

March 2018

Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6:30-8 pm MCC General Set 3,400yds	2 5:45-7:15am MCC General Sets 3,400yds	3 8:10-9:55am RIT Mini Taper 2,500yds
4 RAMS MEET @ RIT 8am - 1pm	5 5:45-7:15am MCC Middle Distance 4,600yds	6 6:30-8 pm MCC Underwater Kick 4,000yds	7 5:45-7:15am MCC Underwater Kick 4,000yds	8 6:30-8 pm MCC Distance 5,200yds	9 5:45-7:15am MCC Distance 5,200yds	10 8:10-9:55am RIT Pace 4,500yds
NO PRACTICE - Daylight Savings Begins	12 5:45-7:15am MCC Sculling/short axis 4,400yds	13 6:30-8 pm MCC Stroke 4,200yds	14 5:45-7:15am MCC Stroke 4,200yds	15 6:30-8 pm MCC Kick 3,800yds	16 5:45-7:15am MCC Kick 3,800yds	17 8:10-9:55am RIT Freestyle 5,000yds
NO PRACTICE	19 5:45-7:15am MCC Pulling 4,500yds	20 6:30-8 pm MCC Quality 3,600yds	21 5:45-7:15am MCC Quality 3,600yds	22 6:30-8 pm MCC Open Turns 4,000yds	23 5:45-7:15am MCC Open Turns 4,000yds	24 8:10-9:55am RIT IM 4,600yds
25 NO PRACTICE	26 5:45-7:15am MCC Body Position/exhale 4,000yds	27 6:30-8 pm MCC Body Position/exhale 4,000yds	28 5:45-7:15am MCC Snorkle 4,000 yds	29 6:30-8 pm MCC Snorkle 4,000yds	30 NO PRACTICE Good Friday	31 8:10-9:55 am RIT Starts sprints finishes 4,000yds
Birthdays 	Holly D. 3/3 Mike M. 3/9 Sean 3/9 Jenna 3/14 Les 3/17 Dianne 3/29					