

Target Squad - 8 swim sessions / 2 gym sessions per week					
Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:
Morning Session:	Morning Session:	Morning Session:		Morning Session:	Morning Session:
5:00am-5:15am - Dryland	5:00am-5:15am - Dryland	5:00am-5:15am - Dryland		5:00am-5:15am - Dryland	5:30am-5:45am - Dryland
5:15am-7:15am - Swim	5:15am-7:15am - Swim	5:15am-7:15am - Swim		5:15am-7:15am - Swim	5:45am-7:45am - Swim
	Afternoon Session:		Afternoon Session:	Afternoon Session:	
	3:30pm-4:00pm - Dryland		3:30pm-4:00pm - Dryland	3:30pm-5:00pm - Swim	
	4:00pm-6:00pm - Swim		4:00pm-6:00pm - Swim		