


FEBRUARY 2020

Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8:10-9:55am RIT USMS 1 Hour Postal Swim
2 NO PRACTICE	3 5:45-7:15am MCC Sprint 3600 yds	4 6:30-8 pm MCC Sprint 3600 yds	5 5:45-7:15am MCC Core / Body Position 4500 yds	6 6:30-8 pm MCC Core / Body Position 4500 yds	7 5:45-7:15am MCC Long Axis 4400 yds	8 8:10-9:55am RIT General Sets Starts Videotaping 4000 yds
9 NO PRACTICE	10 5:45-7:15am MCC Freestyle 4600 yds	11 6:30-8 pm MCC Stroke 4200 yds	12 5:45-7:15am MCC Stroke 4200 yds	13 NO PRACTICE MCC meet	14 NO PRACTICE MCC meet	15 8:10-9:55am RIT Mini Taper 3000 yds
16 Canandaigua Meet NO PRACTICE	17 5:45-7:15am MCC Kicking 4400 yds	18 6:30-8 pm MCC Kicking 4400 yds	19 5:45-7:15am MCC Quality 3800 yds	20 6:30-8 pm MCC Quality 3800 yds	21 5:45-7:15am MCC Short Axis 4200 yds	22 8:10-9:55 am RIT Starts and Finishes 4400 yds
23 NO PRACTICE	24 5:45-7:15am MCC Pulling 4600 yds	25 6:30-8 pm MCC Bilateral breathing 4400 yds	26 5:45-7:15am MCC Bilateral breathing 4400 yds	27 6:30-8 pm MCC Streamline and Finishes 3800 yds	28 5:45-7:15am MCC Streamline and Finishes 3800 yds	29 8:10-9:55 am RIT Mini Taper 3000 yds
RAMS Spring Meet March 1st!!!		Birthdays: 	Colin 2/5 Luis 2/13 Sherrif 2/14 Matt 2/16 Maureen 2/21 Rob Hath 2/26			RAMS Spring Meet March 1st!!!