

Tech Masters Swimming Workout, February 2015

Date	6:15a-730a	12p-1:15p	7:15p-8:30p	Date	6:15a-730a	12p-1:15p	7:15p-8:30p
Monday February 1	6	5	4	Monday February 15	No workouts due to MIT holiday		
Tuesday February 2	5	none	4	Tuesday February 16	5	5	4
Wednesday February 3	6	5	4	Wednesday February 17	6	5	4
Thursday February 4	5	none	4	Thursday February 18	5	none	Swim meet no workout
Friday February 5	6	5	4	Friday February 19	6	Swim meet no workout	Swim meet no workout
Saturday February 6	none			Saturday February 20	none	none	none
Sun February 7	5 lanes for the 10:00 AM to 11:15 AM workout			Sun February 21	Swim meet no workout		
Monday February 8	6	5	4	Monday February 22	6	5	4
Tuesday February 9	5	none	4	Tuesday February 23	5	none	4
Wednesday February 10	6	5	4	Wednesday February 24	6	5	Swim meet no workout
Thursday February 11	5	none	4	Thursday February 25	5	none	Swim meet no workout
Friday February 12	6	5	4	Friday February 26	6	Swim meet no workout	Swim meet no workout
Saturday February 13	No workouts due to High school swim meet			Saturday February 27	none		
Sun February 14	No workouts due to High school swim meet			Sun February 28	5 lanes for the 10:00 AM to 11:15 AM workout		
				Monday February 29th	6	5	4
<u>Workout summary:</u>							
1. There is swim meet on Feb 13th through 14th. (no Sunday workout)							
2. Monday February 15th is a MIT holiday - no workouts on that day - but we have added a noon workout on the Tuesday							
3. There is a another Swim meet on Feb 18 through 21st (NEWMAC) - only am workouts on Thursday and Friday							
4 There is a another Swim meet on Feb 24 through 26th (NEC) -no pm workouts on Wed, Thursday or Friday. Also no noon workout on Friday Feb. 26th.							