



# OCTOBER 2016

## Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <b>8-9:45am RIT</b> IM 4,500yds
2 <b>NO PRACTICE</b>	3 <b>5:45-7:15am MCC</b> Middle Distance 4,500 yds	4 <b>6:30-8 pm MCC</b> Open Turns/short axis 4,400yds	5 <b>5:45-7:15am MCC</b> Open Turns/short axis 4,400yds	6 <b>6:30-8 pm MCC</b> Quality/dolphin kick 4,000yds	7 <b>5:45-7:15am MCC</b> Quality/dolphin kick 4,000yds	8 <b>8-9:45am RIT</b> Pace 4,500yds
9 <b>NO PRACTICE</b>	10 <b>5:45-7:15am MCC</b> Pulling 4,300 yds	11 <b>6:30-8 pm MCC</b> Pulling 4,300yds	12 <b>5:45-7:15am MCC</b> Sprint 3,500yds	13 <b>6:30-8 pm MCC</b> Sprint 3,500yds	14 <b>5:45-7:15am MCC</b> Sculling/Toe Point 4,500yds	15 <b>8-9:45am RIT</b> Distance 5,000yds
16 <b>NO PRACTICE</b>	17 <b>5:45-7:15am MCC</b> Pace 5,000 yds	18 <b>6:30-8 pm MCC</b> Pace 5,000yds	19 <b>5:45-7:15am MCC</b> NPS 4,500yds	20 <b>6:30-8 pm MCC</b> NPS 4,500yds	21 <b>5:45-7:15am MCC</b> Finishes/Quality 4,000yds	22 <b>8-9:00am RIT</b> <b>General Sets 9:00</b> <b>start of Postal</b> 3000/6000
23 <b>NO PRACTICE</b>	24 <b>5:45-7:15am MCC</b> Kicking 4,500yds	25 <b>6:30-8 pm MCC</b> Free Quality 4,000yds	26 <b>5:45-7:15am MCC</b> Free Quality 4,000yds	27 <b>6:30-8 pm MCC</b> Flip Turns 4,600yds	28 <b>5:45-7:15am MCC</b> Flip Turns 4,600yds	29 <b>8-9:45am RIT</b> Sprint/Starts 3,800yds
30 <b>NO PRACTICE</b>	31 <b>5:45-7:15am MCC</b> Tennis Ball/Stroke 4,500yds  	<b>Birthdays</b> 		Heidi 10/5 Kate S 10/6 Tom B 10/11 Erik 10/13 Phil 10/17	Fred 10/18 Christina DiGiorgio 10/20 Patty 10/27 Pier & Bruce R 10/31	