



IRON HAWK
OFF SEASON WORKOUT SCHEDULE

- DAY 1: **MONDAY, AUGUST 11TH**
INDIAN HILL SWIM CLUB 9-11 am
- DAY 2: **WEDNESDAY, AUGUST 13TH**
INDIAN HILL SWIM CLUB 9-11 am
- DAY 3: **MONDAY, AUGUST 18TH**
INDIAN HILL SWIM CLUB 10-12 am
- DAY 4: **WEDNESDAY, AUGUST 20TH**
INDIAN HILL SWIM CLUB 10-12 am
- DAY 5: **MONDAY, AUGUST 25**
CCDS 5-7 pm
- DAY 6: **WEDNESDAY, AUGUST 27TH**
CCDS 5-7 pm
- DAY 7: **THURSDAY, AUGUST 28TH**
CCDS 5-7 pm

**WORKOUT MAY CONSIST OF A COMBINATION OF SWIMMING/RUNNING/DRYLAND.
PLEASE BRING PROPER ATTIRE TO ALL WOROUTS**