

July 2017

Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 NO PRACTICE
2 NO PRACTICE	3 NO PRACTICE	4 NO PRACTICE	5 5:45-7:15am MCC Freestyle 5,400 yds	6 6:30-8 pm MCC Freestyle 5,400 yds	7 NO PRACTICE	8 8:30 -9:45am GVP Middle Distance Build 4,000m
9 GVP 10am Open Swim Workouts online	10 5:45-7:15am MCC Butterfly 4,000yds	11 6:30-8 pm MCC Pace 5,000 yds	12 5:45-7:15am MCC Pace 5,000 yds	13 6:30-8 pm MCC IM 4,400 yds	14 NO PRACTICE	15 8:30-9:45am GVP Long Axis 4,000m
16 GVP 10am Open Swim Workouts online	17 5:45-7:15am MCC Sprint Kicking 3,500yds	18 6:30-8 pm MCC Sprint Kicking 3,500 yds	19 5:45-7:15am MCC Open Water 4,200 yds	20 6:30-8 pm MCC Open Water 4,200yds	21 NO PRACTICE	22 8-9:45am HARLEY Sprint 3,500yds GVP closed for an event
23 GVP 10am Open Swim Workouts online	24 5:45-7:15am MCC Pulling 5,500yds	25 6:30-8 pm MCC Open Turns 4,000 yds	26 5:45-7:15am MCC Open Turns 4,000 yds	27 6:30-8 PM MCC Dolphin Kick 4,500yds	28 NO PRACTICE Conesus Lake Swim!!!	29 8:30-9:45am GVP PACE Free 4,400m
30 GVP 10am Open Swim Workouts Online	August: No coached practices. Swimmers swim at GVP Open Swims	August 2-6 USMS Long Course Nationals Minneapolis MN	Birthdays 	Lorie 7/13 Kelly U. 7/16 Julie 7/22 Craig K 7/29	Bill M. 8/2 Denise 8/27 Louise 8/28	LC workouts posted on RAMS website