

# MARCH 2014

Updated March 11<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 10:30am-12:00 LC  <i>Efficiency</i>	2 9:00-10:30am  <i>Distance</i>
3 6:00-7:00am 9:30-10:30am  <i>Tech</i>	4 7:00-8:30pm LC  <i>Distance</i>	5 6:00-7:00am 9:30-10:30am  <i>Pull</i>	6 7:00-8:30pm LC  <i>VO2 Max</i>	7 6:00-7:00am 8:30-9:30am  <i>IM</i>	8 12:30-2:00pm  <i>Desc 50's</i>	9 7:30-9:00am  Daylight Savings Time begins today! <i>Threshold</i>
10 6:00-7:00am 9:30-10:30am  <i>Pace</i>	11 7:00-8:30pm LC  <i>Tech</i>	12 6:00-7:00am 9:30-10:30am  <i>Distance</i>	13 CANCELLED	14 6:00-7:00amLC 8:30-9:30am (4 Lanes) <i>VO2 Max</i>	15 3:00-4:30pm (4 slower lanes) 4:30-6:00pm (4 faster lanes) <i>Threshold</i>	16 3:00-4:30pm  <i>Distance</i>
17 6:00-7:00am 9:30-10:30am  <i>VO2 Max</i>	18 7:00-8:30pm LC  <i>Kick</i>	19 6:00-7:00am 9:30-10:30am  <i>Efficiency</i>	20 7:00-8:30pm LC  <i>Distance</i>	21 6:00-7:00am 9:30-10:30am  <i>Speed</i>	22 10:30-12:00 LC  <i>Distance</i>  Red Deer Swim Meet	23 9:00-10:30am  <i>Pace</i>
24 6:00-7:00am 9:30-10:30am  <i>Threshold</i>	25 7:00-8:30pm LC  <i>Pull</i>	26 6:00-7:00am 9:30-10:30am  <i>Kick</i>	27 7:00-8:30pm LC  <i>Efficiency</i>	28 6:00-7:00am 9:30-10:30am  <i>Distance</i>	29 10:30am-12:00 LC  <i>Pace</i>	30 9:00-10:30am  <i>Desc 50's</i>
31 6:00-7:00am 9:30-10:30am  <i>Threshold</i>		LC: Long course training (50m) Subject to change without notice			<b>Notes:</b> Erik Kevin Chad	