

FEBRUARY 2019

Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 5:45-7:15am MCC DPS 4,000yds	2 8:10-9:55am RIT USMS 1 Hour Postal Swim
3 Emerald City Circuit Meet (Syracuse) NO PRACTICE	4 5:45-7:15am MCC Short Axis 4,000yds	5 6:30-8 pm MCC Short Axis 4,000yds	6 5:45-7:15am MCC Core/Body Position 4,500yds	7 6:30-8 pm MCC Free/Back Turns 4,000 yds	8 5:45-7:15am MCC Free/Back Turns 4,000 yds	9 8:10-9:55am RIT General Sets Starts Videotaping 3,800yds
10 NO PRACTICE	11 5:45-7:15am MCC Sprint 3,400yds	12 6:30-8 pm MCC IM Turns 4,000 yds	13 5:45-7:15am MCC IM Turns 4,000yds	14 NO PRACTICE MCC meet	15 NO PRACTICE MCC meet	16 8:10-9:55am RIT Mini Taper 3,000yds
17 Canandaigua Meet NO PRACTICE	18 5:45-7:15am MCC Kicking 4,400yds	19 6:30-8 pm MCC Kicking 4,400 yds	20 5:45-7:15am MCC Exhale/Streamline 4,000yds	21 6:30-8 pm MCC Pace 5,000 yds	22 5:45-7:15am MCC Pace 5,000yds	23 8:10-9:55 am RIT Breast Pullouts 4,400yds
24 NO PRACTICE	25 5:45-7:15am MCC Pulling 5,200	26 6:30-8 pm MCC General Sets 3800 Turns Videotaping	27 5:45-7:15am MCC General Sets 3800 Turns Videotaping	28 6:30-8 pm MCC Butterfly 4,000yds		
		Birthdays: 	Colin 2/5 Sherrif 2/14 Sheila 2/14 Matt 2/16 Maureen 2/21	Principal Rob 2/26		