

EEX SENIOR TEAM WEEKLY PRACTICE SCHEDULE

Senior Elite Men

Monday AM	Time
Senior Elite Men	5:10 – 6:40 AM Swim / Land
Monday PM	Time
Senior Elite Men	4:00 – 4:55 Dry-land Circuit 4:55 – 5:45 Yoga Option 5:00 – 7:00 Swim
Tuesday AM	Time
Senior Elite Men	5:10 – 6:40 AM Swim
Tuesday PM	Time
Senior Elite Men	4:30 – 4:55 Bars, Core, Run 5:00 – 7:00 Swim
Wednesday PM	Time
Senior Elite Men	4:00 – 4:55 Vasa / Mix / Yoga 5:00 – 7:00 Swim
Thursday AM	Time
Senior Elite Men	5:10 – 6:40 AM Swim
Thursday PM	Time
Senior Elite Men	4:30 – 4:55 Bars / Core / Run 5:00 – 7:00 Swim
Friday PM	Time
Senior Elite Men	4:00 – 4:55 Dry-land / Circuit 5:00 – 7:00 Swim
Saturday AM	Time
Senior Elite Men	7:00 – 9:30 Swim 9:30 – 10:15 Dry-land
Saturday PM	Time
Check Calendar for PennyPack & Meet Dates	4:45 – 7:00 Swim ONLY CERTAIN SATURDAYS
Sunday AM	Time
Check Calendar for Meets	OFF

