


June 2019 Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8:10-9:55am RIT Freestyle / Open water 5000yds
2 NO PRACTICE	3 5:45-7:15am MCC Pulling 5000yds	4 6:30-8 pm MCC Pulling 5000yds	5 5:45-7:15am MCC NPS/Bilateral 4400yds	6 6:30-8 pm MCC Streamline 4000yds	7 5:45-7:15am MCC Streamline 4000yds	8 8:10-9:55am RIT IM 4400 yards
9 NO PRACTICE	10 5:45-7:15am MCC Snorkle/No fins kicking 4000yds	11 6:30-8 pm MCC Snorkle/No fins kicking 4000 yds	12 5:45-7:15am MCC Pullouts/Sculling 4000yds	13 6:30-8 pm MCC Backstroke 4200yds	14 5:45-7:15am MCC Backstroke 4200yds	15 8:10-9:55am RIT Exhale/Quality 4200yds
16 NO PRACTICE GVP Opening Day	17 5:45-7:15am MCC Open Turns 4200yds	18 6:30-8 pm MCC Open Turns 4200yds	19 5:45-7:15am MCC Free/Back turns 4400yds	20 6:30-8 pm MCC Free/Back turns 4400yds	21 5:45-7:15am MCC Butterfly 4000yds	22 8:30-9:45am GVP General Sets 3600m
23 NO PRACTICE	24 5:45-7:15am MCC Long Axis 4500yds	25 6:30-8 pm MCC Breaststroke 4000 yds	26 5:45-7:15am MCC Breaststroke 4000yds	27 6:30-8 pm MCC Dolphin kick 4400yds	28 5:45-7:15am MCC Dolphin kick 4400yds	29 8:30-9:45am GVP Freestyle 4000m
30 NO PRACTICE		Birthdays: DeAnna 6/4 Kellie McC 6/8 Dan W. 6/9	Paul 6/11 Tony 6/16 Holly L. 6/22 Jill 6/27 John 6/30	Sample LC workouts will be available on our website		