

Tech Masters Swimming August 2023 workout schedule

Date	6:15a-7:30a	12p-1:15p	7:15p-8:30p
Monday July 31	long course 3	Long course 3	short course moving
Tuesday August 1	5	none	4
Wednesday August 2	6	5	4
Thursday August 3	5	none	4
Friday August 4	6	5	none
Saturday August 5	No workout on Saturday		
Sun August 6	10 am to 11:15 am workout 5 lanes short course		
Monday August 7	6	5	4
Tuesday August 8	5	none	4
Wednesday August 9	6	5	4
Thursday August 10	5	none	4
Friday August 11	6	5	none
Saturday August 12	No workout		
Sun August 13	10 am to 11:15 am workout 5 lanes short course		

Comments:

1. Short course start on Evening of July 31.
2. No workouts on Monday Sept 4th - MIT holiday. We start the Fall session on Tuesday September 5th

Date	6:15a-7:30a	12p-1:15p	7:15 p-8:30p
Monday August 14	6	5	4
Tuesday August 15	5	none	4
Wednesday August 16	6	5	4
Thursday August 17	5	none	4
Friday August 18	6	5	none
Saturday August 19	No workout		
Sun August 20	10 am to 11:15 am workout 5 lanes short course		
Monday August 21	6	5	4
Tuesday August 22	5	none	4
Wednesday August 23	6	5	4
Thursday August 24	5	none	4
Friday August 25	6	5	none
Saturday August 26	No workout		
Sun August 27	10 am to 11:15 am workout 5 lanes short course		
Monday August 28	6	5	4
Tuesday August 29	5	none	4
Wednesday August 30	6	5	4
Thursday August 31	5	none	4
Friday September 1	6	5	none
Saturday September 2	No workout		
Sun September 3	10 am to 11:15 am workout 5 lanes short course		
Monday September 4	No workout -MIT holiday		