

April 2019

Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:45-7:15am MCC Breath Control 3500 yds	2 6:30-8 pm MCC Breath control 3500 yds	3 5:45-7:15am MCC Taper 3000 yds	4 6:30-8 pm MCC General Sets 2600 yds	5 5:45-7:15am MCC General Sets 4500 yds State Meet - Binghamton	6 NO PRACTICE State Meet - Binghamton
7 NO PRACTICE State Meet - Binghamton	8 5:45-7:15am MCC Backstroke 4400 yds	9 6:30-8 pm MCC Backstroke 4400 yds	10 5:45-7:15am MCC Distance Freestyle 5000 yds	11 6:30-8 pm MCC Short Axis 4200 yds	12 5:45-7:15 am MCC Short Axis 4200 yds	13 8:10-8:55am RIT Middle Distance Freestyle 4800 yds
14 NO PRACTICE	15 5:45-7:15am MCC Sprint and Finishes 3600 yds	16 6:30-8 pm MCC Sprint and Finishes 3600 yds	17 5:45-7:15am MCC Toe Point and Body Position 4600 yds	18 6:30-8 pm MCC Toe Point and Body Position 4600 yds	19 NO PRACTICE Good Friday	20 8:10-9:55am RIT Starts and Finishes 4500 yds
21 NO PRACTICE Easter Sunday	22 5:45-7:15am MCC IM Turns and Taper 4000 yds	23 6:30-8:00pm MCC IM Turns and Taper 4000 yds	24 5:45-7:15am MCC Streamline and Taper 4000yds	25 6:30-8 pm MCC Streamline and Taper 4000 yds	26 5:45-7:15 am MCC General Sets 3500 yds	27 NO PRACTICE Imagine RIT
28 RAMS Spring Meet!!! RIT 8:30am-1:30pm	29 5:45-7:15am MCC Breaststroke 4200 yds	30 6:30-8:00pm MCC Breaststroke 4200 yds	BIRTHDAYS Dawn 4/5 Amanda 4/7 Jordan 4/10 Bruce G 4/10 Lisa S 4/15	Matt B 4/24 Lindsay 4/28 Beth 4/29 Lisa P 4/30	SCY Nationals Mesa, AZ April 25-28th	

