

## Tech Masters Swimming workout schedule, August 2016

Date	6:15a-7:30a	12p-1:15p	7:15p-8:30p
Monday August 1	4	3	3
Tuesday August 2	3	none	3
Wednesday August 3	4	3	4
Thursday August 4	3	none	3
Friday August 5	4	3	none
Saturday August 6	9:15 to 10:30 am workout		
Sun August 7	No workout		
Monday August 8	4	3	4
Tuesday August 9	3	none	3
Wednesday August 10	4	3	4
Thursday August 11	3	none	4
Friday August 12	3	3	none
Saturday August 13	No workout		
Sun August 14	10 am to 11:15 am workout		
Monday August 15	6	5	4
Tuesday August 16	5	none	4
Wednesday August 17	6	5	4
Thursday August 18	5	none	4
Friday August 19	6	5	none
Saturday August 20	No workout		
Sun August 21	10 am to 11:15 am workout		

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

1. Move to short course for August 12th after noon workout.
2. Sunday workouts return after move to short course - first Sunday workout on Sun. August 14th
3. No workouts on Monday Sept 5th - MIT holiday. We start the Fall session on Tuesday September 6th