

Tech Masters swimming workout, August 2017

Date	6:15a-7:30a	12p-1:15p	7:15p-8:30p
Monday July 31	4	3	3
Tuesday August 1	3	none	3
Wednesday August 2	4	3	3
Thursday August 3	3	none	3
Friday August 4	4	3	none
Saturday August 5	9:15 to 10:30 am workout		
Sun August 6	No workout		
Monday August 7	4	3	3
Tuesday August 8	3	none	3
Wednesday August 9	4	3	3
Thursday August 10	3	none	3
Friday August 11	3	3	none
Saturday August 12	No workout		
Sun August 13	10 am to 11:15 am workout		
Monday August 14	6	5	4
Tuesday August 15	5	none	4
Wednesday August 16	6	5	4
Thursday August 17	5	none	4
Friday August 18	6	5	none
Saturday August 19	No workout		
Sun August 20	10 am to 11:15 am workout		

Date	6:15a-7:30a	12p-1:15p	7:15 p-8:30p
Monday August 21	6	5	4
Tuesday August 22	5	none	4
Wednesday August 23	6	5	4
Thursday August 24	5	none	4
Friday August 25	6	5	none
Saturday August 26	No workout		
Sun August 27	10 am to 11:15 am workout		
Monday August 28	6	5	4
Tuesday August 29	5	none	4
Wednesday August 30	6	5	4
Thursday August 31	5	none	4
Friday September 1	6	5	none
Saturday September 2	No workout		
Sun September 3	10 am to 11:15 am workout		
Monday September 4	No workout due to holiday and Fall workout session starts on Tuesday		
Notes:			

1. Move to short course for August 11th after noon workout

2. No workouts on Monday Sept 4th - MIT holiday. We start the Fall session on Tuesday September 5th