

PRELIMINARY AUGUST 2019 EXCEL SWIM SCHEDULE

Check the Excel "Swim Schedule" website section for details and updated info

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|---|--|---|
| 28 July SWIM 9:00-10:30AM in FREEDOM POOL TENTATIVE – TBD | 29 July SWIM 6:00-7:30AM long course meters SWIM 7:30-9:00AM long course meters | 30 July AM LITC track workout SWIM 7:00-8:15PM SCM + LCM lanes | 31 July SWIM 6:00-7:30AM long course meters SWIM 7:30-9:00AM long course meters | 1 August AM LITC bike intervals SWIM 7:00-8:15PM short course lanes | 2 August SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes | 3 August LITC/TRE weekend bike rides and runs Swim Across America Sound-To-Cove Event |
| 4 August SWIM 9:00-10:30AM short course lanes | 5 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes | 6 AM LITC track workout SWIM 7:00-8:15PM short course lanes | 7 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes | 8 AM LITC bike intervals SWIM 7:00-8:15PM short course lanes | 9 SWIM 6:00-7:30AM short course lanes SWIM 7:30-9:00AM short course lanes | 10 August LITC/TRE weekend bike rides and runs |
| 11 August Excel Team Event Pt. Lookout Ocean Swim Challenge!!! | 12 <i>No scheduled workouts</i> | 13 AM LITC track workout PM POOL workout LIAC Freedom Pool TENTATIVE – TBD | 14 AM POOL workouts LIAC Freedom Pool TENTATIVE – TBD | 15 AM LITC bike intervals PM open water swim | 16 AM open water swims | 17 August LITC/TRE weekend bike rides and runs |
| 18 August Supervised group open water swim practices. | 19 <i>No scheduled workouts</i> | 20 AM LITC track workout PM POOL workout LIAC Freedom Pool TENTATIVE – TBD | 21 AM POOL workouts LIAC Freedom Pool TENTATIVE – TBD | 22 AM LITC bike intervals PM open water swim | 23 AM open water swims | 24 August LITC/TRE weekend bike rides and runs |
| 25 August Runners Edge Tobay Tri Ironman 70.3 Maine | 26 <i>End-of-summer team training break through Labor Day weekend.</i> | 27 <i>End-of-summer team training break through Labor Day weekend.</i> | 28 <i>End-of-summer team training break through Labor Day weekend.</i> | 29 <i>End-of-summer team training break through Labor Day weekend.</i> | 30 <i>End-of-summer team training break through Labor Day weekend.</i> | 31 August |