

# WAVES Weekly Practice Schedule

## Winter 2017 / 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mixed	Technique	Distance	Stroke & USRPT	Stroke & USRPT	Mixed & technique	Mixed
8:00-9:00am Naperville BEGINNERS	5:30-6:30am <b>A</b> 6:30-7:30am <b>I</b> Naperville	5:30-6:30am Seven Bridges	5:30-6:30am <b>A</b> 6:30-7:30am <b>I</b> Naperville		5:30-6:30am <b>A</b> 6:30-7:30am <b>I</b> Seven Bridges	7:30-9am <b>A</b> Naperville  7:30-8:45am <b>I</b> Seven Bridges
	10-11am <b>A</b> 11am-12pm <b>I</b> Naperville	10-11:15am Naperville <b>I / A</b>  10-11am Seven Bridges BEGINNERS		10-11am Naperville BEGINNERS  10-11am Seven Bridges <b>I / A</b>	10-11am <b>A</b> 11am-12pm <b>I</b> Naperville	
3-4pm Naperville		5-6pm Naperville		5-6pm Naperville		
		7-8:30pm Naperville	7:30-8:30pm 7 Bridges (technique)	7-8:15pm Naperville		

\*\* Off site practices will be announced in team emails and posted on web site & facebook page \*\*

[www.napervillewavesswimclub.com](http://www.napervillewavesswimclub.com)

### SUGGESTED GUIDELINES FOR PRACTICE ABILITIES

**BEGINNER PRACTICES** - open to our older swimmers or those new to lap swimming. 1600 - 2300 yds

**INTERMEDIATE PRACTICES** - up to 2800 yards / practice - more emphasis on technique than advanced practices

- interval base 1:40 - 2:20 / 100

**ADVANCED PRACTICES** - 2800 - 5000 yards / practice - higher intensity with interval base 1:40 / 100 or

faster