

# NOVEMBER 2016

## Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 6:30-8 pm MCC Pace 5,000yds	2. 5:45-7:15am MCC Pace 5,000yds	3 6:30-8 pm MCC Breath Control/Finishes 4,000yds	4 5:45-7:15 am MCC Bilateral Breathing 3,500yds	5 8-9:45 am RIT Starts, Turns, Finish 3,000yds
6 RAMS & RIT MASTERS SWIM MEET 	7 5:45-7:15 am MCC Short Axis 4,500yds	8 6:30-8 pm MCC Short axis 4,500yds	9 5:45-7:15 am MCC General Sets 3,800yds Videotaping	10 6:30-8 pm MCC General Sets 3,800yds Videotaping	11 5:45-7:15 am MCC Free 3,800yds	12 8-9:45 am RIT Middle Distance 5,200yds
13 NO PRACTICE	14 5:45-7:15 am MCC Distance 5,400yds	15 6:30-8 pm MCC Sculling/fly 4,000	16 5:45-7:15 am MCC Sculling/fly 4,000	17 6:30-8 pm MCC Streamline/Exhale 4,200yds	18 5:45-7:15 am MCC Streamline/Exhale 4,200yds	19 8-9:45 am RIT Pulling 5,400yds
20 NO PRACTICE	21 5:45-7:15 am MCC Backstroke 4,000yds	22 6:30-8 pm MCC IM Turns 4,000yds	23 5:45-7:15 am MCC IM 4,000yds UNCOACHED	24 NO PRACTICE 	25 NO PRACTICE 	26 8-9:45 am RIT Snorkle 4,200yds
27 NO PRACTICE	28 5:45-7:15am MCC Kicking 4,500yds	29 6:30-8 pm MCC Kicking 4,500yds	30 5:45-7:15 am MCC Breaststroke 3,900yds			
	<b>Birthdays</b> 	Ron P. 11/03 Tae S. 11/04 Pat 11/05 Dale 11/7 Terry P. 11/10	Coach Dana 11/13 Kay 11/19 Eric S. 11/24 George C 11/24 Kelly Mulvehill 11/25			

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