


JANUARY 2018

Rochester Area Masters Swimming Workouts

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day NO PRACTICE	2 6:30-8 pm MCC Pulling 5,000yds	3 5:45-7:15am MCC Pace 5,000yds	4 6:30-8 pm MCC Pace 5,000yds	5 5:45-7:15am MCC IM 4,200yds	6 8- 9:45am RIT Distance 6,500yds
7 NO PRACTICE	8 5:45-7:15am MCC Kicking 5,000yds	9 6:30-8 pm MCC Sprint 3,500yds	10 5:45-7:15am MCC Sprint 3,500yds	11 6:30-8 pm MCC Exhale 4,500yds	12 5:45-7:15am MCC Exhale 4,500yds	13 8:10-9:55am RIT Starts 4,000yds
14 NO PRACTICE	15 NO PRACTICE MLK Day	16 6:30-8 pm MCC Distance 5,500yds	17 5:45-7:15am MCC Distance 5,500yds	18 6:30-8 pm MCC Long Axis 4,500yds	19 5:45-7:15am MCC Long Axis 4,500yds	20 8:10-9:55am RIT Middle Distance 5,000yds
21 NO PRACTICE	22 5:45-7:15am MCC Pulling 4,500yds	23 6:30-8 pm MCC Pulling 4,500yds	24 5:45-7:15am MCC IM 4,200yds	25 6:30-8 pm MCC Sculling/toe point 3,800yds	26 5:45-7:15am MCC Sculling toe/point 3,800yds	27 8:10-9:55am RIT Underwater kicking 4,500yds
28 NO PRACTICE	29 5:45- 7:15am MCC Freestyle 4,600yds	30 6:30-8pm MCC Freestyle 4,600yds	31 5:45-7:15am MCC Backstroke 4,000yds	Birthdays 	Diana 1/7 Mike R 1/17	