



OCTOBER 2019

Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 6:30-8 pm MCC Middle Distance 4000yds	2 5:45-7:15am MCC IM / Open Turns 4000yds	3 6:30-8 pm MCC Dolphin kick 4000yds	4 5:45-7:15am MCC Dolphin kick 4000yds	5 8:10-9:55am RIT Streamline/Exhale 4500yds <i>Narwhal Invitational (Ithaca College)</i>
6 NO PRACTICE	7 5:45-7:15am MCC Sprint 3500yds	8 6:30-8 pm MCC Pace 4400yds	9 5:45-7:15am MCC Pace 4400yds	10 6:30-8 pm MCC Bottom half streamline 4400yds	11 5:45-7:15am MCC Bottom half streamline 4400yds	12 8:10-9:55am RIT Distance 5000yds
13 NO PRACTICE	14 5:45-7:15am MCC Pulling 4600 yds	15 6:30-8 pm MCC Pulling 4600yds	16 5:45-7:15am MCC Middle Distance 4500yds	17 6:30-8 pm MCC Bilateral 4500yds	18 5:45-7:15am MCC Bilateral 4500yds	19 8:10-8:50am RIT General Sets Postal 3000/6000 swimmers arrive at 8:30
20 NO PRACTICE	21 5:45-7:15am MCC Kicking 4500yds	22 6:30-8 pm MCC Quality 3800yds	23 5:45-7:15am MCC Quality 3800yds	24 6:30-8 pm MCC Free Flip Turns 4600yds	25 5:45-7:15am MCC Free Flip Turns 4600yds	26 8:10-9:55am RIT Starts and Finishes 4400yds
27 NO PRACTICE	28 5:45-7:15am MCC Tennis Ball 4200yds	29 6:30-8 pm MCC Stroke 4400yds	30 5:45-7:15am MCC Stroke 4400yds	31 6:30-8 pm MCC Pulling 4800yds 		
			Birthdays 	Alex and Joe 10/5 Kate 10/6 Tom B 10/11	Fred 10/18 Patty 10/27 Margaret 10/29 Pier & Bruce R 10/31	