


JANUARY 2019

Rochester Area Masters Swimming Workouts

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 New Year's Day NO PRACTICE	2 5:45-7:15am MCC Pace 4600yds	3 6:30-8 pm MCC Pace 4600yds	4 5:45-7:15am MCC IM 4,200yds	5 8:10-11:10am RIT 10K Workout
6 NO PRACTICE	7 5:45-7:15am MCC Kicking 5,000yds	8 6:30-8 pm MCC Sprint 3,500yds	9 5:45-7:15am MCC Sprint 3,500yds	10 6:30-8 pm MCC Exhale and Bilateral breathing 4,500yds	11 5:45-7:15am MCC Exhale and Bilateral breathing 4,500yds	12 8:10-9:55am RIT Starts 4,000yds
13 NO PRACTICE	14 5:45-7:15am MCC Pulling 4600 yds	15 6:30-8 pm MCC Breaststroke 4000yds	16 5:45-7:15am MCC Breaststroke 4000yds	17 6:30-8 pm MCC Long Axis 4,500yds	18 5:45-7:15am MCC Long Axis 4,500yds	19 8:10-9:55am RIT Middle Distance 5,000yds
20 NO PRACTICE Nickel City Splash meet (Buffalo)	21 NO PRACTICE MLK Day	22 6:30-8 pm MCC Distance 5200 yds	23 5:45-7:15am MCC Distance 5200yds	24 6:30-8 pm MCC Sculling/toe point 3,800yds	25 5:45-7:15am MCC Sculling toe/point 3,800yds	26 8:10-9:55am RIT Underwater kicking 4,500yds
27 NO PRACTICE	28 5:45-7:15am MCC Freestyle 4,600yds	29 6:30-8pm MCC Freestyle 4,600yds	30 5:45-7:15am MCC Backstroke 4,000yds	31 6:30-8pm MCC Backstroke 4000yds		
					BIRTHDAYS Diana 1/7 Rita 1/8 Mike R 1/17 Wayne 1/26 Erica 1/26 Dan O 1/27	