

November

2022

Group Pool Swims
Open Water Swim Training
Schuylkill Triathlon Club
Coach John Kenny



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---------------------|---------------------|---|-----------------------|---------------------|--|
| 30 | 31 | 1 | 2 | 3 | 4 | 5 |
| | | LPSC 6:30a-7:45a | LPSC 7:20a-8:40a | LPSC 11:00a-12:15p | LPSC 7:20a-8:40a | LPSC 12:00p-1:15p |
| | | LPSC 2:00p-3:15p | STC -Group Run 6:30p @ Springfield HS | LPSC 7:30p-8:45p | | |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| Villanova 9:00a-10:30a 10:30a-12:00p | LPSC 7:20a-8:40a | LPSC 6:30a-7:45a | LPSC 7:20a-8:40a | LPSC 11:00a-12:15p | LPSC 7:20a-8:40a | Harvest Hare Swim & TriFest & 12:30p |
| | LPSC 7:30p-8:45p | LPSC 2:00p-3:15p | STC -Group Run 6:30p @ Springfield HS | LPSC 7:30p-8:45p | | |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| Villanova 9:00a-10:30a 10:30a-12:00p | LPSC 7:20a-8:40a | LPSC 6:30a-7:45a | LPSC 7:20a-8:40a | LPSC 11:00a-12:15p | LPSC 7:20a-8:40a | LPSC 12:00p-1:15p |
| | LPSC 7:30p-8:45p | LPSC 2:00p-3:15p | STC -Group Run 6:30p @ Springfield HS | LPSC 7:30p-8:45p | | |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| Villanova 9:00a-10:30a 10:30a-12:00p | LPSC 7:20a-8:40a | LPSC 6:30a-7:45a | LPSC 7:20a-8:40a | LPSC 11:00a-12:15p | LPSC 7:20a-8:40a | LPSC 12:00p-1:15p |
| | LPSC 7:30p-8:45p | LPSC 2:00p-3:15p | STC -Group Run 6:30p @ Springfield HS | | | |
| 27 | 28 | 29 | 30 | 1 | 2 | 3 |
| LPSC 7:45a-9:00a | LPSC 7:20a-8:40a | LPSC 6:30a-7:45a | LPSC 7:20a-8:40a | | | |
| | LPSC 7:30p-8:45p | LPSC 2:00p-3:15p | STC -Group Run 6:30p @ Springfield HS | | | |

Lawrence Park Swim Club
293 Langford Rd.
Broomall, PA 19008

Villanova University:
Pavillion Swim Center
N. Ithan Ave
Villanova, PA 19085

Springfield HS Track
200 S Rolling Rd.
Springfield, PA 19064

Questions? Contact: info@frenchcreekracing.com OR visit our [Facebook Page](#)
For updates, join our [Swim Training Facebook Group](#)