | 4 9:00-10:30 AM |
| 5 6:15-7:45 PM | 6 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 7 5:30-6:30 AM 5:00-6:30 PM | 8 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 9 5:30-6:30 AM 5:00-6:30 PM | 10 5:30-6:30 AM 12:15-1:30 PM | 11 7:30-9:00 AM MAC |
| 12 6:15-7:45 PM MAC | 13 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 14 5:30-6:30 AM 5:00-6:30 PM | 15 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 16 5:30-6:30 AM 5:00-6:30 PM | 17 5:30-6:30 AM 12:15-1:30 PM | 18 9:00-10:30 AM |
| 19 6:15-7:45 PM | 20 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 21 5:30-6:30 AM 5:00-6:30 PM | 22 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 23 5:30-6:30 AM 5:00-6:30 PM | 24 OFF | 25 OFF |
| 26 OFF | 27 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 28 5:30-6:30 AM 5:00-6:30 PM | 29 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM | 30 5:30-6:30 AM 5:00-6:30 PM | 31 OFF | |