

FEBRUARY 2010

Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5:45-7:15am MCC Distance 6,000yds	2 6:30-8:00pm MCC Tennis Ball 5,000yds	3 5:45-7:15am MCC Tennis Ball 5,000yds	4 6:30-8:00pm MCC Sprint 4,000yds	5 5:45-7:15am MCC Sprint 4,000yds	6 8-9:45am RIT Starts 4,000yds
7 8-9:45 am RIT Pace 5,000 yds	8 5:45-7:15am MCC Pulling	9 6:30-8:00pm MCC IM 5,000yds	10 5:45-7:15am MCC IM 5,000yds	11 NO PRACTICE	12 NO PRACTICE	13 8-9:45am RIT General 4,000yds
14 NO Practice Canandaigua Meet	15 5:45-7:15am MCC NPS 5,500yds	16 6:30-8:00pm MCC Back truns 4,500 yds	17 5:45-7:15am MCC Back Turns 4,500yds	18 6:30-8:00pm MCC Sculling 4,000yds	19 5:45-7:15am MCC Sculling 4,000yds	20 8-9:45am RIT Dolphin kick 5,500yds
21 8-9:45 am RIT Pulling 6,200 yds	22 5:45-7:15am MCC Kicking 5,500 yds	23 6:30-8:00pm MCC DPS 4,500yds	24 5:45-7:15am MCC DPS4,500yds	25 6:30-8:00pm MCC Stroke 4,000yds	26 5:45-7:15am MCC Stroke 4,000yds	27 8-9:45 am RIT Streamline 5,500yds
28 8-9:45 am RIT Toe Point 5,500 yds						