

July 2009 Workout Schedule for MIT Masters Swimming

Date	6:15a-7:30a	12p-1:15p	7:15p-8:30p
Monday June 29	3	3	3
Tuesday June 30	3	none	3
Wednesday July 1	4	2	4
Thursday July 2	3	none	3
Friday July 3	No workout due to holiday		
Saturday July 4	No workout due to holiday		
Sun July 5	No workout due to holiday		
Monday July 6	4	2	4
Tuesday July 7	3	none	3
Wednesday July 8	4	2	4
Thursday July 9	3	none	3
Friday July 10	4	2	none
Saturday July 11	No workout due to swim meet		
Sun July 12	No workout		
Monday July 13	4	2	4
Tuesday July 14	3	none	3
Wednesday July 15	4	2	4
Thursday July 16	3	none	3
Friday July 17	4	2	3
Saturday July 18	3 lanes for the 9:15 to 10:30 am workout		

Date	6:15a-7:30a	12p-1:15p	7:15p-8:30p
Sun July 19	No workout		
Monday July 20	4	2	4
Tuesday July 21	3	none	3
Wednesday July 22	4	2	4
Thursday July 23	3	none	3
Friday July 24	4	2	none
Saturday July 25	3 lanes for the 9:15 to 10:30 am workout		
Sun July 26	No workout		
Monday July 27	4	3	4
Tuesday July 28	3	none	3
Wednesday July 29	4	3	4
Thursday July 30	3	none	3
Friday July 31	4	3	none
Saturday August 1	3 lanes for the 9:15 to 10:30 am workout		

Notes:

1. No workout on Friday July 3rd and Saturday July 4th due to Holiday closing of the Z center (which is closed from July 3rd and reopen July 6th)
2. Due to Swim meet on July 10th through July 12th, there is no workout on Saturday July 11th.