

SWIM TORRANCE  
2010 SAN DIEGO TRAINING CAMP  
ITINERARY

**Friday August 27<sup>th</sup>**

<b>Time</b>	<b>Action</b>
12:00pm	Depart Torrance Plunge for San Diego
2:30pm	Depart for pool
3:00pm	Workout
5:30pm	Schedule overview
6:00pm	Dinner
6:30pm	Team building activity
8:00pm	Supervised free time
10:00pm	Lights out

**Saturday August 28<sup>th</sup>**

<b>Time</b>	<b>Action</b>
7:30am	Swimmers meet in lobby for continental breakfast
8:30am	Head to pool for workout
9:00am	Workout
11:00am	Dryland
12:00pm	Lunch
1:30pm	Classroom session #1 – Goal setting and season overview
3:00pm	Workout 2
5:30pm	Team building activity
6:00pm	Dinner
7:30pm	Social event

**Sunday August 29<sup>th</sup>**

<b>Time</b>	<b>Action</b>
7:30am	Swimmers meet in lobby for continental breakfast
8:30am	Individual goal sessions begin
12:00pm	Checkout & Lunch
2:00pm	Beach
4:00pm	Depart San Diego to return to Torrance Plunge
7:30pm	Arrive back at Torrance Plunge