

August 2022 Tech Masters swimming workout schedule (updated July 21)

Date	6:15a-7:30a	12p-1:15p	7:15 p-8:30p
Monday August 1	4	3	3
Tuesday August 2	3	none	3
Wednesday August 3	4	3	3
Thursday August 4	3	none	3
Friday August 5	4	3	none
Saturday August 6	No workout on Saturday		
Sun August 7	3 lanes for the 10:00 AM to 11:15 workout		
Monday August 8	Long course	5 - short course	4
Tuesday August 9	5	none	4
Wednesday August 10	6	5	4
Thursday August 11	5	none	4
Friday August 12	6	5	none
Saturday August 13	No workout		
Sun August 14	10 am to 11:15 am workout 5 lanes		
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	No workout - Varsity polo practice		

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	No workout - Varsity polo practice		
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 5 lanes short course		
Monday September 5	No workout -MIT holiday		
Notes:			

- Varsity polo has workouts on Sunday August 21 and Sunday August 28. No workouts for us on those two sundays.
- No workouts on Monday Sept 5th - MIT holiday.
- Our summer session ends on Sunday Sept. 4 and our Fall session starts on Tuesday Sept. 6
- No Friday night workouts until October