

## April 2023 Tech Masters workout schedule

Date	6:15a-7:30a	12p-1:15p	7:15p-8:30p
Saturday April 1	No workout		
Sun April 2	5 lanes for the 10:00 AM to 11:15 AM workout		
Monday April 3	6	4	4
Tuesday April 4	5	none	4
Wednesday April 5	6	4	4
Thursday April 6	5	none	4
Friday April 7	6	4	4
Saturday April 8	No workout		
Sun April 9	5 lanes for the 10:00 AM to 11:15 AM workout		
Monday April 10	6	4	4
Tuesday April 11	5	none	4
Wednesday April 12	6	4	4
Thursday April 13	5	none	4
Friday April 14	6	4	4
Saturday April 15	No workout		
Sun April 16	5 lanes for the 10:00 AM to 11:15 AM workout		

Date	6:15a-7:30a	12p-1:15p	7:15p-8:30p
Monday April 17	No workout due to MIT holiday		
Tuesday April 18	5	4	4
Wednesday April 19	6	4	4
Thursday April 20	5	none	4
Friday April 21	6	4	4
Saturday April 22	No workout		
Sun April 23	5 lanes for the 10:00 AM to 11:15 AM workout		
Monday April 24	6	4	4
Tuesday April 25	5	none	4
Wednesday April 26	6	4	4
Thursday April 27	5	none	4
Friday April 28	6	4	4
Saturday April 29	No workout		
Sun April 30	3 lanes for the 10:00 AM to 11:15 AM workout		

### Changes to normal Workout Schedule

4/17 (Monday) - no workouts due to MIT holiday - added an extra Tuesday noon workout (4/18)

long course start - goal start on the 24th - maybe 21 and maybe even the 14th