

FEBRUARY 2017

Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 5:45-7:15am MCC Quality 3,800yds	2 6:30-8 pm MCC IM 4,500yds	3 5:45-7:15am MCC IM 4,500yds	4 8-9:45am RIT Starts/Free Turns 4,000yds
5 NO PRACTICE UBuffalo Meet	6 5:45-7:15am MCC Dolphin kick 4,500yds	7 6:30-8 pm MCC Dolphin Kick 4,500yds	8 5:45-7:15am MCC Pulling 4,800yds	9 NO PRACTICE MCC meet	10 NO PRACTICE MCC meet	11 8-9:45am RIT General Sets Starts Videotaping 3,800yds
12 NO PRACTICE	13 5:45-7:15am MCC NPS/Bilateral 5,000yds	14 6:30-8 pm MCC IM Turns 4,500 yds	15 5:45-7:15am MCC IM Turns 4,500yds	16 6:30-8 pm MCC Back Turns 4,500 yds	17 5:45-7:15am MCC Back Turns 4,500 yds	18 8-9:45am RIT Pulling 5,000yds
19 NO PRACTICE	20 5:45-7:15am MCC Streamline/Body Position 4,600yds	21 6:30-8 pm MCC Pace 4,600 yds	22 5:45-7:15am MCC Pace 4,600yds	23 6:30-8 pm MCC General Sets 4,000 Turns Videotaping	24 5:45-7:15am MCC General Sets 4,000yds Turns Videotaping	25 8-9:45 am RIT NATIONAL ONE HOUR SWIM
26 NO PRACTICE	27 5:45-7:15am MCC Sprint 3,600 yds	28 6:30-8 pm MCC Sprint 3,600yds				
		Birthdays: 	Sherrif 2/14 Sheila 2/14 Maureen 2/21 Sonja 2/21 Principal Rob 2/26			