

## August 2009 Workout Schedule for MIT Masters Swimming

Date	6:15a-7:30a	12p-1:15p	7:15 p-8:30p
Sun August 2	No workout		
Monday August 3	4	2	4
Tuesday August 4	3	none	3
Wednesday August 5	4	2	4
Thursday August 6	3	none	3
Friday August 7	4	2	none
Saturday August 8	5 lanes for the 9:15 AM to 10:30 AM workout (Short Course)		
Sun August 9	No workout		
Monday August 10	6	4	4
Tuesday August 11	5	none	4
Wednesday August 12	6	4	4
Thursday August 13	5	none	4
Friday August 14	5	2	none
Saturday August 15	5 lanes for the 9:15 AM to 10:30 AM workout (Short Course)		
Sun August 16	No workout		
Monday August 17	6	4	4
Tuesday August 18	5	none	4
Wednesday August 19	6	4	4
Thursday August 20	5	none	4
Friday August 21	6	4-starts at 12:15	none
Saturday August 22	5 lanes for the 8:30 AM to 9:45AM workout		

Date	6:15a-7:30a	12p-1:15p	7:15 p-8:30p
Sun August 23	No workout		
Monday August 24	6	4-starts at 12:15	4
Tuesday August 25	5	none	4
Wednesday August 26	6	4-starts at 12:15	4
Thursday August 27	5	none	4
Friday August 28	6	4-starts at 12:15	none
Saturday August 29	5 lanes for the 8:30 AM to 9:45AM workout		
Sun August 30	No workout		
Monday August 31	6	4-starts at 12:15	4
Tuesday September 1	5	none	4
Wednesday September 2	6	4-starts at 12:15	4
Thursday Sept. 3	5	none	4
Friday Sept. 4	6	4-starts at 12:15	none
Saturday Sept. 5	No workout due to Varsity polo tournament		
Sun Sept. 6	No workout		
Monday Sept. 7	No workout due to holiday		

Notes:

1. We switch back to short course on August 7th 1:30 pm
2. Saturday am workout switches back to 8:30 am for Saturday August 22nd, 29th and Sept. 6th
3. Due to Varsity Polo, noon workouts Aug 21 to Sept 4th will run from 12:15 pm to 1:30 pm
4. Due to Labor Day weekend and water polo tournament, no workout on either Sat. Sept 3rd or Monday Sept. 5th
5. Fall session starts on Tuesday September 8th