

OCTOBER 2017

Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 NO PRACTICE	2 5:45-7:15am MCC Middle Distance 4,500 yds	3 6:30-8 pm MCC IM/Open Turns 4,400yds	4 5:45-7:15am MCC IM/Open Turns 4,400yds	5 6:30-8 pm MCC Quality/dolphin kick 4,000yds	6 5:45-7:15am MCC Quality/dolphin kick 4,000yds	7 8:10-9:55am RIT Pace 4,500yds
8 NO PRACTICE	9 5:45-7:15am MCC Pulling 4,300 yds	10 6:30-8 pm MCC Pulling 4,300yds	11 5:45-7:15am MCC Sprint 3,500yds	12 6:30-8 pm MCC Sprint 3,500yds	13 5:45-7:15am MCC Sculling/Toe Point 4,500yds	14 8:10-9:55am RIT Distance 5,000yds
15 PRACTICE	NO 16 5:45-7:15am MCC Pace 5,000 yds	17 6:30-8 pm MCC Pace 5,000yds	18 5:45-7:15am MCC NPS 4,500yds	19 6:30-8 pm MCC NPS 4,500yds	20 5:45-7:15am MCC Finishes/Quality 3,800yds	21 8:10-8:50am RIT General Sets Postal 3000/6000 swimmers arrive at 8:30
22 NO PRACTICE	23 5:45-7:15am MCC Kicking 4,500yds	24 6:30-8 pm MCC Free Quality 3,800yds	25 5:45-7:15am MCC Free Quality 3,800yds	26 6:30-8 pm MCC Free Flip Turns 4,600yds	27 5:45-7:15am MCC Free Flip Turns 4,600yds	28 8:10-9:55am RIT Sprint/Ind and Relay Starts 3,400yds
29 NO PRACTICE	30 5:45-7:15am MCC Tennis Ball/Stroke 4,500yds	31 6:30-8 pm MCC Tennis Ball/Stroke 4,500yds 	Birthdays 	Alex 10/5 Kate 10/6 Bernie 10/8 Tom B 10/11 Arik 10/17	Fred 10/18 Christina 10/20 Patty 10/27 Margaret 10/29 Pier & Bruce R 10/31	