



**March
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 5:30-6:45 AM @ MAC 12:15-1:30 PM @ BL 7:00-8:30 PM @ BL	2 5:30-6:45 AM @ MAC 12:15-1:30 PM @ BL	3 5:30-6:45 AM @ BL 12:15-1:30 PM @ BL 7:00-8:30 PM @ BL	4 5:30-6:45 AM @ BL 12:15-1:30 PM @ BL	5 5:30-6:45 AM @ BL 12:15-1:30 PM @ BL 7:00-8:30 PM @ BL	6 9:00-10:30 AM @ BL Breaststroke Clinic
7 Start Clinic 6:15-7:45 PM @ BL	8 5:30-6:45 AM @ BL 12:15-1:30 PM @ BL 7:00-8:30 PM @ BL	9 5:30-6:45 AM @ BL 12:15-1:30 PM @ BL	10 5:30-6:45 AM @ BL 12:15-1:30 PM @ BL 7:00-8:30 PM @ BL	11 5:30-6:45 AM @ BL 12:15-1:30 PM @ BL	12 5:30-6:45 AM @ BL 12:15-1:30 PM @ BL No workout	13 no workout
14 12:30-2:00 PM @ BL	15 5:30-6:45 AM @ BL 12:15-1:30 PM @ BL 7:00-8:30 PM @ BL	16 5:30-6:45 AM @ BL 7:00-8:30 PM @ BL	17 5:30-6:45 AM @ BL 12:15-1:30 PM @ BL 7:00-8:30 PM @ BL	18 5:30-6:45 AM @ BL 7:00-8:30 PM @ BL	19 5:30-6:45 AM @ BL 12:15-1:30 PM @ BL	20 NE Masters Championships at Harvard Distance Day
21 6:15-7:45 PM @ BL	22 5:30-6:45 AM @ MAC 12:15-1:30 PM @ BL 7:00-8:30 PM @ BL	23 5:30-6:45 AM @ MAC 7:00-8:30 PM @ BL	24 5:30-6:45 AM @ BL 12:15-1:30 PM @ BL 7:00-8:30 PM @ BL	25 5:30-6:45 AM @ MAC 7:00-8:30 PM @ BL	26 NE Masters Championships at Harvard	27 NE Masters Championships at Harvard
28 NE Masters Championships at Harvard <i>Social: 7 PM, Daedalus</i>	29 5:30-6:45 AM @ MAC 12:15-1:30 PM @ BL 7:00-8:30 PM @ BL	30 5:30-6:45 AM @ MAC 7:00-8:30 PM @ BL	31 5:30-6:45 AM @ BL 12:15-1:30 PM @ BL 7:00-8:30 PM @ BL			

**April
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 5:30-6:45 AM @ MAC 7:00-8:30 PM @ BL	2 5:30-6:45 AM @ MAC 12:15-1:30 PM @ BL	3 11:00 -12:30 @ BL
4 6:15-7:45 PM @ BL	5 5:30-6:45 AM @ MAC 12:15-1:30 PM @ BL 7:00-8:30 PM @ BL	6 5:30-6:45 AM @ MAC 7:00-8:30 PM @ BL	7 5:30-6:45 AM @ BL 12:15-1:30 PM @ BL No workout	8 5:30-6:45 AM @ MAC 7:00-8:30 PM @ BL	9 5:30-6:45 AM @ MAC 12:15-1:30 PM @ BL	10 11:00 -12:30 @ BL
11 6:15-7:45 PM @ BL	12 5:30-6:45 AM @ MAC 12:15-1:30 PM @ BL 7:00-8:30 PM @ BL	13 5:30-6:45 AM @ MAC 7:00-8:30 PM @ BL	14 5:30-6:45 AM @ BL 12:15-1:30 PM @ BL 7:00-8:30 PM @ BL	15 5:30-6:45 AM @ MAC 7:00-8:30 PM @ BL	16 5:30-6:45 AM @ MAC 12:15-1:30 PM @ BL	17 11:00 -12:30 @ BL
18 6:15-7:45 PM @ BL	19 5:30-6:45 AM @ MAC 12:15-1:30 PM @ BL 7:00-8:30 PM @ BL	20 5:30-6:45 AM @ MAC 7:00-8:30 PM @ BL	21 5:30-6:45 AM @ BL 12:15-1:30 PM @ BL 7:00-8:30 PM @ BL	22 5:30-6:45 AM @ MAC 7:00-8:30 PM @ BL	23 5:30-6:45 AM @ MAC 12:15-1:30 PM @ BL	24 11:00 -12:30 @ BL
25 6:15-7:45 PM @ BL	26 5:30-6:45 AM @ MAC 12:15-1:30 PM @ BL 7:00-8:30 PM @ BL	27 5:30-6:45 AM @ MAC 7:00-8:30 PM @ BL	28 5:30-6:45 AM @ BL 12:15-1:30 PM @ BL 7:00-8:30 PM @ BL	29 5:30-6:45 AM @ MAC 7:00-8:30 PM @ BL	30 5:30-6:45 AM @ MAC 12:15-1:30 PM @ BL	