

2020 Summer Senior Road Map

The approach to what you do results in what you achieve.

	OST										
	15-Jun	22-Jun	29-Jun	6-Jul	13-Jul	20-Jul	27-Jul	3-Aug	10-Aug	17-Aug	24-Aug
Monday											
Tuesday											
Wednesday						NWC					
Thursday							EOSTT				
Friday							EOSTT				
Saturday											
Sunday											
Mon Drill	fr	ba	br	bf	fr	bf	ba	bf	fr	br	ba
Tue Drill	fr	ba	br	bf	br	fr	bf	ba	bf	fr	br
Wed Drill								br	ba	bf	fr
Thur Drill	fr	ba	br	bf	ba	br	fr	fr	br	ba	bf
Fri Drill	fr	ba	br	bf	bf	ba	br				
Sat Drill											
Video Tape											
Dryland	mwf	mwf	mwf	mwf	mwf	mwf	mwf				
LTS				Thursday	Thursday	Thursday	Thursday	Thursday			
T30							Monday				
10x100 FR				Tuesday		Tuesday			Thursday		
10x100 IM					Tuesday		Tuesday			Thursday	
Kick				x		x					Thursday

T30 Team Top Three
 Men - Adam Lewno 2750, Josh Griffey 2700, Andy Gelden 2575
 Women - Paige Weslaski and Megan Schultz 2550, Jenny Gelden 2500, Michelle Goettge 2500