

October 2022

October 2022						November 2022							
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
2	3	4	5	6	7	8	6	7	8	9	10	11	12
9	10	11	12	13	14	15	13	14	15	16	17	18	19
16	17	18	19	20	21	22	20	21	22	23	24	25	26
23	24	25	26	27	28	29	27	28	29	30			
30	31												

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sep 25	26	27	28	29	30	Oct 1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
Pre-Season Conditioning						
		6:30am 7:30am Dryland Conditioning		6:30am 7:30am Dryland Conditioning		
16	17	18	19	20	21	22
Pre-Season Conditioning						
		6:30am 7:30am Dryland Conditioning		6:30am 7:30am Dryland Conditioning		
23	24	25	26	27	28	29
Pre-Season Conditioning						
	4:00pm 5:00pm Girls Middle School Meet	6:30am 7:30am Dryland Conditioning		6:30am 7:30am Dryland Conditioning		
30	31	Nov 1	2	3	4	5
	Pre-Season Conditioning					

November 2022

November 2022							December 2022						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
6	7	1	2	3	4	5	4	5	6	7	1	2	3
13	14	8	9	10	11	12	11	12	13	14	15	16	17
20	21	22	23	24	25	26	18	19	20	21	22	23	24
27	28	29	30				25	26	27	28	29	30	31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Oct 30	31	Nov 1	2	3	4	5
		Pre-Season Conditioning				
		6:30am 7:30am Dryland Conditioning		6:30am 7:30am Dryland Conditioning		
6	7	8	9	10	11	12
	Aerobic Training Base					8:00am 9:30am Water Polo
	Season Starts 6:00pm 8:30pm Practice	6:30am 7:30am Technique Review 6:00pm 8:30pm Practice	6:30am 7:30am Technique Review 6:00pm 8:30pm Practice	6:30am 7:30am Technique Review 6:00pm 8:30pm Practice	6:30am 7:30am Technique Review 4:15pm 6:30pm Practice	
13	14	15	16	17	18	19
	Aerobic Training Base					8:00am 10:00am Swim-a-thon Fundraiser
	6:30am 7:30am Morning Conditioning 4:00pm 5:00pm Girls Middle School Meet 5:30pm 8:00pm Practice	6:30am 7:30am Morning Conditioning 4:15pm 6:30pm Practice	6:30am 7:30am Morning Conditioning 4:15pm 6:30pm Practice	6:30am 7:30am Morning Conditioning 4:30pm 4:45pm Team Pictures 4:45pm 6:30pm Practice	6:30am 7:30am Morning Conditioning 4:15pm 6:30pm Practice	
20	21	22	23	24	25	26
	Aerobic Training Base					8:00am 9:30am Water Polo
	6:30am 7:30am Morning Conditioning 4:00pm 5:30pm Girls Middle School Conference 6:00pm 8:30pm Practice	Away Meet 6:30am 7:30am Morning Conditioning 6:00pm 8:30pm Metro Meet - CRW	6:30am 7:30am Morning Conditioning 4:15pm 6:30pm Practice	Thanksgiving Break Thanksgiving - No Scheduled Practices	7:30am 8:30am Morning Conditioning 8:30am 11:00am Practice	
27	28	29	30	Dec 1	2	3
	Race Pace Training					
	Pure Speed 6:30am 7:30am Morning Conditioning 4:15pm 6:30pm Practice	Home Meet 6:30am 7:30am Morning Conditioning 6:00pm 8:30pm Waterloo	Hard Aerobic Kick 6:30am 7:30am Morning Conditioning 4:15pm 6:30pm Practice			

December 2022

December 2022							January 2023						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
	4	5	6	7	8	9	1	2	3	4	5	6	7
11	12	13	14	15	16	17	8	9	10	11	12	13	14
18	19	20	21	22	23	24	15	16	17	18	19	20	21
25	26	27	28	29	30	31	22	23	24	25	26	27	28
							29	30	31				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Nov 27	28	29	30	Dec 1	2	3
				Race Pace Training		10:00am 1:30pm Sun Prairie Invite
				Lactate	Recovery	
				6:30am 7:30am Morning Conditioning	6:30am 7:30am Morning Conditioning	
				4:15pm 6:30pm Practice	4:15pm 6:00pm Practice	
4	5	6	7	8	9	10
				Race Pace Training		11:00am 2:30pm Grinnell Invite
	Lactate	Away Meet	High Aerobic	Up Tempo	Aerobic	
	6:30am 7:30am Morning Conditioning					
	4:15pm 6:30pm Practice	6:00pm 8:30pm DUBS	4:15pm 6:30pm Practice	4:15pm 6:30pm Practice	4:15pm 6:30pm Practice	
11	12	13	14	15	16	17
				Race Pace Training		
	Smooth Speed	Home Meet	Pure Speed	Hard Kick	Up Tempo	
	6:30am 7:30am Morning Conditioning					
	4:15pm 6:30pm Practice	6:00pm 8:30pm DUBH	4:15pm 6:30pm Practice	4:15pm 6:30pm Practice	4:15pm 6:30pm Practice	
18	19	20	21	22	23	24
				Race Pace Training		
	Smooth Speed	Hard Aerobic Kick	Smooth Speed	Pure Speed	Christmas Break	
	6:30am 7:30am Morning Conditioning	7:30am 10:30am 12 Days of Christmas				
	4:15pm 6:30pm Practice	4:15pm 6:30pm Practice	4:15pm 6:30pm Practice	4:15pm 6:30pm Practice		
25	26	27	28	29	30	31
Christmas						
				Christmas Break		
				Race Pace Training		
	Hard Aerobic Kick	Lactate	Up Tempo	Wildcard	7:30am 10:30am 100x100's	
	7:30am 8:30am Morning Conditioning	8:30am 11:00am Practice				
	8:30am 11:00am Practice	8:30am 11:00am Practice	8:30am 11:00am Practice	8:30am 11:00am Practice		

January 2023

January 2023							February 2023						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7	5	6	7	1	2	3	4
8	9	10	11	12	13	14	12	13	14	15	16	17	18
15	16	17	18	19	20	21	19	20	21	22	23	24	25
22	23	24	25	26	27	28	26	27	28				
29	30	31											

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jan 1, 23 New Years	2 Christmas Break Up Tempo 6:30am 7:30am Morning Conditioning 4:15pm 6:30pm Practice	3 Lactate 6:30am 7:30am Morning Conditioning 4:15pm 6:30pm Practice	4 Race Pace Training Pure Speed 6:30am 7:30am Morning Conditioning 4:15pm 6:30pm Practice	5 Up Tempo 6:30am 7:30am Morning Conditioning 4:15pm 6:30pm Practice	6 Recovery 6:30am 7:30am Morning Conditioning 4:15pm 6:30pm Practice	7 12:00pm 3:30pm Linn-Mar Invite
8	9 Pace Set 6:30am 7:30am Morning Conditioning 4:15pm 6:30pm Practice	10 Away Meet 6:30am 7:30am Morning Conditioning 4:15pm 6:30pm Practice 6:00pm 8:30pm CRJ	11 Peaking - Ultra Short Race Pace Training Pace Set 6:30am 7:30am Morning Conditioning 4:15pm 6:30pm Practice	12 Pace Set 6:30am 7:30am Morning Conditioning 4:00pm 5:00pm Middle 5:15pm 7:30pm Practice	13 Aerobic 6:30am 7:30am Morning Conditioning 4:15pm 6:30pm Practice	14 Home Meet 12:00pm 2:30pm Ankeny Centennial
15	16 No School Pace Set 6:30am 7:30am Morning Conditioning 4:15pm 6:30pm Practice	17 Home Meet 6:30am 7:30am Morning Conditioning 6:00pm 8:30pm ICH/DEC	18 Peaking - Ultra Short Race Pace Training Pace Set 6:30am 7:30am Morning Conditioning 4:15pm 6:30pm Practice	19 Pace Set 6:30am 7:30am Morning Conditioning 4:15pm 6:30pm Practice	20 Aerobic 6:30am 7:30am Morning Conditioning 4:15pm 6:30pm Practice	21 12:30pm 3:00pm Varsity Conference (Venue LMAR)
22	23 Event Specific 6:30am 7:30am Morning Conditioning 4:15pm 6:30pm Practice	24 Event Specific 6:30am 7:30am Morning 4:00pm 5:30pm Middle 5:00pm 9:00pm Target Meet 5:45pm 8:00pm Practice	25 Aerobic 6:30am 7:30am Morning Conditioning 4:15pm 6:30pm Practice	26 Event Specific 6:30am 7:30am Morning Conditioning 4:15pm 6:30pm Practice	27 Recovery 6:30am 7:30am Morning Conditioning 4:15pm 6:30pm Practice	28 7:30am 9:00am Varsity Unloading 12:00pm 2:30pm FR/SO Conference (Venue CF)
29	30 Peaking - Ultra Short Race Pace Training Event Specific 4:15pm 6:30pm Practice	31 Event Specific 4:15pm 6:30pm Practice	Feb 1	2	3	4

February 2023

February 2023							March 2023						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
5	6	7	8	9	10	11	5	6	7	8	9	10	11
12	13	14	15	16	17	18	12	13	14	15	16	17	18
19	20	21	22	23	24	25	19	20	21	22	23	24	25
26	27	28					26	27	28	29	30	31	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jan 29	30	31	Feb 1	2	3	4
			Peaking - Ultra Short Race Pace Training Aerobic 4:15pm 6:30pm Practice	Event Specific 6:30am 7:30am Yoga 4:15pm 6:30pm Practice	Recovery 4:15pm 6:30pm Practice	Target Meet - District 12:00pm 4:00pm Venue TBD
5	6	7	8	9	10	11
	Peaking - Ultra Short Race Pace Training Event Specific 4:15pm 6:30pm Practice	Peaking - Ultra Short Race Pace Training Event Specific 4:15pm 6:30pm Practice	Pace Set 6:30am 7:30am Yoga 4:15pm 6:30pm Practice	Target Meet Prep 4:15pm 6:30pm Practice	Target Meet - State (U of I) 5:00pm 8:00pm Prelims	Target Meet - State (U of I) 12:00pm 4:00pm Finals
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	Mar 1	2	3	4