

April 2018

Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 NO PRACTICE Easter Sunday	2 5:45-7:15am MCC IM 4,00yds	3 6:30-8 pm MCC Freestyle 4,600yds	4 5:45-7:15am MCC Sprint 3,500yds	5 6:30-8 pm MCC Sprint 3,500yds	6 5:45-7:15am MCC Pace 4,000yds	7 8:10-9:55am RIT Relay Starts,Finishes 3,800yds
8 PRACTICE NO	9 5:45-7:15am MCC Breath Control 3,500yds	10 6:30-8 pm MCC Breath Control 3,500yds	11 5:45-7:15am MCC Taper 3,000yds	12 6:30-8 pm MCC General Sets 2,600yds	13 5:45-7:15 am MCC General Sets 4,500yds	14 NO PRACTICE
15 NO PRACTICE NY States contd	16 5:45-7:15am MCC Tennis Balls 4,000yds	17 6:30-8 pm MCC Tennis Balls 4,000yds	18 5:45-7:15am MCC Dolphin Kick 4,500yds	19 6:30-8 pm MCC Stroke 4,300yds	NY State Championships at Binghamton	
22 NO PRACTICE	23 5:45-7:15am MCC Long Axis 4,500 yds	24 6:30-8:00pm MCC Breakout 4,500yds	25 5:45-7:15am MCC Pull outs 4,000yds	26 6:30-8 pm MCC Bilateral 4,800yds	27 5:45-7:15 am MCC Bilateral 4,800yds	21 8:10-9:55 am RIT Toe Point/Sculling 4,600yds
29 8:10-9:55 RIT Open Water 4,600yds	30 5:45-7:15am MCC Distance 5,000 yds					

30 **NO PRACTICE**

Birthdays

Rich 4/3

Dawn & Jason 4/5

Amanda 4/7

Erika 4/9

Lisa S 4/15

Bruce G & Jordan 4/10

Laura Beth 4/27

Lindsay 4/28

Beth 4/29

Lisa P 4/30

