

# July 2018

## Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>NO PRACTICE</b>	2 5:45-7:15 am MCC Distance 5,000yds	3 <b>NO PRACTICE</b>	4 <b>NO PRACTICE</b>	5 6:30-8 pm MCC Freestyle 5,000 yds	6 <b>NO PRACTICE</b>	7 8:30 -9:45am GVP Middle Distance Build 4,000m
8 <b>NO PRACTICE</b>	9 5:45-7:15am MCC Butterfly 4,000yds	10 6:30-8 pm MCC Pace 5,000 yds	11 5:45-7:15 am MCC Pace 5,000 yds	12 6:30-8 pm MCC Sprint 3,400 yds	13 <b>NO PRACTICE</b>	14 8:30-9:45am GVP Long Axis 4,000m
15 <b>NO PRACTICE</b>	16 5:45-7:15am MCC Kicking 4,000yds	17 6:30-8 pm MCC Kicking 4,000 yds	18 5:45-7:15am MCC Open Water 4,600 yds	19 6:30-8 pm MCC Open Water 4,600yds	20 <b>NO PRACTICE</b>	21 8:30-9:45am GVP IM 4,000m
22 <b>NO PRACTICE</b>	23 5:45-7:15am MCC Pulling 5,000yds	24 6:30-8 pm MCC Open Turns 4,000 yds	25 5:45-7:15am MCC Open Turns 4,000 yds	26 6:30-8 PM MCC Dolphin Kick 4,500yds	27 <b>NO PRACTICE</b> Conesus Lake Swim	28 <b>NO PRACTICE</b> Rochester Youth Triathlon at GVP
29 GVP 8:30-9:45am GVP General Sets 4,000m	30, 31 <b>NO PRACTICES</b>	August: No coached practices. Swimmers swim at GVP Open Swims	Birthdays Carolyne 7/1 	Tom P. 7/2 Evan 7/5 Eva 7/12 Lorie 7/13 Emily 7/15 Kelly U. 7/16	Julie 7/22 Craig K 7/29 Maddie 7/30 Bill M. 8/2 Denise 8/27 Louise 8/28	Pan American Masters July 28-Aug 4 Orlando FL