

FEBRUARY 2012

Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 5:45-7:15am MCC Bilateral Breathing 4,500yds	2 6:30-8:00pm MCC Bilateral Breathing 4,500yds	3 5:45-7:15am MCC Tennis Ball 4,000yds	4 8-9:45am RIT Finishes 4,000yds
5 8-9:45 am RIT Pace 5,000 yds	6 5:45-7:15am MCC Pulling	7 6:30-8:00pm MCC Sprint 3,000yds	8 5:45-7:15am MCC Sprint 3,000yds	9 6:30-8:00pm MCC Free Turns 4,500 yds	10 5:45-7:15am MCC Free Turns 4,500 yds	11 8-9:45am RIT Starts 3,800yds
12 NO Practice YMCA Meet	13 5:45-7:15am MCC NPS 5,500yds	14 6:30-8:00pm MCC IM Turns 4,500 yds	15 5:45-7:15am MCC IM Turns 4,500yds	16 NO Practice MCC Meet	17 NO Practice MCC Meet	18 8-9:45am RIT Taper 2,500yds
19 NO Practice Canandaigua Meet	20 5:45-7:15am MCC Personal Attention 4,500 yds	21 6:30-8:00pm MCC Personal Attention 4,500yds	22 5:45-7:15am MCC Exhale 4,500yds	23 6:30-8:00pm MCC Distance 5500yds	24 5:45-7:15am MCC Distance 5,500yds	25 8-9:45 am RIT Streamline 5,500yds
26 8-9:45 am RIT IM 5,500 yds	27 5:45-7:15am MCC Kicking 5,000 yds	28 6:30-8:00pm MCC DPS 4,500yds	29 5:45-7:15am MCC DPS 4,500yds			