

**2008 Charleston Long Course Training Schedule  
(Beginning June 2008)**

Pool		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Senior</b>	<b>MLK (AM)</b> SR1	6:00-9:00	6:00-9:00	6:00-9:00	6:00-9:00	6:00-9:00	6:00-9:00
	SR2	7:00-9:00	7:00-9:00	7:00-9:00	7:00-9:00	7:00-9:00	7:00-9:00
	<b>MLK (PM)</b> SR1 & 2	4:30-6:30	4:30-6:30	4:30-6:30	4:30-6:30	4:30-6:30	
	<b>Dry land</b>		2:30-4:00 PM		2:30-4:00 PM		9:30-11:00 AM
Pool		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Gold</b>	<b>MLK (AM)</b>	7:00-9:00	7:00-9:00	7:00-9:00	7:00-9:00	7:00-9:00	7:00-9:00
	<b>MLK (PM)</b>			4:30-6:30			
	<b>Dry land</b>		2:30-4:00 PM		2:30-4:00 PM		9:30-11:00 AM
Pool		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Silver *</b>	<b>MLK (AM)</b>	7:00-8:30		7:00-8:30		7:00-8:30	8:00-9:30
	<b>MLK (AM)</b>	8:00-9:30		8:00-9:30		8:00-9:30	
Pool		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Bronze *</b>	<b>MLK (AM)</b>		7:00-8:30		7:00-8:30		8:00-9:30
	<b>MLK (AM)</b>		8:00-9:30		8:00-9:30		

Bronze and Silver groups, listed above, includes swimmers from MLK, WLS & SYMCA. These groups have an “early” group and a “later” group.

**2008 Summerville Long Course Training Schedule  
(Beginning June 2008)**

	<b>Pool</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Gold</b>	<b>MLK (AM)</b>	7:00-9:00	7:00-9:00	7:00-9:00	7:00-9:00	7:00-9:00	7:00-9:00
	<b>SYMCA (PM)</b>	5:00-7:00		5:00-7:00		5:00-7:00	
	<b>Dryland (PM)</b>	7:00-7:30		7:00-7:30		7:00-7:30	9:30-11:00 (AM)
	<b>Pool</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Silver</b>	<b>MLK (AM)</b>	7:00-8:30 or 8:00-9:30		7:00-8:30 or 8:00-9:30		7:00-8:30 or 8:00-9:30	8:00-9:30
<b>Bronze</b>	<b>MLK (AM)</b>		7:00-8:30 or 8:00-9:30		7:00-8:30 or 8:00-9:30		8:00-9:30