



PURE . AUSTIN . COACHING



Summer Practice Schedule
Begins April 5th, 2010

WWW.PUREAUSTINCOACHING.COM

	Monday	Tuesday	Wednesday	Thursday	Friday
Swim Core	6:15 PM - 7:15 PM Open Water Swim Quarry Lake	6:15 PM - 7:15 PM Open Water Swim Quarry Lake	6:45 - 7:15 PM Core Strength 7:30 - 8:30 PM Pool Swim Quarry Lake	6:15 PM - 7:15 PM Open Water Swim Quarry Lake	6:30 AM - 7:30 AM Pool Swim Quarry Lake
Bike		7:30 PM - 8:15 PM Indoor Cycling Quarry Lake		7:30 PM - 8:15 PM Indoor Cycling Quarry Lake	
Run			6:15 AM - 7:15 AM Track Run Anderson High Track		6:30 PM - 7:30 PM Tempo Run Barton Springs Pool Post Run Wassailing
Trigger Point	7:30 PM - 8:30 PM Trigger Point Quarry Lake				