

June 2018 Rochester Area Masters Swimming Workouts

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|---|--|---|
| | | | | | 1 5:45-7:15am MCC Sprint Kick 3,200yds | 2 8:10-9:55am RIT Long Axis 5,000yds |
| 3 NO PRACTICE | 4 5:45-7:15am MCC Pulling 5,000yds | 5 6:30-8 pm MCC Pulling 5,000yds | 6 5:45-7:15am MCC NPS/Bilateral 4,400yds | 7 6:30-8 pm MCC Streamline Videotaping 4,000yds | 8 5:45-7:15am MCC Streamline 4,000yds | 9 8:10-9:55am RIT IM 4,000 yards |
| 10 NO PRACTICE | 11 5:45-7:15am MCC Distance 5,000yds | 12 6:30-8 pm MCC Dolphin Kick 4,500 yds | 13 5:45-7:15am MCC Dolphin Kick 4,500yds | 14 6:30-8 pm MCC Pull outs/sculling 4,000yds | 15 5:45-7:15am MCC Pullouts/sculling 4,000yds | 16 8:10-9:55am RIT Exhale/Quality 4,200yds |
| 17 NO PRACTICE GVP Opening Day | 18 5:45-7:15am MCC Open Turns 4,200yds | 19 6:30-8 pm MCC Open Turns 4,200yds | 20 5:45-7:15am MCC General Sets Videotaping 3,800yds | 21 6:30-8 pm MCC Butterfly 4,000yds | 22 5:45-7:15am MCC Butterfly 4,000yds | 23 8:30-9:45am GVP General Sets 3,600m |
| 24 NO PRACTICE | 25 5:45-7:15am MCC Long Axis 4,500yds | 26 6:30-8 pm MCC Breaststroke 4,000 yds | 27 5:45-7:15am MCC Breaststroke 4,000yds | 28 6:30-8 pm MCC Snorkle 4,000yds | 29 5:45-7:15am MCC Snorkle 4,000yds | 30 8:30-9:45am GVP Freestyle 4,000m |

Birthdays



DeAnna 6/4
Kellie McCaffery 6/8
Dan W. 6/9
Tony 6/16

Addy 6/16
Kevin 6/16
Holly L. 6/22
Jill 6/27

Sample LC
workouts will be
available on our
website