

July 2019

Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:45-7:15 am MCC Short Axis 4000yds	2 6:30-8 pm MCC Open Water 4800 yds	3 5:45-7:15 am MCC Open Water 4800yds	4 NO PRACTICE	5 NO PRACTICE	6 8:30 -9:45am GVP Middle Distance Build 4000m
7 NO PRACTICE	8 5:45-7:15am MCC Backstroke 4400yds	9 6:30-8 pm MCC Pace 4600 yds	10 5:45-7:15 am MCC Pace 4600 yds	11 6:30-8 pm MCC Quality 3600 yds	12 NO PRACTICE	13 8:30-9:45am GVP IM 4000m
14 NO PRACTICE	15 5:45-7:15am MCC Freestyle and Snorkel 4600yds	16 6:30-8 pm MCC Stroke 4200 yds	17 5:45-7:15am MCC Stroke 4200 yds	18 6:30-8 pm MCC Streamline and Exhale 4600yds	19 NO PRACTICE	20 NO PRACTICE Rochester Youth Triathlon at GVP
21 8:30-9:45am GVP Long Axis 4200m	22 5:45-7:15am MCC Pulling 4800yds	23 6:30-8 pm MCC NPS 4400 yds	24 5:45-7:15am MCC NPS 4400 yds	25 6:30-8 PM MCC Kicking 4000yds	26 NO PRACTICE	27 8:30-9:45am GVP Freestyle 4400m
28 NO PRACTICE	29 NO PRACTICE	30 NO PRACTICE	31 NO PRACTICE	August: No coached practices. Swimmers swim at GVP Open Swims	BIRTHDAYS: Tom P. 7/2 Eva 7/12 Lorie 7/13 Emily 7/15 Kelly U. 7/16 Julie 7/22	Craig 7/29 Maddie 7/30 Bill M. 8/2 Bill S 8/26 Denise 8/27 Mandi 8/27 Louise 8/28