

october 2018

date	minnows	spinners	orcas
1	backstroke, dives & turns	backstroke, dives & turns	freestyle drills, turns & starts
2	breaststroke	breaststroke	breaststroke drill & pull outs
3	no practice	no practice	butterfly drills
4	freestyle aerobic	freestyle aerobic	sprint set & kicking
5	no practice	freestyle drill	strength & breaststroke
6	Saturday morning practice	Saturday morning practice	Saturday morning practice
8	freestyle	freestyle kick & freestyle turns	backstroke & backstroke turns
9	backstroke	backstroke kick & turns	conditioning
10	no practice	no practice	strength
11	butterfly	aerobic & butterfly	breath control work
12	Saturday morning practice	breaststroke drill, starts & turns	aerobic & turns
13	Saturday morning practice	Upper Dublin Meet	Upper Dublin Meet
14	IM work & kick	IM work & kick	backstroke drill & freestyle aerobic
16	conditioning	conditioning	threshold
17	no practice	no practice	lungbusters & kick
18	strength	strength	breaststroke & aerobic
19	no practice	freestyle drill	aerobic & turns
20	University of Delaware Meet	University of Delaware Meet	University of Delaware Meet
22	breaststroke	IM work & kick	stroke work
23	freestyle drills	freestyle drills	sprints & starts
24	no practice	no practice	conditioning
25	breaststroke drills	breaststroke drills	freestyle drills & starts
26	no practice	freestyle drills & starts	threshold & turns
27	Saturday morning practice	Saturday morning practice	Saturday morning practice
29	freestyle drills & starts	freestyle strength & turns	sprint set
30	Halloween practice	Halloween practice	Halloween practice
31	no practice	no practice	no practice