

January 2020 Tech Masters swimming workout schedule

Date	6:15a-7:30a	12p-1:15p	7:15p-8:30p
Monday December 30	MIT Holiday -pool closed		
Tuesday December 31	MIT Holiday -pool closed		
Wednesday January 1	MIT Holiday -pool closed		
Thursday January 2	Long course 4 lanes	Long course 4 lanes	Long course 4 lanes
Friday January 3	Long course 4 lanes	none - move to short course	Short course 4 lanes
Saturday January 4	none	none	none
Sun January 5	Swim meet - no workout		
Monday January 6	6	4	4
Tuesday January 7	5	none	4
Wednesday January 8	6	4	4
Thursday January 9	5	none	4
Friday January 10	6	4	4
Saturday January 11	No workout		
Sun January 12	5 lanes for the 10:00 AM to 11:15 AM workout		

Changes to normal Workout Schedule

1/3 (Friday) - no noon workout since the pool is switching to short course

1/5 - no Sunday workout due to swim meet

1/20 (Monday) - MIT holiday - no workouts - but extra

Tuesday(21) noon workout.

1/26 (Sunday) - One hour swim - from 9:30 to 12 noon - 6 lanes

NOTE: We have Thursday morning workouts back

Date	6:15a-7:30a	12p-1:15p	7:15p-8:30p
Monday January 13	6	4	4
Tuesday January 14	5	none	4
Wednesday January 15	6	4	4
Thursday January 16	5	none	4
Friday January 17	6	4	4
Saturday January 18	none	none	none
Sun January 19	5 lanes for the 10:00 AM to 11:15 AM workout		
Monday January 20	no workout due to MIT holiday		
Tuesday January 21	5	4	4
Wednesday January 22	6	4	4
Thursday January 23	5	none	4
Friday January 24	6	4	4
Saturday January 25	none	none	none
Sun January 26	One hours swim: 9:30 am to 12 noon 6 lanes		
Monday January 27	6	4	4
Tuesday January 28	5	none	4
Wednesday January 29	6	4	4
Thursday January30	5	none	4
Friday January 31	6	none	4