


All Workouts at Blodgett unless otherwise specified

**February
2012**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dist FR/IM	IM / Stroke	Mid FR	IM / Stroke	Sprint/Lactate	Mid / Dist FR	IM / Stroke
 <p>CAMBRIDGE MASTERS SWIM CLUB AT HARVARD</p>			1 5:30-6:30 AM	2 5:30-6:30 AM	3 5:30-6:30 AM	4 MAC 7:30-9:00AM
					no workout	
5 2:30-4:00 PM GO PATS!	6 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM	7 5:30-6:30 AM 7:00-8:30 PM	8 5:30-6:30 AM 12:15-1:30 PM	9 5:30-6:30 AM 7:00-8:30 PM	10 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM	11 9:00-10:30 AM BREASTSTROKE CLINIC 11AM SOCIAL GRAFTON STREET
12 6:15-7:45 PM	13 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM	14 5:30-6:30 AM 7:00-8:30 PM	15 5:30-6:30 AM 12:15-1:30 PM	16 5:30-6:30 AM 7:00-8:30 PM	17 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM	18 7:30-9:00 AM
19 6:15-7:45 PM BUTTERFLY CLINIC	20 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM	21 5:30-6:30 AM 7:00-8:30 PM	22 5:30-6:30 AM 12:15-1:30 PM	23 5:30-6:30 AM	24 5:30-6:30 AM 7:00-8:30 PM 9 PM SOCIAL PIZZERIA UNOS	25 TBA
26 6:15-7:45 PM STARTS&TURNS CLINIC	27 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM	28 5:30-6:30 AM 7:00-8:30 PM	29 5:30-6:30 AM 12:15-1:30 PM	1 no workout	2 no workout	3 no workout

**March
2012**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dist FR/IM	IM / Stroke	Mid FR	IM / Stroke	Sprint/Lactate	Mid / Dist FR	IM / Stroke
	 CAMBRIDGE MASTERS SWIM CLUB AT HARVARD			1 5:30-6:30 AM 7:00-8:30 PM	2 5:30-6:30 AM 12:15-1:30 PM no workout	3 MAC 7:30-9:00AM
4 6:15-7:45 PM	5 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM	6 5:30-6:30 AM 7:00-8:30 PM	7 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM	8 5:30-6:30 AM 7:00-8:30 PM	9 5:30-6:30 AM 12:15-1:30 PM	10 N.E. MASTERS CHAMPIONSHIPS at HARVARD DISTANCE DAY
11 6:15-7:45 PM	12 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM	13 5:30-6:30 AM 7:00-8:30 PM	14 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM	15 5:30-6:30 AM 7:00-8:30 PM	16 N.E. MASTERS CHAMPIONSHIPS AT HARVARD	17 N.E. MASTERS CHAMPIONSHIPS AT HARVARD
18 N.E. MASTERS CHAMPIONSHIPS 7:00 PM SOCIAL TOMMY DOYLE'S HARVARD SQ	19 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM	20 5:30-6:30 AM 7:00-8:30 PM	21 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM	22 5:30-6:30 AM 7:00-8:30 PM	23 5:30-6:30 AM 12:15-1:30 PM	24 TBA
25 TBA	26 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM	27 5:30-6:30 AM 7:00-8:30 PM	28 5:30-6:30 AM 12:15-1:30 PM 7:00-8:30 PM	29 5:30-6:30 AM 7:00-8:30 PM	30 5:30-6:30 AM 12:15-1:30 PM	1