

## Tech Masters workout January 2019

Date	6:15a-7:30a	12p-1:15p	7:15p-8:30p
Monday December 31	MIT Holiday -pool closed		
Tuesday January 1	MIT Holiday -pool closed		
Wednesday January 2	none	none	none
Thursday January 3	Short course 6 lanes	Short course 5 lanes	Short course 5 lanes
Friday January 4	Short course 6 lanes	Short course 5 lanes	Short course 4 lanes
Saturday January 5	<b>none</b>	<b>none</b>	<b>none</b>
Sun January 6	<b>no workout due to swim meet</b>		
Monday January 7	6	4	4
Tuesday January 8	5	none	4
Wednesday January 9	6	4	4
Thursday January 10	5	none	4
Friday January 11	6	4	5
Saturday January 12	No workout		
Sun January 13	5 lanes for the 10:00 AM to 11:15 AM workout		

### Changes to normal Workout Schedule

1/6 - NSSC swim meet - no workout on Sunday

1/18 - Varsity Swim Meet - no workout at noon

1/21 - MIT holiday - no workouts - but extra Tuesday(22) noon workout.

1/25 Varsity swim meet - no workout at night

Date	6:15a-7:30a	12p-1:15p	7:15p-8:30p
Monday January 14	6	4	4
Tuesday January 15	5	none	4
Wednesday January 16	6	4	4
Thursday January 17	5	none	4
Friday January 18	6	<b>none</b>	4
Saturday January 19	<b>none</b>	<b>none</b>	<b>none</b>
Sun January 20	5 lanes for the 10:00 AM to 11:15 AM workout		
Monday January 21	<b>no workout due to MIT holiday</b>		
Tuesday January 22	5	4	4
Wednesday January 23	6	4	4
Thursday January 24	5	none	4
Friday January 25	6	4	<b>none</b>
Saturday January 26	<b>none</b>	<b>none</b>	<b>none</b>
Sun January 27	One hours swim: 9:30 am to 12 noon 6 lanes		
Monday January 28	6	4	4
Tuesday January 29	5	none	4
Wednesday January 30	6	4	4
Thursday January 31	5	none	4