

WAVES Weekly Practice Schedule

Winter 2018 / 2019

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 A 6:30-7:30am I Naperville	5:30-6:30am Seven Bridges	5:30-6:30am A 6:30-7:30am I		5:30-6:30am A 6:30-7:30am I Seven Bridges	7:30-9am A Naperville 7:30-8:45am I Seven Bridges
	10-11am A 11am-12pm I Naperville	10-11:15am Naperville I / A 10-11am Seven Bridges BEGINNERS		10-11am Naperville BEGINNERS 10-11am Seven Bridges I / A	10-11am A 11am-12pm I 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 **

<http://waves.clubexpress.com/>

SUGGESTED QUIDELINES 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 / 10

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