

OPELIKA SWIM TEAM

PUPS/DAWGS WORKOUT FOCUS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	8
		FREE/BACK KICK	FREE/BACK TURNS	BUTTERFLY KICK		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9	10	11	12	13	14	15
	BUTTERFLY STARTS	BREASTSTROKE KICK	BREASTSTROKE TURNS	FREE/BACK STARTS		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16	17	18	19	20	21	22
	FREE/BACK KICK	BUTTERFLY STARTS	BUTTERFLY KICK	BREASTSTROKE TURNS		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24	25	26	27	28	29
			BREASTSTROKE KICK	FREE/BACK TURNS	BUTTERFLY STARTS	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
	BUTTERFLY STARTS		BREASTSTROKE KICK	FREE/BACK STARTS	FREE/BACK TURNS	