

# JANUARY 2020

## Rochester Area Masters Swimming Workouts

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31		1 New Year's Day <b>NO PRACTICE</b>	2 6:30-8 pm MCC Pace 4600yds	3 5:45-7:15am MCC IM 4200yds	4 8:10-11:10am RIT 10K Workout
5 <b>NO PRACTICE</b>	6 5:45-7:15am MCC Kicking 4500yds	7 6:30-8 pm MCC Sprint 3500yds	8 5:45-7:15am MCC Sprint 3500yds	9 6:30-8 pm MCC Exhale and Bilateral breathing 4500yds	10 5:45-7:15am MCC Exhale and Bilateral breathing 4500yds	11 8:10-9:55am RIT Quality 4200yds
12 <b>NO PRACTICE</b>	13 5:45-7:15am MCC 4600 yds Pulling	14 6:30-8 pm MCC Breaststroke 4000yds	15 5:45-7:15am MCC Breaststroke 4000yds	16 6:30-8 pm MCC Long Axis 4500yds	17 5:45-7:15am MCC Long Axis 4500yds	18 8:10-9:55am RIT Stroke 4500yds UB Meet 2:30pm Warm Up
19 <b>NO PRACTICE</b>	20 <b>NO PRACTICE</b> MLK Day	21 6:30-8 pm MCC Distance 5000 yds	22 5:45-7:15am MCC Distance 5000yds	23 6:30-8 pm MCC Sculling / toe point 3800yds	24 5:45-7:15am MCC Sculling / toe point 3800yds	25 8:10-9:55am RIT Underwater kicking 4500yds
26 <b>NO PRACTICE</b>	27 5:45-7:15am MCC Freestyle 4600yds	28 6:30-8pm MCC Freestyle 4600yds	29 5:45-7:15am MCC Backstroke 4000yds	30 6:30-8pm MCC Backstroke 4000yds	31 5:45-7:15am MCC DPS 4200yds	BIRTHDAYS Diana 1/7 Rita 1/8 Mike R 1/17 Wayne 1/26 Erica 1/26 Dan O. 1/27