

## September 2014 MIT Masters Swimming Workout schedule

Date	6:15a-7:30a	12p-1:15p	7:15 p-8:30p
Monday September 1st	<b>no workouts due to holiday</b>		
Tuesday September 2nd	6	4	4
Wednesday September 3rd	6	4	4
Thursday September 4th	5	none	4
Friday September 5th	6	4	none
Saturday September 6th	<b>none</b>	<b>none</b>	<b>none</b>
Sun. September 7th	5 lanes for the 10:00 AM to 11:15 am workout		
Monday September 8th	6	4	4
Tuesday September 9th	5	none	4
Wednesday September 10th	6	4	4
Thursday September 11th	5	none	4
Friday September 12th	6	4	none
Saturday September 13th	<b>none</b>	<b>none</b>	<b>none</b>
Sun. September 14th	5 lanes for the 10:00 AM to 11:15 am workout		

### Comments:

1. There are no workouts on Monday September 1st due to MIT holiday
2. There is an extra noon Workout on Tuesday Sept 2nd
3. We start up the Friday night workouts on Friday Sept 26th

Date	6:15a-7:30a	12p-1:15p	7:15p-8:30p
Monday September 15th	6	4	4
Tuesday September 16th	5	none	4
Wednesday September 17th	6	4	4
Thursday September 18th	5	none	4
Friday September 19th	6	4	none
Saturday September 20th	<b>none</b>	<b>none</b>	<b>none</b>
<b>Sun. September 21st</b>	<b>No workouts due to Iron Nerd (come do a sprint Triathlon instead)</b>		
Monday September 22nd	6	4	4
Tuesday September 23rd	5	none	4
Wednesday September 24th	6	4	4
Thursday September 25th	5	none	4
Friday September 26th	6	4	4
Saturday September 27th	<b>none</b>	<b>none</b>	<b>none</b>
<b>Sun. September 28th</b>	<b>No Workout due to Varsity Polo match</b>		
Monday September 29th	6	4	4
Tuesday September 30th	5	none	4
Wednesday October 1st	6	4	4