

february 2019

	minnows	spinners	orcas
1	no practice	no practice	aerobic kicking & turns
2	West Chester Mini Meet	Saturday morning practice	Saturday morning practice
4	conditioning	backstroke drill & starts	threshold
5	backstroke	sprint freestyle	IM, starts & turns
6	no practice	no practice	strength & turns
7	breaststroke	sprints from the blocks	kicking & starts
8	no practice	sprint freestyle	kick & technique work
9	Saturday morning practice	West Chester University Meet	West Chester University Meet
11	freestyle	IM & turns	breaststroke & threshold
12	IM/starts/turns	freestyle drill & threshold	conditioning
13	no practice	no practice	butterfly & starts
14	butterfly	all 4 strokes work	backstroke & threshold
15	no practice	drill work & conditioning	stroke & turns
16	Saturday morning practice	Saturday morning practice	Saturday morning practice
18	conditioning	threshold	freestyle drill, aerobic & starts
19	starts	freestyle & stroke	drills & turns
20	no practice	no practice	strength
21	IM/starts/turns	conditioning	threshold
22	no practice	breaststroke drill	IM work
23	Saturday morning practice	Wahoos Swim Meet	Wahoos Swim Meet
25	conditioning	IM work & sprints	coaches' choice
26	kicking/conditioning	breaststroke drill	transitions
27	no practice	no practice	threshold
28	breaststroke	IM work & sprints	endurance