

November 2019 Tech Masters swimming workout -updated October 26

Date	6:15a-7:30a	12p-1:15p	7:15 p-8:30p
Monday October 28th	6	4	4
Tuesday October 29th	5	none	4
Wednesday October 30th	6	4	4
Thursday October 31st	none - varisty workout	none	4
Friday Nov. 1st	6	4	4
Saturday Nov. 2nd	none	none	none
Sun Nov. 3rd	No workouts scheduled due to Varsity polo match		
Monday Nov. 4th	6	4	4
Tuesday Nov. 5th	5	none	4
Wednesday Nov. 6th	6	4	4
Thursday Nov. 7th	none - varisty workout	none	4
Friday Nov. 8	6	4	4
Saturday Nov. 9	none	none	none
Sun Nov. 10	5 lanes for the 10:00 AM to 11:15 am workout		
Monday Nov. 11	No workout due to MIT Holiday (Veteran's day)		
Tuesday Nov. 12	5	4	4
Wednesday Nov. 13	6	4	4
Thursday Nov. 14	none - varisty workout	none	4
Friday Nov. 15th	6	4	4
Saturday Nov. 16th	none	none	none
Sun. Nov. 17th	No workout due to Swim Meet		

Date	6:15a-7:30a	12p-1:15p	7:15p-8:30p
Monday Nov. 18th	6	4	4
Tuesday November 19th	5	none	4
Wednesday November 20	6	4	4
Thursday November 21st	none - varisty	4	4
Friday November 22nd	one -polo match	one -polo match	4
Saturday November 23rd	none	none	none
Sun November 24th	No workouts scheduled due to Varsity polo match		
Monday November 25th	6	4	4
Tuesday November 26th	5	none	4
Wednesday Nov. 27th	none	4	none
Thursday November 28th	No workout due to MIT Holiday (American Thanksgiving)		
Friday November 29th	No workout holiday (MIT pool open in the afternoon)		
Saturday Nov. 30th	none	none	none

Notes:

1. No Thursday am workouts continue through the month of November
2. No workout on Sunday November 3rd due to a polo match
3. No workouts on Monday November 11th due to MIT holiday - we have added a Tuesday noon workout on the 12th
4. No workout on Sunday November 17th due to Swim meet
5. No workout on Friday Nov. 22nd am and noon, plus Sunday November 24th due to Varsity water polo match
6. Thanksgiving break - no workout on Wednesday November 27th in the morning or evening. No workouts on Thursday Nov. 28th, and Friday November 29th. We are in on Sun. Dec 1.