

**August 2019 Workout Schedule for Tech Masters swimming
(updated August 1, 2019)**

Date	6:15a-7:30a	12p-1:15p	7:15p-8:30p
Monday July 29	4	3	3
Tuesday July 30	3	none	3
Wednesday July 31	4	3	3
Thursday August 1	3	none	3
Friday August 2	4	3	none
Saturday August 3	No workout on Saturday		
Sun August 4	No workout due to swim meet		
Monday August 5	4	3	3
Tuesday August 6	3	none	3
Wednesday August 7	4	3	3
Thursday August 8	3	none	3
Friday August 9	3	3	none
Saturday August 10	No workout		
Sun August 11	10 am to 11:15 am workout		
Monday August 12	6	5	4
Tuesday August 13	5	none	4
Wednesday August 14	6	5	4
Thursday August 15	5	none	4
Friday August 16	6	5	none
Saturday August 17	No workout		
Sun August 18	10 am to 11:15 am workout		

Date	6:15a-7:30a	12p-1:15p	7:15 p-8:30p
Monday August 19	6	5	4
Tuesday August 20	5	none	4
Wednesday August 21	6	5	4
Thursday August 22	5	none	4
Friday August 23	6	5	none
Saturday August 24	No workout		
Sun August 25	10 am to 11:15 am workout		
Monday August 26	6	5	4
Tuesday August 27	5	none	4
Wednesday August 28	6	5	4
Thursday August 29	5	none	4
Friday August 30	6	5	none
Saturday August 31	No workout		
Sun September 1	10 am to 11:15 am workout		
Monday September 2	No workout due to holiday and Fall workout session starts on Tuesday		
Notes:			

1. no workout on Sunday August 4th due to swim meet -
2. Move to short course for August 9th after noon workout
3. . No workouts on Monday Sept 2nd - MIT holiday. We start the Fall session on Tuesday September 3rd