

## March 2019 Tech Masters Swimming Workouts

Date	6:15a-7:30a	12p-1:15p	7:15p-8:30p
Friday March 1	6	5	4
Saturday March 2	none		
Sunday March 3	5 lanes for the 10:00 AM to 11:15 AM workout		
Monday March 4	6	5	4
Tuesday March 5th	5	none	4
Wednesday March 6	6	5	4
Thursday March 7	5	none	4
Friday March 8	6	5	4
Saturday March 9	No workout		
Sun March 10	5 lanes for the 10:00 AM to 11:15 AM workout		
Monday March 11	6	5	4
Tuesday March 12	5	none	4
Wednesday March 13	6	5	4
Thursday March 14	5	none	4
Friday March 15	6	5	4
Saturday March 16	No workout		
Sun March 17	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 March 18	6	5	4
Tuesday March 19	5	none	4
Wednesday March 20	6	5	4
Thursday March 21	5	none	4
Friday March 22	6	5	4
Saturday March 23	No workout		
Sun March 24	No workout - swim meet		
Monday March 25	6	5	4
Tuesday March 26	5	none	4
Wednesday March 27	6	5	4
Thursday March 28	5	none	4
Friday March 29	6	5	4
Saturday March 30	No workout		
Sun March 31	5 lanes for the 10:00 AM to 11:15 AM workout		

Changes to normal Workout Schedule

3/24 - YMCA Swim Meet - no Sunday morning workout