

MARCH 2010

AGUA Masters Monthly Event and Coaching Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	5:45 - 7:15am: Craig 12-1pm: Craig 7:30-9pm: Craig/Connor Mid-Distance	12-1pm: Craig 7:30-9pm: Craig/Lisa Sprint	5:45-7:15am: Craig 12-1pm: Craig 7:30-9pm: Craig Mid-Distance	12-1pm: Craig 7:30-9pm: Erin/Liz Intensive	5:45-7:15am: Marko 12-1pm: Craig Mid-Distance	6-8am: Craig 50 Meter Time Trials
7	8	9	10	11	12	13
7-8am: Josh's Tri Workout <u><i>SPRING FLING MEET</i></u> Focus: Technique Week	5:45 - 7:15am: Craig 12-1pm: Craig 7:30-9pm: Craig/Connor Specialty Groups	12-1pm: Craig 7:30-9pm: Craig/Lisa BR Technique/Tempo	5:45-7:15am: Craig 12-1pm: Josh 7:30-9pm: Craig Distance	12-1pm: Craig 7:30-9pm: Erin/Liz #4 Stroke Sprint	5:45-7:15am: Craig 12-1pm: Craig #1 Stroke Sprint	6-8am: Craig Intensive
14	15	16	17	18	19	20
7-8am: Josh's Tri Workout Focus: Specialty Stroke	5:45 - 7:15: Craig 12-1pm: Craig 7:30-8:30pm: Connor Fly Technique/Tempo	12-1pm: Craig 7:30-9pm: Craig Recovery Mid-Distance	5:45-7:15: Craig 12-1pm: Craig 7:30-9pm: Craig/Josh Specialty Stroke Work	12-1pm: Paper Workout 7:30-9pm: Lisa Long Axis LSD	5:45-7:15: Liz 12-1pm: Fall Specialty Sprint	6-8am: Erica <u><i>NEM CHAMPIONSHIPS</i></u> <u><i>BOSTON, MA</i></u> <u><i>(DISTANCE EVENTS)</i></u>
21	22	23	24	25	26	27
7-8am: Josh's Tri Workout Focus: Mini Taper Week	5:45 - 7:15: Erin 12-1pm: Nelson 7:30-8:30pm: Connor 4 Block - Off Stroke	12-1pm: Craig 7:30-9pm: Craig/Lisa 3 Block - Long Axis	5:45-7:15: Craig 12-1pm: Craig 7:30-9pm: Craig/Josh 2 Block - Specialty	12-1pm: Craig 7:30-9pm: Erin/Liz 1 Block - Starts/Turns	5:45-7:15am: Marko 12-1pm: Bryan Beary <u><i>NEM CHAMPIONSHIPS</i></u> <u><i>BOSTON, MA</i></u>	6-8am: Lisa <u><i>NEM CHAMPIONSHIPS</i></u> <u><i>BOSTON, MA</i></u>
28	29	30	31	APRIL 1	APRIL 2	APRIL 3
7-8am: Josh's Tri Workout <u><i>NEM CHAMPIONSHIPS</i></u> <u><i>BOSTON, MA</i></u> Focus: Build Up Week	5:45 - 7:15: Craig 12-1pm: Craig 7:30- 8:30pm: Craig/Connor 2 Block/LSD	12-1pm: Craig 7:30-9pm: Craig/Lisa 3 Block Mid-Distance	5:45-7:15: Craig 12-1pm: Craig 7:30-9pm: Craig/Josh 4 Block Stroke/IM	12-1pm: Craig 7:30-9pm: Erin/Liz 4 Block 50 x 100	5:45-7:15pm: Marko 12-1pm: Craig 3 Block LSD	6-8am: Craig Intensive

**This schedule is subject to change without notice.