

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