

## **EEX SENIOR TEAM WEEKLY PRACTICE SCHEDULE**

### ***Senior 2***

<b>Monday PM</b>	<b>Time</b>
Senior 2	4:00 – 4:55 Dry-land Circuit 5:00 – 7:00 Swim
<b>Tuesday AM</b>	<b>Time</b>
Senior 2 (10 <sup>th</sup> & 11 <sup>th</sup> Graders Only)	5:10 – 6:40 AM Swim
<b>Tuesday PM</b>	<b>Time</b>
Senior 2	4:30 – 4:55 Bars, Core, Run 5:00 – 7:00 Swim
<b>Wednesday PM</b>	<b>Time</b>
Senior 2	4:00 – 4:55 Yoga 5:00 – 6:30 Swim
<b>Thursday AM</b>	<b>Time</b>
Senior 2	5:10 - 6:40 AM Swim (Mandatory)
<b>Thursday PM</b>	OFF
<b>Friday PM</b>	<b>Time</b>
Senior 2	4:00 – 4:55 Dry-land Game or Circuit 5:00 – 7:00 Swim
<b>Saturday AM</b>	<b>Time</b>
Senior 2	7:00 – 9:30 Swim 9:30 – 10:15 Dry-land
<b>Saturday PM</b>	<b>Time</b>
Senior 2 Check P-Pack and Meets	4:45 – 7:00 Swim Only certain Saturdays
<b>Sundays</b>	OFF