

FEBRUARY 2018

Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6:30-8 pm MCC DPS 4,000yds	2 5:45-7:15am MCC DPS 4,000yds	3 8:10-9:55am RIT USMS 1 hour Swim
4 NO PRACTICE	5 5:45-7:15am MCC Short Axis 4,000yds	6 6:30-8 pm MCC Short Axis 4,000yds	7 5:45-7:15am MCC Core/Body Position 4,500yds	8 6:30-8 pm MCC Free/Back Turns 4,000 yds	9 5:45-7:15am MCC Free/Back Turns 4,000 yds	10 8:10-9:55am RIT General Sets Starts Videotaping 3,800yds
11 NO PRACTICE	12 5:45-7:15am MCC Sprint 3,400yds	13 6:30-8 pm MCC IM Turns 4,000 yds	14 5:45-7:15am MCC IM Turns 4,000yds	15 NO PRACTICE MCC Meet	16 NO PRACTICE MCC Meet	17 8:10-9:55am RIT Mini Taper 3,000yds
18. Canandaigua Meet NO PRACTICE	19 5:45-7:15am MCC Kicking 4,400yds	20 6:30-8 pm MCC Kicking 4,400 yds	21 5:45-7:15am MCC Exhale/Streamline 4,000yds	22 6:30-8 pm MCC Pace 5,000	23 5:45-7:15am MCC Pace 5,000yds	24 8:10-9:55 am RIT Breast Pullouts 4,400yds
25 NO PRACTICE	26 5:45-7:15am MCC Pulling 5,200	27 6:30-8 pm MCC General Sets 4,000 Turns Videotaping	28 5:45-7:15am MCC General Sets 4,000 Turns Videotaping			
		Birthdays: 	Colin 2/5 Sherrif 2/14 Sheila 2/14 Matt 2/16 Maureen 2/21 Principal Rob 2/26			