Monthly Pool Workout Planner														
Weekly Workout	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Week 1	Do	Did	Do	Did	Do	Did	Do	Did	Do	Did	Do	Did	Do	Did
1)														
2)														
3)														
4)														
5)														
6)														
7)														
8)														
9)														
10)														
Week 2	Do	Did	Do	Did	Do	Did	Do	Did	Do	Did	Do	Did	Do	Did
1)														
2)														
3)														
4)														
5)														
6)														
7)														
8)														
9)														
10)														
Week 3	Do	Did	Do	Did	Do	Did	Do	Did	Do	Did	Do	Did	Do	Did
1)		5.0		Dia	20	5.0	50	2.0		5.0	30	J.G	20	2.0
2)														
3)														
4)														
5)														
6)														
7)														
8)														
9)														
10)														
Week 4	Do	Did	Do	Did	Do	Did	Do	Did	Do	Did	Do	Did	Do	Did
1)	ВО	Dia	ВО	Dia	ВО	Dia	Во	Dia	Во	Dia	ВО	Dia	ВО	Dia
2)		I	I											
2)										i .		i		1
3)														
4)														
4) 5)														
4) 5) 6)														
4) 5) 6) 7)														
4) 5) 6) 7) 8)														
4) 5) 6) 7)														