

# Masters Swimming Calendar

## February. 2010

### Special IM Month

<b>Sunday</b>	<b>Monday</b> 5:45-7am 12 Noon-1 5:45-6:45pm	<b>Tuesday</b> . . 5:45-6:45pm	<b>Wednesday</b> 5:45-7am 12 Noon-1 5:45-6:45pm	<b>Thursday</b> . . 5:45-6:45pm	<b>Friday</b> 5:45-7am 12 Noon-1 4:45-6pm	<b>Saturday</b> 8:30-10am
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	200 Fly Progression	Short Distance Set	Middle Distance	Short Distance Set	Coaches Favorite Set	200 Fly Challenge (either at USF or NRC)
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	Short Distance Set	Middle Distance and some 200 IM's	Long Distance	Coaches Favorite IM Set	Short Distance Set	Middle Distance (Baby Shower Breakfast after)
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	Holiday (workout times TBA)	Short Distance Set and some 100 IM's	Middle Distance	Long Distance	Coaches Favorite IM Set	Randy Burton Extra Special Birthday Set
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
	Coaches Favorite Set	Middle Distance and some IM's	Short Distance Set	Middle Distance	Long Distance and 400 IM(s)	Coaches Favorite IM Set
For further information contact Andy at nrswim@mac.com						
February 6th, USF Swim Meet						
February 13th special baby shower after						
February 20th, Randy Burton Special Birthday Swim						