

## Tech Masters workout schedule for January 2015

Date	6:15a-7:30a	12p-1:15p	7:15p-8:30p		Date	6:15a-7:30a	12p-1:15p	7:15p-8:30p
Friday January 1	MIT Holiday -pool closed				Monday January 18	no workout due to MIT holiday		
Saturday January 2	none	none	none		Tuesday January 19	5	5	4
Sun January 3	3 lanes for the 10:00 AM to 11:15 AM workout				Wednesday January 20	6	5	4
Monday January 4	Long course 4 lanes	Long course 3 lanes	Long course 3 lanes		Thursday January 21	5	none	4
Tuesday January 5	Long course 3 lanes	none	Long course 3 lanes		Friday January 22	6	5	4
Wednesday January 6	Long course 4 lanes	Long course 3 lanes	Long course 3 lanes		Saturday January 23	none	none	none
Thursday January 7	Long course 3 lanes	none	3 lanes short course		Sun January 24	5 lanes for the 10:00 AM to 11:15 AM workout		
Friday January 8	6	5	4		Monday January 25	6	5	4
Saturday January 9	none	none	none		Tuesday January 26	5	none	4
Sun January 10	5 lanes for the 10:00 AM to 11:15 AM workout				Wednesday January 27	6	5	4
Monday January 11	6	5	4		Thursday January 28	5	none	4
Tuesday January 12	5	none	4		Friday January 29	6	5	4
Wednesday January 13	6	5	4		Saturday January 30	none	none	none
Thursday January 14	5	none	4		Sun January 31	One hour swim: 9:30 am to 11:45 am		
Friday January 15	6	5	4		<u>Workout summary:</u>			
Saturday January 16	No workout				1. Winter workout starts on Sunday January 3rd			
Sun January 17	5 lanes for the 10:00 AM to 11:15 AM workout				2. We are set up long course until Thursday Jan 7th (am)			
					3. There are no workouts on Monday January 18th due to Martin Luther King day - it is a MIT holiday			
					4. We have added a noon workout on Tuesday January 19th			
					5. One hour swim happens on Sunday January 31st from 9:30 am to noon			