

October 2018

October 2018						
Su	Mo	Tu	We	Th	Fr	Sa
7	1	2	3	4	5	6
14	8	9	10	11	12	13
21	15	16	17	18	19	20
28	22	23	24	25	26	27
	29	30	31			

November 2018						
Su	Mo	Tu	We	Th	Fr	Sa
4	5	6	7	1	2	3
11	12	13	14	8	9	10
18	19	20	21	15	16	17
25	26	27	28	22	23	24
				29	30	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sep 30	Oct 1	2	3	4	5	6
7	8	9	10	11	12	13
Preseason Conditioning						
		6:30am Dryland Conditioning		6:30am Dryland Conditioning		
14	15	16	17	18	19	20
Pre-Season Conditioning						
		6:30am Dryland Conditioning		6:30am Dryland Conditioning		
21	22	23	24	25	26	27
Pre-Season Conditioning						
		6:30am Dryland Conditioning		6:30am Dryland Conditioning		
28	29	30	31	Nov 1	2	3
Pre-Season Conditioning						
		6:30am Dryland Conditioning				

November 2018

November 2018							December 2018						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3							1
4	5	6	7	8	9	10	2	3	4	5	6	7	8
11	12	13	14	15	16	17	9	10	11	12	13	14	15
18	19	20	21	22	23	24	16	17	18	19	20	21	22
25	26	27	28	29	30		23	24	25	26	27	28	29
							30	31					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Oct 28	29	30	31	Nov 1 Pre-Season Conditioning 6:30am Dryland Conditioning	2	3
4	5 Season Starts 6:30am Conditioning 4:00pm Practice	6 6:30am Conditioning 4:00pm Practice	7 6:30am Conditioning 4:00pm Practice	8 6:30am Conditioning 4:00pm Practice	9 6:30am Conditioning 4:00pm Practice	10 8:00am Water Polo
11	12 6:30am Conditioning 6:00pm Practice	13 6:30am Conditioning 4:00pm Practice	14 6:30am Conditioning 4:00pm Practice	15 6:30am Conditioning 4:00pm Practice	16 6:30am Conditioning 4:00pm Practice	17 8:00am Fundraiser: Swim-a-thon
18	19 6:30am Conditioning 3:30pm Middle School Meet 6:00pm Practice	20 Away Meet 6:30am Conditioning 5:00pm Metro Meet - CRW	21 7:30am Conditioning 8:30am Practice	22 Thanksgiving Break Thanksgiving No Practice	23 7:30am Conditioning 8:30am Practice	24 8:00am Water Polo
25	26 6:30am Conditioning 4:00pm Practice	27 Home Meet 6:30am Conditioning 6:00pm Waterloo	28 6:30am Conditioning 4:00pm Practice	29 6:30am Conditioning 4:00pm Practice	30 6:30am Conditioning 4:00pm Practice	Dec 1

December 2018

December 2018							January 2019						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
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9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28	29	30	31		
30	31												

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Nov 25	26	27	28	29	30	Dec 1 10:00am Sun Prairie Invite
2	3 Race Pace Training Pure Speed 6:30am Conditioning 4:00pm Practice	4 Away Meet 6:30am Conditioning 6:00pm DUBH	5 Hard Aerobic Kick 6:30am Conditioning 4:00pm Practice	6 Lactate 6:30am Conditioning 4:00pm Practice	7 Up Tempo 6:30am Conditioning 4:00pm Practice	8 11:00am Grinnell Invite
9	10 Race Pace Training Lactate 6:30am Conditioning 4:00pm Practice	11 Home Meet 6:30am Conditioning 6:00pm ICW	12 Pure Speed 6:30am Conditioning 4:00pm Practice	13 Hard Aerobic Kick 6:30am Conditioning 4:00pm Practice	14 Aerobic 6:30am Conditioning 4:00pm Practice	15 10:00am Clinton Invite
16	17 Race Pace Training Smooth Speed 6:30am Conditioning 4:00pm Practice	18 Away Meet 6:30am Conditioning 6:00pm DUBS	19 Recovery 6:30am Conditioning 4:00pm Practice	20 Pure Speed 6:30am Conditioning 4:00pm Practice	21 Up Tempo 6:30am Conditioning 4:00pm Practice	22
23	24 Race Pace Training 12 Days of Xmas 7:30am Practice	25 Christmas No Practice	26 Holiday Break Up Tempo 7:30am Conditioning	27 Pure Speed 7:30am Conditioning	28 Aerobic 7:30am Conditioning	29
30	31 Race Pace Training Holiday Break 100 x 100's 7:30am Practice	Jan 1, 19	2	3	4	5

January 2019

January 2019						
Su	Mo	Tu	We	Th	Fr	Sa
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27	28	29	30	31		

February 2019						
Su	Mo	Tu	We	Th	Fr	Sa
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24	25	26	27	28		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dec 30	31	Jan 1, 19	2	3	4	5
		Race Pace Training				12:00pm Linn-Mar Invite
		Holiday Break	Pure Speed	6:30am Conditioning	Recovery	
		New Years	6:30am Conditioning	4:00pm Practice	6:30am Conditioning	
		No Practice	4:00pm Practice		4:00pm Practice	
6	7	8	9	10	11	12
	Peaking - Ultra Short Race Pace Training					Home Meet
	Pace Set	Home Meet	Pace Set	Pace Set	Aerobic	12:00pm Ankeny
	6:30am Conditioning	6:30am Conditioning	6:30am Conditioning	6:30am Conditioning	6:30am Conditioning	
	4:00pm Practice	6:00pm ICH	4:00pm Practice	3:30pm Middle School Meet	4:00pm Practice	
				6:00pm Practice		
13	14	15	16	17	18	19
	Peaking - Ultra Short Race Pace Training					7:30am FR/SO Unloading
	Pace Set	6:30am Conditioning	Pace Set	Pace Set	Aerobic	12:30pm Varsity Conference - Linn-Mar
	No School	4:00pm Practice	6:30am Conditioning	6:30am Conditioning	6:30am Conditioning	
	6:30am Conditioning		4:00pm Practice	4:00pm Practice	4:00pm Practice	
	4:00pm Practice					
20	21	22	23	24	25	26
	Peaking - Ultra Short Race Pace Training					7:30am Varsity Unloading
	Event Specific	Event Specific	Pace Set	Event Specific	Recovery	12:30pm FR/SO Conference
	No School	6:30am Conditioning	6:30am Conditioning	6:30am Conditioning	6:30am Conditioning	
	6:30am Conditioning	3:30pm Middle School	4:00pm Practice	4:00pm Practice	4:00pm Practice	
	4:00pm Practice	5:00pm Target Meet -				
		6:00pm Practice				
27	28	29	30	31	Feb 1	2
	Peaking - Ultra Short Race Pace Training					
	Event Specific	Event Specific	Pace Set	Event Specific		
	4:00pm Practice	4:00pm Practice	4:00pm Practice	4:00pm Practice		

February 2019

February 2019						
Su	Mo	Tu	We	Th	Fr	Sa
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March 2019						
Su	Mo	Tu	We	Th	Fr	Sa
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24	25	26	27	28	29	30
31						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jan 27	28	29	30	31	Feb 1 Peaking - Ultra Short Race Pa Recover 4:00pm Practice	2 Target Meet 12:00pm District Meet 12:01pm Linn-Mar
3	4 Event Specific 4:00pm Practice	5 Event Specific 4:00pm Practice	6 Pace Set 4:00pm Practice	7 Event Specific 4:00pm Practice	8 Recovery 4:00pm Practice	9 Target Meet 12:00pm State Meet 12:01pm U of I
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	Mar 1	2