

July 2010

Rochester Area Masters Swimming Workouts

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6:30-8:00pm MCC Dolphin kick 5,000yds	2 NO PRACTICE	3 8:30-10 am GVP NPS 5,000meters
4 8:30-10 am GVP Pace 6,000meters	5 NO PRACTICE	6 6:30-8:00pm MCC Sprint 5000 yds	7 5:45-7:15am MCC Sprint 4,000yds	8 6:30-8:00pm MCC Stroke 4,500yds	9 NO PRACTICE	10 8:30-10 am GVP Pulling 6,000meters
11 8:30-10 am GVP IM 5,000meters	12 NO PRACTICE	13 6:30-8:00pm MCC Personal Attention 4500 yds	14 5:45-7:15am MCC Personal Attention 4500yds	15 6:30-8:00pm MCC IM Turns 4,000yds	16 NO PRACTICE	17 No Practice Canandaigua OW Swim
18 2-4 pm GVP Uncoached/Open Swim General 3500meters	19 NO PRACTICE	20 6:30-8:00pm MCC Streamline 3,500yds	21 5:45-7:15am MCC Streamline 3,500yds Swimmin' Women	22 6:30-8:00pm MCC Taper 3,000yds	23 Empire State Games NO PRACTICE	24 Empire State Games NO PRACTICE
25 Empire State Games NO PRACTICE	26 NO PRACTICE	27 NO PRACTICE	28 5:45-7:15am MCC Distance 6,000yds	29 NO PRACTICE	30 NO PRACTICE	31 Team Picnic-Sodus End of Season