

OCTOBER 2018

Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:45-7:15am MCC Middle Distance 4,500 yds	2 6:30-8 pm MCC IM/Open Turns 4,400yds	3 5:45-7:15am MCC IM/Open Turns 4,400yds	4 6:30-8 pm MCC Dolphin kick 4,000 yds	5 5:45-7:15am MCC Dolphin kick 4,000 yds	6 8:10-9:55am RIT Pace 4,500yds
7 NO PRACTICE	8 5:45-7:15am MCC Pulling 4,300 yds	9 6:30-8 pm MCC Pulling 4,300yds	10 5:45-7:15am MCC Sprint 3,500yds	11 6:30-8 pm MCC Sprint 3,500yds	12 5:45-7:15am MCC Sculling/Toe Point 4,500yds	13 8:10-9:55am RIT Distance 5,000yds
14 NO PRACTICE	15 5:45-7:15am MCC Pace 5,000 yds	16 6:30-8 pm MCC Pace 5,000yds	17 5:45-7:15am MCC Bilateral 4,500yds	18 6:30-8 pm MCC Bilateral 4,500yds	19 5:45-7:15am MCC General sets 3,800 yds	20 8:10-8:50am RIT General Sets Postal 3000/6000 swimmers arrive at 8:30
21 NO PRACTICE	22 5:45-7:15am MCC Kicking 4,500yds	23 6:30-8 pm MCC Free Quality 3,800 yds	24 5:45-7:15am MCC Free Quality 3,800 yds	25 6:30-8 pm MCC Free Flip Turns 4,600yds	26 5:45-7:15am MCC Free Flip Turns 4,600yds	27 8:10-9:55am RIT Sprint/Ind and Relay Starts 3,400 yds
28 NO PRACTICE	29 5:45-7:15am MCC Tennis Ball/Stroke 4,500yds	30 30-8 pm MCC Tennis Ball/Stroke 4,500yds	31 5:45-7:15am MCC Pulling 4,300yds 	Alex 10/5 Kate 10/6 Bernie 10/8 Tom B 10/11 Arik 10/17	Fred 10/18 Patty 10/27 Margaret 10/29 Pier & Bruce R 10/31	Birthdays 