

March 2020 Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 RAMS Spring Meet!!! RIT 8:30am - 1:30pm	2 5:45-7:15am MCC General Sets 4400 yds	3 6:30-8 pm MCC General Sets 4400 yds	4 5:45-7:15am MCC Backstroke 4400 yds	5 6:30-8 pm MCC Quality 4200 yds	6 5:45-7:15am MCC Quality 4200 yds	7 8:10-9:55am RIT Freestyle and Starts 4600 yds
8 NO PRACTICE - Daylight Savings Begins	9 5:45-7:15am MCC IM 4200 yds	10 6:30-8 pm MCC IM 4200 yds	11 5:45-7:15am MCC Distance 5200 yds	12 6:30-8 pm MCC Distance 5200yds	13 5:45-7:15am MCC Breaststroke 4000yds	14 8:10-9:55am RIT Quality, Finishes and Starts 4500yds
15 NO PRACTICE	16 5:45-7:15am MCC Pulling 4800yds	17 6:30-8 pm MCC Quality 4200yds	18 5:45-7:15am MCC Quality 4200yds	19 6:30-8 pm MCC Butterfly 4200yds	20 5:45-7:15am MCC No fins kicking 4200yds	21 8:10-9:55am RIT Pace 4500yds Nickel City (UB) Meet!
22 NO PRACTICE	23 5:45-7:15am MCC Sprint 3600yds	24 6:30-8 pm MCC Long Axis 4400yds	25 5:45-7:15am MCC Bilateral 4400 yds	26 6:30-8 pm MCC Body Position and Exhale 4000yds	27 5:45-7:15am MCC Body Position and Exhale 4000yds	28 8:10-9:55am RIT Starts, Finishes and Fine Tuning 4000yds
29 NO PRACTICE	30 5:45-7:15am MCC Breath Control 3500yds	31 6:30-8 pm MCC Breath Control 3500yds	BIRTHDAYS Mike M 3/9 Sean 3/9 Jenna 3/14 Les 3/17 Dianne 3/29	Colonies Zone SCY Championship, George Mason Univ. April 3-5	NYS Championship Meet, Long Island NY April 4-5	USMS Spring SCY Nationals San Antonio, TX April 23-26
						