

# HYBRID PERFORMANCE - March 2019

Coach: Carmen Thorburn

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24 1.30 – 3.00 pm Hill Park	<b>25</b> 5.45 – 7.30 am Hill Park	<b>26</b> 5.30 – 7:00 pm Hill Park swim.	<b>27</b> 5.45 – 7.30 am Hill Park	<b>28</b> OFF	<b>1</b> OFF	<b>2</b> 6.00 – 7.30 am McMaster
<b>3</b> 8:00-9:30 am McMaster	<b>4</b> 5.45 – 7.30 am Hill Park	<b>5</b> 5.30 – 7:00 pm Hill Park swim	<b>6</b> 5.45 – 7.30 am Hill Park	<b>7</b> OFF	<b>8</b> OFF	<b>9</b> 6.00 – 7.30 am McMaster
<b>10</b> 1.30 – 3.00 pm Hill Park	<b>11</b> 5.45 – 7.30 am Hill Park	<b>12</b> OFF	<b>13</b> 5.45 – 7.30 am Hill Park	<b>14</b> OFF	<b>15</b> 5:30-7:30 am McMaster	<b>16</b> 6:00-8:00 am McMaster
<b>17</b> 8:00-10:00 am McMaster	<b>18</b> 5.00 – 6.30 pm Central	<b>19</b> 5.30 – 7:00 am McMaster	<b>20</b> OFF	<b>21</b> OFF	<b>22</b> OFF	<b>23</b> 6:00-9:00 am McMaster Swimathon
<b>24</b> 8:00-10:00 McMaster	<b>25</b> 5.45 – 7.30 am Hill Park	<b>26</b> 4:00-5:30 pm Hill Park	<b>27</b> 5.45 – 7.30 am Hill Park	<b>28</b> OFF	<b>29</b> OFF	<b>30</b> 6.00 – 7.30 am McMaster