

Workout #333 - Tuesday, 01 January 2013
Masters - Blue
1 minute rest between sets

5:00 AM Start

Meters	Set Description	PACE
=====		
Wednesday Morning		
500	2 x 250 on 4:25 Mix drill and swim	1:46
500	2 x 250 on 4:30 Pull, mix speeds	1:48
400	4 x 100 on 2:35 Kick desc 1-4	2:35
***** Group Up *****		
100	4 x 25 on :40 Fast!	2:40
1,700	2x{1 x 25 on 1:00 Loosen	4:00
	{3 x 125 on 2:00 last 25 always faster	1:36
	{3 x 75 on 1:30 Last 25 always faster	2:00
	{3 x 50 on 1:05 Fast!!!!!!!	2:10
	{3 x 25 on :45 Stay fast!	3:00
100	1 x 100 on 5:00 Loosen	5:00
6:16 AM 3,300 Meters		

Workout #334 - Wednesday, 02 January 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
=====		
Wednesday Night		
500	2 x 250 on 4:25 Mix drill and swim	1:46
500	2 x 250 on 4:30 Pull, mix speeds	1:48
400	4 x 100 on 2:35 Kick desc 1-4	2:35
***** Group Up *****		
200	4 x 50 on 1:05 Find paces	2:10
800	4 x 200 on 3:25 Desc 1-4	1:42
800	2 x 400 on 6:45 Negative Split	1:41
800	1 x 800 on 13:30 Negative Split	1:41
100	1 x 100 on 5:00 Loosen	5:00
6:28 PM 4,100 Meters		

Workout #335 - Thursday, 03 January 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 8:45 Mix swim and drill	1:45
450	6 x 75 on 1:40 kick, last 25 faster	2:13
500	1 x 500 on 8:45 Pull, mix speeds	1:45
	===== group Up =====	
100	4 x 25 on :40 Fast!	2:40
1,200	1x{3 x 100 on 1:50 Steady	1:50
	{1 x 100 on 1:40 Fast Pace	1:40
	{2 x 100 on 1:50 Steady	1:50
	{2 x 100 on 1:40 Fast Pace	1:40
	{1 x 100 on 1:50 Steady	1:50
	{3 x 100 on 1:40 Fast Pace	1:40
25	1 x 25 on 1:00 Loosen	4:00
200	2 x 100 on 3:00 Best effort	3:00
100	1 x 100 on 5:00 Loosen	5:00

6:11 PM 3,075 Meters

Workout #338 - Monday, 07 January 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 8:00 Mix swim & Drill	2:00
400	1 x 400 on 8:00 Pull, mix speeds	2:00
400	4 x 100 on 2:45 Kick, mix in a fast 25 on each	2:45
	***** Group Up *****	
100	4 x 25 on 1:00 Speedy!	4:00
400	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	1 x 200 on 4:00 Get Ready	2:00
600	6 x 100 on 3:00 Test Yourself!!	3:00
500	1 x 500 on 10:00 Cool down	2:00

6:19 PM 3,000 Meters

Workout #339 - Tuesday, 08 January 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:00 Drill Swim Mix	1:48
600	8 x 75 on 1:30 Pull. last 25 faster pace	2:00
400	8 x 50 on 1:20 Kick, mix up the speeds	2:40
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
1,600	1x{3 x 200 on 3:30 Steady	1:45
	{4 x 50 on 1:00 Desc 1-4	2:00
	{2 x 200 on 3:30 Steady	1:45
	{4 x 50 on 1:00 Desc 1-4	2:00
	{1 x 200 on 3:30 Last one, fast one	1:45
100	1 x 100 on 5:00 Loosen	5:00

6:14 PM 3,300 Meters

Workout #340 - Wednesday, 09 January 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:50 1st 25 = drill, last 25=faster	1:50
400	1 x 400 on 11:00 Kick as desired	2:45
400	4 x 100 on 1:50 Pull, Hold stroke count	1:50
	==== Group Up =====	
1,400	2x{2 x 50 on 1:00 Desc 1-2	2:00
	{1 x 600 on 10:30 1st 50 fast+ midsettle+ NS	1:45
	.	
1,150	1x{1 x 600 on 11:00 NS, 1st 50 fast	1:50
	{1 x 300 on 5:15 NS, 1st 50 fast	1:45
	{1 x 150 on 2:30 NS, 1st 50 fast	1:40
	{1 x 75 on 1:20 ALL FAST	1:47
	{1 x 25 on 1:00 Last one, fast one	4:00
100	1 x 100 on 5:00 Cool down	5:00

6:27 PM 4,050 Meters

Workout #341 - Thursday, 10 January 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
500	10 x 50 on :55 alt drill/swim @ 25	1:50
400	1 x 400 on 7:30 Pull as desired	1:52
450	6 x 75 on 1:35 Kick last 25 faster	2:07
	##### Group Up #####	
100	4 x 25 on :40 Fast!	2:40
750	3 x 250 on 4:25 Desc 1-3	1:46
500	2 x 250 on 4:35 Desc 1-2	1:50
250	1 x 250 on 5:00 Best effort	2:00
100	1 x 100 on 5:00 Loosen	5:00

6:12 PM 3,050 Meters

Workout #346 - Monday, 14 January 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:00 swim / drill mix	1:48
450	6 x 75 on 1:25 Pull, last 25 faster pace	1:53
400	4 x 100 on 2:30 Kick, mix speeds	2:30
	+++++ Group Up +++++	
100	4 x 25 on :35 Fast!	2:20
1,500	4x{3 x 25 on :45 #1 Easy, #2 Max, #3 Easy	3:00
	{6 x 50 on 1:10 Desc 1-3, 4-6: 3 & 6 are FAST	2:20
100	1 x 100 on 5:00 Loosen	5:00

6:18 PM 3,050 Meters

Workout #347 - Tuesday, 15 January 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:45 Desc 1-3, 4-6	1:45
400	2 x 200 on 3:40 Pull, mix paces	1:50
400	8 x 50 on 1:20 Kick, faster on the even ones	2:40
	===== Group Up =====	
100	4 x 25 on :40 Fast!	2:40
400	4 x 100 on 1:40 Desc 1-4	1:40
1,050	3x{1 x 50 on 1:30 Loosen	3:00
	{4 x 75 on 2:00 Best pace you can repeat	2:40
100	1 x 100 on 5:00 Loosen	5:00
6:20 PM 3,050 Meters		

Workout #348 - Wednesday, 16 January 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Mix paces and drills	1:45
400	4 x 100 on 1:45 Pull, last 50 faster pace	1:45
400	1 x 400 on 10:00 Kick as desired	2:30
	}}}} Group Up {{{{{	
300	6 x 50 on 1:00 Desc 1-3, 4-6	2:00
800	2 x 400 on 6:30 Desc 1-2 + last 100 faster	1:38
200	4 x 50 on 1:05 Desc 1-4	2:10
600	2 x 300 on 5:05 Desc 1-2 + last 100 faster	1:42
200	4 x 50 on 1:10 Desc 1-4	2:20
400	2 x 200 on 3:30 Desc 1-2 + last 100 faster	1:45
100	1 x 100 on 5:00 Loosen	5:00
6:29 PM 4,000 Meters		

Workout #349 - Thursday, 17 January 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:40 Mix speeds and drills	1:50
400	8 x 50 on 1:00 Pull, Mix paces	2:00
400	4 x 100 on 2:30 Kick, last 25 faster	2:30
	<<<<< Group Up >>>>>	
100	4 x 25 on :45 Fast!	3:00
800	8 x 100 on 1:40 Desc 1-4, 5-8	1:40
400	4 x 100 on 1:50 Desc 1-4	1:50
200	2 x 100 on 2:00 Desc 1-2, #2 as fast as possible	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:10 PM 3,000 Meters		

Workout #356 - Monday, 21 January 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
5:00 PM Start		
Tuesday Morning		
400	4 x 100 on 2:25 Kick, mix speeds	2:25
600	3 x 200 on 3:30 Include some drill, mix speeds	1:45
400	2 x 200 on 3:30 Pull, Desc 1-2	1:45
===== Group Up =====		
100	4 x 25 on :40 Fast!	2:40
1,500	1x{6 x 50 on 1:09 Steady	2:18
	{1 on :30 rest	
	{6 x 50 on 1:04 Steady	2:08
	{1 on :30 rest	
	{6 x 50 on :59 Steady	1:58
	{1 on :30 rest	
	{6 x 50 on :54 Alt Fast and Moderate	1:48
	{1 on :30 rest	
	{6 x 50 on :49 All Fast	1:38
100	1 x 100 on 5:00 Loosen	5:00
6:13 PM 3,100 Meters		

Workout #357 - Tuesday, 22 January 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
5:00 PM Start		
500	1 x 500 on 8:30 Swim / drill mix	1:42
500	1 x 500 on 9:00 Pull, mix up breathing patterns	1:48
400	4 x 100 on 2:30 Kick as desired	2:30
+++++ Group Up +++++		
100	4 x 25 on :45 Fast!	3:00
1,600	4x{3 x 100 on 1:40 Desc 1-3	1:40
	{1 x 50 on 1:20 Super Effort!!	2:40
	{1 x 50 on 1:15 Steady, Relaxed	2:30
6:06 PM 3,100 Meters		

Workout #358 - Wednesday, 23 January 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:45 desc 1-3/4-6	1:45
400	2 x 200 on 3:45 Pull Steady Stroke Count	1:52
400	8 x 50 on 1:20 Kick, last 25 faster	2:40
	***** group Up *****	
2,500	1x{1 x 100 on 1:50 neg split	1:50
	{1 x 200 on 3:35 steady	1:48
	{1 x 300 on 5:15 neg split	1:45
	{1 x 400 on 6:45 steady	1:41
	{1 x 500 on 8:20 neg split	1:40
	{1 x 400 on 6:55 steady	1:44
	{1 x 300 on 5:20 neg split	1:47
	{1 x 200 on 3:40 steady	1:50
	{1 x 100 on 2:00 neg split	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:23 PM 4,000 Meters		

Workout #359 - Thursday, 24 January 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:20 drill, swim mix	1:47
450	6 x 75 on 1:20 Pull, last 25 faster	1:47
400	4 x 100 on 2:30 Kick, 1st 25 sprint	2:30
	^^^^^ Group Up ^^^^^	
200	4 x 50 on 1:15 Desc 1-4	2:30
450	3 x 150 on 2:40 Desc 1-3	1:47
	1 on 1:00 extra rest	
450	3 x 150 on 2:35 Build each to fast last 50	1:43
	1 on 1:00 extra rest	
450	3 x 150 on 2:30 Go time - all three fast	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,100 Meters		

Workout #360 - Monday, 28 January 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	8 x 75 on 1:20 1st 25 = drill	1:47
400	8 x 50 on 1:00 Pull, mix speeds	2:00
450	3 x 150 on 3:30 Kick, last 50 faster	2:20
)))) Group Up (((((
100	4 x 25 on :40 Fast!	2:40
200	4 x 50 on 1:05 Desc 1-4	2:10
1,200	3x{1 x 100 on 3:00 Easy loosen	3:00
	{4 x 75 on 2:00 Magnificent Swims	2:40
100	1 x 100 on 5:00 Loosen	5:00
6:22 PM 3,050 Meters		

Workout #361 - Tuesday, 29 January 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:30 middle of each faster effort	1:45
400	1 x 400 on 7:00 Pull as desired	1:45
450	6 x 75 on 2:00 Kick, last 25 faster	2:40
	>>>> Group Up <<<<<	
100	4 x 25 on :40 Fast!	2:40
1,600	2x{5 x 150 on 2:30 Strong and Steady	1:40
	{2 x 25 on 1:00 #1 Fast, #2 Easy	4:00
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,250 Meters		

Workout #362 - Wednesday, 30 January 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
500	10 x 50 on 1:00 alt drill/swim and swim @ 50	2:00
450	6 x 75 on 1:45 Kick - mix efforts	2:20
400	2 x 200 on 3:45 Pull Desc 1-2	1:52
	%%%% Group Up %%%%	
100	4 x 25 on :35 Fast!	2:20
2,600	2x{2 x 400 on 6:40 Desc 1-2+last 100 of #2 FAST	1:40
	{2 x 200 on 3:30 #1 steady, #2 pick up the pace	1:45
	{2 x 50 on 1:15 #1 Easier, #2 FAST	2:30
100	1 x 100 on 5:00 Loosen	5:00
6:28 PM 4,150 Meters		

Workout #363 - Thursday, 31 January 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:00 Swim, Your Choice	1:48
500	1 x 500 on 9:00 Pull, Your Choice	1:48
400	1 x 400 on 11:00 Kick, Any Way You Want	2:45
 Group Up	
200	4 x 50 on 1:15 Desc 1-4	2:30
1,300	1x{3 x 200 on 3:15 Steady	1:38
	{2 x 25 on 1:00 Fast!	4:00
	{2 x 200 on 3:00 Steady	1:30
	{2 x 25 on 1:00 Fast!	4:00
	{1 x 200 on 5:00 Last one, fast one	2:30
100	1 x 100 on 5:00 Loosen	5:00
6:09 PM 3,000 Meters		

Workout #372 - Monday, 04 February 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 8:00 Mix swim & Drill	2:00
400	1 x 400 on 8:00 Pull, mix speeds	2:00
400	4 x 100 on 2:45 Kick, mix in a fast 25 on each	2:45
	***** Group Up *****	
100	4 x 25 on 1:00 Speedy!	4:00
400	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	1 x 200 on 4:00 Get Ready	2:00
600	6 x 100 on 3:00 Test Yourself!!	3:00
500	1 x 500 on 10:00 Cool down	2:00
	6:19 PM 3,000 Meters	

Workout #373 - Tuesday, 05 February 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	4 x 100 on 1:45 drill swim mix	1:45
600	6 x 100 on 1:45 Pull, mix speeds	1:45
400	8 x 50 on 1:15 Kick, mix speeds	2:30
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
1,500	2x{4 x 50 on 1:00 Desc 1-4	2:00
	{2 x 200 on 3:20 Desc 1-2	1:40
	{2 x 50 on 1:15 Both Fast Efforts	2:30
	{1 x 50 on 1:30 Loosen	3:00
	6:05 PM 3,000 Meters	

Workout #374 - Wednesday, 06 February 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:40 Drill Swim Mix	1:50
400	4 x 100 on 2:30 Kick, last 25 FAST!	2:30
400	1 x 400 on 6:45 Pull, steady stroke count	1:41
	===== Group Up =====	
200	4 x 50 on 1:05 Steady, fast pace	2:10
600	1 x 600 on 10:00 Negative Split	1:40
600	2 x 300 on 5:05 Desc 1-2	1:42
600	1 x 600 on 10:30 Build to fast last 100	1:45
600	2 x 300 on 5:20 Desc 1-2, last one fast	1:47
100	1 x 100 on 5:00 Loosen	5:00
	6:29 PM 4,100 Meters	

Workout #375 - Thursday, 07 February 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Desc 1-2, include some drills	1:50
400	4 x 100 on 1:45 Pull, negative split	1:45
400	1 x 400 on 10:00 Kick as desired	2:30
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
1,000	4 x 250 on 4:10 Strong & Steady	1:40
450	3 x 150 on 2:35 Stronger	1:43
100	2 x 50 on 1:00 FAST!	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:10 PM 3,150 Meters	

Workout #382 - Monday, 11 February 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Drill, swim mix	1:45
400	4 x 100 on 2:30 Kick, do some at fast efforts	2:30
400	1 x 400 on 7:30 Pull, how is your pull pattern?	1:52
	===== Group Up =====	
200	4 x 50 on 1:00 Desc 1-4	2:00
1,400	4x{2 x 25 on :35 Swim - FAST!!	2:20
	{2 x 50 on 1:15 Swim - FAST!!	2:30
	{2 x 75 on 2:00 Swim - FAST!!	2:40
	{1 x 50 on 2:00 Loosen	4:00
	6:16 PM 3,000 Meters	

Workout #383 - Tuesday, 12 February 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Mix drill and swim	1:50
400	2 x 200 on 5:00 Kick, mix speeds	2:30
400	8 x 50 on 1:00 Pull, alt mod/fast	2:00
	##### Group Up #####	
200	4 x 50 on 1:10 Desc 1-4	2:20
1,350	1x{2 x 75 on 1:25 Steady & Strong	1:53
	{4 x 75 on 1:20 Desc 1-4	1:47
	{6 x 75 on 1:15 Fast Pace - Steady	1:40
	{4 x 75 on 1:25 Desc 1-4	1:53
	{2 x 75 on 2:00 As fast as you can	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:10 PM 3,050 Meters	

Workout #384 - Wednesday, 13 February 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:30 Drill / swim mix	1:50
450	6 x 75 on 1:20 Pull, last 25 faster	1:47
400	1 x 400 on 10:00 Kick as desired	2:30
	() () () Group Up () () ()	
2,600	1x{3 x 400 on 6:40 Desc 1-3 & Neg Split	1:40
	{2 x 50 on 1:15 Desc 1-2	2:30
	{2 x 400 on 6:30 Desc 1-2 & Neg Split	1:38
	{2 x 50 on 1:15 Desc 1-2	2:30
	{1 x 400 on 6:20 Neg Split	1:35
100	1 x 100 on 5:00 Loosen	5:00

6:23 PM 4,150 Meters

Workout #385 - Thursday, 14 February 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:50 Mix drill & swim	1:50
400	4 x 100 on 1:50 Pull, negative split	1:50
400	4 x 100 on 2:30 Kick, middle faster effort	2:30
	+++++ group Up +++++	
100	4 x 25 on :50 Swim - FAST!!	3:20
1,575	3x{1 x 25 on 1:00 Loosen	4:00
	{1 x 100 on 1:50 Steady Pace	1:50
	{1 x 100 on 1:45 Steady Pace	1:45
	{1 x 100 on 1:40 Steady Pace	1:40
	{1 x 100 on 1:35 Steady Pace	1:35
	{1 x 100 on 1:30 Steady Pace	1:30
100	1 x 100 on 5:00 Loosen	5:00

6:11 PM 3,175 Meters

Workout #391 - Monday, 18 February 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:00 Swim & Drill Mix	1:48
600	6 x 100 on 1:45 Pull, last 25 faster pace	1:45
400	2 x 200 on 5:00 Kick, 2nd and 4th 50 faster	2:30
	^^^^^ Group Up ^^^^^	
100	4 x 25 on :40 Fast!	2:40
1,400	4x{4 x 50 on 1:00 Desc 1-4	2:00
	{2 x 50 on 1:15 #1 = Moderate, #2 = FAST	2:30
	{1 x 50 on 1:30 Loosen	3:00

6:09 PM 3,000 Meters

Workout #392 - Tuesday, 19 February 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Drill the 1st 50	1:45
400	4 x 100 on 2:30 Kick, first and last 25 faster	2:30
400	8 x 50 on :55 Pull, Desc 1-2	1:50
	----- Group Up -----	
100	4 x 25 on :45 Fast!	3:00
200	2 x 100 on 1:45 Desc 1-2	1:45
200	2 x 100 on 1:50 Desc 1-2	1:50
200	2 x 100 on 1:40 Desc 1-2	1:40
200	2 x 100 on 1:45 Desc 1-2	1:45
200	2 x 100 on 1:35 Desc 1-2	1:35
200	2 x 100 on 1:40 Desc 1-2	1:40
50	1 x 50 on 1:30 Loosen	3:00
200	2 x 100 on 1:30 Fast!	1:30
100	1 x 100 on 5:00 Loosen	5:00
	6:18 PM 3,050 Meters	

Workout #393 - Wednesday, 20 February 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:15 middle 100 faster pace	1:45
400	4 x 100 on 1:50 Pull, hold steady stroke count	1:50
400	1 x 400 on 10:00 Kick as desired	2:30
	}}}} Group Up {{{{{	
200	4 x 50 on 1:15 Desc 1-4	2:30
2,400	2x{10 x 50 on 1:00 Alt 2 easier, 2 faster	2:00
	{1 x 500 on 8:15 Negative Split	1:39
	{2 x 100 on 2:15 #1 mod, #2 fast	2:15
100	1 x 100 on 5:00 Loosen	5:00
	6:30 PM 4,100 Meters	

Workout #394 - Thursday, 21 February 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 Swim as desired	1:48
500	1 x 500 on 9:15 Pull as desired	1:51
450	6 x 75 on 1:45 Kick, last 25 faster	2:20
 Group Up	
100	4 x 25 on :40 Fast!	2:40
1,600	4x{2 x 150 on 2:35 last 50 always faster	1:43
	{2 x 50 on 1:15 Both Fast	2:30
100	1 x 100 on 5:00 Loosen	5:00
	6:14 PM 3,250 Meters	

Workout #406 - Monday, 25 February 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 mix swim and drill	1:50
400	2 x 200 on 3:40 Pull, Desc 1-2	1:50
400	8 x 50 on 1:20 Kick, even faster than odd	2:40
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
1,600	1x{4 x 75 on 1:20 Steady	1:47
	{1 x 75 on 1:05 Fast pace	1:27
	{3 x 75 on 1:20 Steady	1:47
	{2 x 75 on 1:05 Fast Pace	1:27
	{2 x 75 on 1:20 Steady	1:47
	{3 x 75 on 1:05 Fast Pace	1:27
	{1 x 75 on 1:20 Steady	1:47
	{4 x 75 on 1:05 Fast Pace	1:27
	{1 x 25 on :45 Easy	3:00
	{1 x 75 on 2:00 Best of the day	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:10 PM 3,200 Meters	

Workout #407 - Tuesday, 26 February 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:20 Swim Drill Mix	1:47
450	6 x 75 on 1:50 Kick, last 25 faster effort	2:27
400	1 x 400 on 7:00 Pull as desired	1:45
	===== Group Up =====	
200	4 x 50 on 1:05 Desc 1-4	2:10
1,400	4x{2 x 150 on 2:30 Desc 1-2, #2 is FAST!	1:40
	{2 x 25 on :45 #1 Easy. #2 Sprint.	3:00
100	1 x 100 on 5:00 Loosen	5:00
	6:10 PM 3,150 Meters	

Workout #408 - Wednesday, 27 February 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
400	8 x 50 on :55 Mix speeds	1:50
600	3 x 200 on 3:30 Pull, Negative Split	1:45
400	4 x 100 on 2:20 Kick as desired	2:20
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
400	4 x 100 on 1:40 Desc 1-4	1:40
2,000	2x{4 x 50 on 1:00 Desc 1-4 (#1 is easy)	2:00
	{1 x 400 on 6:40 Negative Split	1:40
	{4 x 100 on 1:45 All Faster pace than above 400	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:26 PM 4,000 Meters	

Workout #409 - Thursday, 28 February 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:00 Mix drill anbd swim	1:48
500	10 x 50 on 1:00 Pull, alt easy, moderate efforts	2:00
400	8 x 50 on 1:20 Kick, alt easy & moderate effort	2:40
	%%%% Group Up %%%%	
100	4 x 25 on :45 Fast!	3:00
1,800	1x{1 x 200 on 3:10 Steady	1:35
	{1 x 200 on 2:50 Fast Pace	1:25
	{1 x 200 on 3:10 Steady	1:35
	{2 x 200 on 2:50 Fast Pace	1:25
	{1 x 200 on 3:10 Steady	1:35
	{3 x 200 on 2:50 Fast Pace	1:25
100	1 x 100 on 5:00 Loosen	5:00

6:10 PM 3,400 Meters

Workout #410 - Monday, 04 March 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 8:00 Mix swim & Drill	2:00
400	1 x 400 on 8:00 Pull, mix speeds	2:00
400	4 x 100 on 2:45 Kick, mix in a fast 25 on each	2:45
	***** Group Up *****	
100	4 x 25 on 1:00 Speedy!	4:00
400	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	1 x 200 on 4:00 Get Ready	2:00
600	6 x 100 on 3:00 Test Yourself!!	3:00
500	1 x 500 on 10:00 Cool down	2:00

6:19 PM 3,000 Meters

Workout #411 - Tuesday, 05 March 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:50 Drill/Swim Mix	1:50
450	3 x 150 on 2:45 Pull, last 50 faster	1:50
400	8 x 50 on 1:15 kick, mix speeds	2:30
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
400	2 x 200 on 3:30 Desc 1-2, #3 is fast	1:45
100	2 x 50 on 1:15 #1 Easy, #2 Moderate	2:30
400	2 x 200 on 3:20 Desc 1-2, #3 is fast!	1:40
100	2 x 50 on 1:15 #1 Easy, #2 Moderate	2:30
400	2 x 200 on 3:10 Desc 1-2, #3 is FAST!!	1:35
100	1 x 100 on 5:00 Loosen	5:00

6:14 PM 3,050 Meters

Workout #412 - Wednesday, 06 March 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Swim, drill mix	1:50
450	6 x 75 on 1:25 Pull, Steady pace	1:53
400	1 x 400 on 10:00 Kick as desired	2:30
	+ + + + Group Up + + + +	
100	4 x 25 on :50 Fast, Get Ready!	3:20
2,400	1x{4 x 50 on :55 Steady, Moderate Pace	1:50
	{1 x 600 on 10:30 Negative Split	1:45
	{4 x 50 on 1:00 Steady, Moderate Pace	2:00
	{1 x 600 on 10:15 Neg Split	1:42
	{4 x 50 on 1:05 Steady, Moderate Pace	2:10
	{1 x 600 on 10:00 Neg Split	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:27 PM 4,050 Meters	

Workout #413 - Thursday, 07 March 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
600	1 x 600 on 11:00 Swim as desired	1:50
400	8 x 50 on 1:00 Pull, alt easy/mod @ 50	2:00
400	4 x 100 on 2:30 Kick, mix speeds	2:30
	==== Group Up =====	
100	4 x 25 on :40 Fast!	2:40
200	4 x 50 on 1:05 Desc 1-4	2:10
1,300	2x{1 x 50 on 1:30 Loosen	3:00
	{2 x 150 on 2:30 Steady, build speed last 50	1:40
	{2 x 100 on 1:40 Build speed last 50	1:40
	{2 x 50 on 1:05 #1 Moderate, #2 Best Effort	2:10
100	1 x 100 on 5:00 Cool down	5:00
	6:12 PM 3,100 Meters	

Workout #414 - Monday, 11 March 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Mix swim and drill	1:50
400	1 x 400 on 7:00 Pull, negative split	1:45
400	2 x 200 on 4:20 Kick, mix speeds	2:10
	***** Group UP *****	
100	4 x 25 on :50 FAST!!	3:20
1,400	4x{1 x 50 on 1:30 Loosen	3:00
	{4 x 50 on :55 Alt Mod/Fast @ 50	1:50
	{4 x 25 on :45 BEST EFFORT POSSIBLE	3:00
100	1 x 100 on 5:00 Loosen	5:00
	6:14 PM 3,000 Meters	

Workout #415 - Tuesday, 12 March 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
450	6 x 75 on 1:20 Swim drill mix	1:47
600	2 x 300 on 5:15 Pull, middle 100 faster effort	1:45
400	8 x 50 on 1:20 Kick, hold a mod to fast pace	2:40
	+++++ Group Up +++++	
100	4 x 25 on :40 Fast!	2:40
400	4 x 100 on 1:45 Desc 1-4	1:45
950	2x{1 x 25 on 1:30 Easy recovery	6:00
	{6 x 75 on 2:00 Fast as you can on each	2:40
100	1 x 100 on 5:00 Loosen	5:00
6:18 PM 3,000 Meters		

Workout #416 - Wednesday, 13 March 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Mix swim and drill	1:45
400	2 x 200 on 3:30 Pull, faster last 50	1:45
450	6 x 75 on 1:45 Kick, mix efforts	2:20
	===== Group Up =====	
200	4 x 50 on 1:05 Desc. 1-4	2:10
2,400	1x{2 x 400 on 6:35 Strong and steady	1:39
	{1 x 200 on 3:20 Hold the pace	1:40
	{2 x 400 on 6:50 Last 100 faster on each	1:42
	{1 x 200 on 3:30 Hold the faster pace	1:45
	{1 x 400 on 7:00 Build from moderate to fast	1:45
100	1 x 100 on 3:00 Cool Down	3:00
6:23 PM 4,150 Meters		

Workout #417 - Thursday, 14 March 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 Mix swim and drill	1:48
400	8 x 50 on 1:00 Pull, hold steady stroke count	2:00
450	18 x 25 on :35 Kick, alt mod and fast effort	2:20
	^^^^^ Group Up ^^^^^	
100	4 x 25 on :45 FAST!	3:00
800	4 x 200 on 3:20 Desc 1-4	1:40
400	4 x 100 on 1:50 Desc 1-4	1:50
200	4 x 50 on 1:15 Desc 1-4	2:30
200	2 x 100 on 2:30 #1 is easy, #2 is FAST	2:30
100	1 x 100 on 3:00 Cool Down	3:00
6:14 PM 3,150 Meters		

Workout #418 - Monday, 18 March 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 Mix swim and drill	1:48
500	1 x 500 on 9:00 Pull, build each 100	1:48
400	4 x 100 on 2:25 Kick, Build effort each 50	2:25
	===== Group Up =====	
100	4 x 25 on :40 Fast efforts!	2:40
1,500	2x{1 x 50 on 1:30 Loosen	3:00
	{6 x 50 on 1:05 Desc 1-3, 4-6	2:10
	{4 x 100 on 2:15 Fast Pace	2:15
100	1 x 100 on 5:00 Loosen	5:00
6:15 PM 3,100 Meters		

Workout #419 - Tuesday, 19 March 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Mix swim and drill	1:50
400	8 x 50 on 1:00 Pull, Alt ez/Mod	2:00
450	6 x 75 on 1:45 Kick, last 25 faster effort	2:20
	***** Group Up *****	
100	4 x 25 on :35 Fast efforts!	2:20
	1 on :30 Extra Rest	
400	4 x 100 on 1:50 Desc 1-4	1:50
	1 on :30 Extra Rest	
400	4 x 100 on 1:45 Desc 1-4	1:45
	1 on :30 Extra Rest	
400	4 x 100 on 1:40 Desc 1-4	1:40
	1 on :30 Extra Rest	
400	4 x 100 on 1:35 Desc 1-4	1:35
100	1 x 100 on 5:00 Loosen	5:00
6:15 PM 3,250 Meters		

Workout #420 - Wednesday, 20 March 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:40 1st 50 always drill	1:50
450	6 x 75 on 1:20 Pull, last 25 faster effort	1:47
400	8 x 50 on 1:15 Kick, build speed each 50	2:30
	===== Group Up =====	
500	5x{1 x 50 on 1:05 Steady	2:10
	{1 x 50 on 1:00 Steady	2:00
	1 on :30 Extra rest, get ready	
500	2 x 250 on 4:05 Last 50 faster	1:38
1,000	2 x 500 on 8:20 1st and last 100 faster	1:40
500	2 x 250 on 4:15 1st and last 50 faster	1:42
100	1 x 100 on 5:00 Loosen	5:00
6:27 PM 4,050 Meters		

Workout #421 - Thursday, 21 March 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	2 x 300 on 5:30 Swim / Drill Mix	1:50
400	2 x 200 on 3:30 Pull, desc	1:45
400	1 x 400 on 10:00 Kick as desired	2:30
##### Group Up #####		
100	4 x 25 on :40 Fast efforts!	2:40
500	2 x 250 on 4:10 Desc 1-2	1:40
400	2 x 200 on 3:20 Desc 1-2	1:40
300	2 x 150 on 2:30 Desc 1-2	1:40
200	2 x 100 on 1:40 Desc 1-2	1:40
100	2 x 50 on :50 Desc 1-2	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,100 Meters		

Workout #422 - Monday, 25 March 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	4 x 150 on 2:40 mix drill & swim	1:47
400	2 x 200 on 3:40 Pull, mix paces	1:50
400	8 x 50 on 1:10 Kick, alt easy and faster	2:20
===== Group Up =====		
100	4 x 25 on :40 Fast efforts!	2:40
1,400	4x{4 x 50 on 1:10 #1 is easy! Desc 1-4	2:20
	{2 x 75 on 2:00 Both fast	2:40
100	1 x 100 on 5:00 loosen	5:00
6:17 PM 3,000 Meters		

Workout #423 - Tuesday, 26 March 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	1 x 600 on 11:00 Mix swim and drill	1:50
450	6 x 75 on 1:45 kick, last 25 faster effort	2:20
400	2 x 200 on 3:20 Pull, decs 1-2	1:40
+++++ Group Up +++++		
100	4 x 25 on :50 Fast efforts!	3:20
200	4 x 50 on 1:00 last 25 faster than first	2:00
300	2 x 150 on 2:40 Desc 1-2	1:47
200	4 x 50 on 1:05 Last 25 faster than first	2:10
300	2 x 150 on 2:35 Desc 1-2	1:43
200	4 x 50 on 1:10 Last 25 faster than first	2:20
300	2 x 150 on 2:30 Desc 1-2	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:19 PM 3,150 Meters		

Workout #424 - Wednesday, 27 March 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:30 Mix drill and swim	1:45
400	2 x 200 on 3:30 Pull, Desc 1-2	1:45
400	2 x 200 on 4:10 Kick, mix efforts	2:05
	----- Group Up -----	
200	4 x 50 on 1:00 Steady pace efforts	2:00
1,200	3 x 400 on 6:30 Desc 1-3	1:38
800	2 x 400 on 6:40 Desc 1-2	1:40
400	1 x 400 on 6:50 last one, fast one	1:42
100	1 x 100 on 5:00 Loosen	5:00
	6:24 PM 4,100 Meters	

Workout #425 - Thursday, 28 March 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
500	10 x 50 on 1:00 Mix drill and swim	2:00
400	4 x 100 on 2:30 Kick, last 25 always faster	2:30
500	10 x 50 on 1:00 Pull, mix speeds	2:00
	***** Group Up *****	
100	4 x 25 on :40 Fast efforts!	2:40
1,400	2x{2 x 50 on 1:05 #1 easy, #2 moderate	2:10
	{3 x 100 on 1:55 Steady, Stretch it out	1:55
	{2 x 100 on 1:45 Steady, stretch it out	1:45
	{1 x 100 on 1:35 Stronger, faster!	1:35
100	1 x 100 on 5:00 Loosen	5:00
	6:09 PM 3,000 Meters	

Workout #426 - Monday, 01 April 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 8:00 Mix swim & Drill	2:00
400	1 x 400 on 8:00 Pull, mix speeds	2:00
400	4 x 100 on 2:45 Kick, mix in a fast 25 on each	2:45
	***** Group Up *****	
100	4 x 25 on 1:00 Speedy!	4:00
400	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	1 x 200 on 4:00 Get Ready	2:00
600	6 x 100 on 3:00 Test Yourself!!	3:00
500	1 x 500 on 10:00 Cool down	2:00
	6:19 PM 3,000 Meters	

Workout #427 - Tuesday, 02 April 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Desc 1-2, include some drills	1:50
400	8 x 50 on 1:00 Pull, alt easy and moderate	2:00
450	6 x 75 on 1:40 Kick, last 25 faster	2:13
	----- Group Up -----	
100	4 x 25 on :45 Fast!	3:00
1,400	1x{1 x 200 on 3:45 Steady	1:52
	{1 x 200 on 3:20 Fast Pace	1:40
	{1 x 200 on 3:40 Steady	1:50
	{1 x 200 on 3:20 Fast Pace	1:40
	{1 x 200 on 3:35 Steady	1:48
	{1 x 200 on 3:20 Fast Pace	1:40
	{1 x 200 on 3:30 Last one, fast one	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:07 PM 3,050 Meters	

Workout #428 - Wednesday, 03 April 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Mix swim and drill	1:45
400	4 x 100 on 1:50 Pull, steady pace, count strokes	1:50
400	4 x 100 on 2:30 Kick, mix speeds	2:30
	===== Group Up =====	
600	1 x 600 on 10:00 Negative Split	1:40
400	2 x 200 on 3:25 Desc 1-2	1:42
600	1 x 600 on 10:15 Negative Split	1:42
400	4 x 100 on 1:45 Desc 1-4	1:45
600	1 x 600 on 10:30 Negative Split	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:28 PM 4,100 Meters	

Workout #429 - Thursday, 04 April 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
600	1 x 600 on 11:00 As desired	1:50
400	8 x 50 on 1:15 kick, strong & steady	2:30
400	4 x 100 on 1:50 Pull, Desc 1-4, steady strokes	1:50
	==== Group Up =====	
100	4 x 25 on :40 Fast!	2:40
	1 on :30 Extra rest	
600	4 x 150 on 2:25 Fast!	1:37
	1 on :25 Extra rest	
450	3 x 150 on 2:35 Fast!	1:43
	1 on :20 Extra rest	
300	2 x 150 on 2:45 Fast!	1:50
	1 on :15 Extra Rest	
150	1 x 150 on 2:55 Last one, fast one	1:57
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,100 Meters	

Workout #430 - Monday, 08 April 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
600	4 x 150 on 2:40 1st 25 always drill	1:47
400	16 x 25 on :40 Kick, alt moderate and fast	2:40
400	2 x 200 on 3:30 Pull, mix efforts	1:45
	%%%% Group Up %%%%	
1,500	3x{4 x 75 on 1:30 Fast last 25s	2:00
	{3 x 50 on 1:15 Fast last 25s	2:30
	{2 x 25 on 1:00 Best Effort on Both	4:00
100	1 x 100 on 5:00 Loosen	5:00
	6:14 PM 3,000 Meters	

Workout #431 - Tuesday, 09 April 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
600	2 x 300 on 5:20 drill / swim mix	1:47
400	2 x 200 on 3:20 Pull, Desc 1-2, Hold Stroke Coun	1:40
400	4 x 100 on 2:30 Kick, strong & steady	2:30
	- *-* *-* Group Up *-* *-* *-*	
100	4 x 25 on :40 Fast efforts!	2:40
1,400	4x{1 x 50 on 1:30 Loosen	3:00
	{2 x 75 on 1:30 Desc 1-2	2:00
	{2 x 75 on 1:10 Fast efforts!	1:33
100	1 x 100 on 5:00 Loosen	5:00
	6:09 PM 3,000 Meters	

Workout #432 - Wednesday, 10 April 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	12 x 50 on :55 Mix speeds, swim and drill	1:50
400	1 x 400 on 6:30 Pull as desired	1:38
450	6 x 75 on 1:50 Kick, mix speeds	2:27
	^^ ^^ >-< Group Up >-< ^^ ^^	
200	4 x 50 on 1:00 Desc 1-4	2:00
2,300	1x{2 x 200 on 3:20 Desc 1-2	1:40
	{2 x 300 on 5:05 Desc 1-2	1:42
	{2 x 400 on 6:55 Desc 1-2	1:44
	{1 x 300 on 5:20 Negative Split	1:47
	{1 x 200 on 3:40 Negative Split	1:50
100	1 x 100 on 5:00 Cool down	5:00
6:23 PM 4,050 Meters		

Workout #433 - Thursday, 11 April 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
500	1 x 500 on 9:00 Swim as desired	1:48
500	2 x 250 on 5:30 Kick as desired	2:12
600	6 x 100 on 1:40 Pull, neg split	1:40
	++++ group Up +++++	
100	4 x 25 on :40 Fast efforts!	2:40
400	2 x 200 on 3:40 Desc 1-2	1:50
400	2 x 200 on 3:30 Desc 1-2	1:45
400	2 x 200 on 3:20 Desc 1-2	1:40
200	1 x 200 on 4:00 Best Effort	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,200 Meters		

Workout #434 - Monday, 15 April 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	6 x 100 on 1:50 Include some drills	1:50
400	8 x 50 on 1:00 Pull, mix efforts	2:00
450	6 x 75 on 1:40 kick, last 25 faster effort	2:13
	***** Group Up *****	
100	4 x 25 on :40 Fast efforts!	2:40
1,500	2x{6 x 50 on 1:15 Desc 1-3, 4-6	2:30
	{1 x 50 on 1:30 Max Speed	3:00
	{4 x 50 on 1:15 Desc 1-4	2:30
	{1 x 50 on 1:30 Max Speed	3:00
	{2 x 50 on 1:15 Desc 1-2	2:30
	{1 x 50 on 1:30 Max Speed	3:00
6:15 PM 3,050 Meters		

Workout #435 - Tuesday, 16 April 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	3 x 200 on 3:40 neg split	1:50
400	4 x 100 on 2:30 kick mix speeds	2:30
400	4 x 100 on 1:50 Pull, mix efforts	1:50
	///// Group Up \\\	
200	4 x 50 on 1:05 All Fast efforts!	2:10
1,200	2x{2 x 100 on 1:50 Steady	1:50
	{2 x 100 on 1:45 Steady	1:45
	{2 x 100 on 1:40 Steady	1:40
50	1 x 50 on 1:30 Loosen	3:00
100	1 x 100 on 3:00 Best Effort	3:00
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,050 Meters		

Workout #436 - Wednesday, 17 April 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
500	1 x 500 on 9:00 Swim / drill mix	1:48
500	1 x 500 on 9:00 Pull as desired	1:48
500	1 x 500 on 11:00 Kick as desired	2:12
	==== Group up =====	
200	4 x 50 on 1:00 Desc 1-4	2:00
100	4 x 25 on :30 Steady	2:00
1,000	2 x 500 on 8:15 Desc 1-2	1:39
100	4 x 25 on :30 Steady	2:00
1,000	2 x 500 on 8:30 Desc 1-2	1:42
100	1 x 100 on 5:00 Loosen	5:00
6:24 PM 4,000 Meters		

Workout #437 - Thursday, 18 April 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	6 x 100 on 1:45 Mix efforts, include some drills	1:45
800	2x{2 x 100 on 1:50 pull desc 1-2	1:50
	{2 x 100 on 2:30 kick steady efforts	2:30
	##### Group Up #####	
500	2 x 250 on 4:35 Desc 1-2	1:50
500	2 x 250 on 4:25 Desc 1-2	1:46
500	2 x 250 on 4:15 Desc 1-2	1:42
	1 on :30 Extra Rest	
250	1 x 250 on 5:00 Best Effort	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:13 PM 3,250 Meters		

Workout #438 - Monday, 22 April 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	4 x 150 on 2:45 Swim, drill mix	1:50
400	2 x 200 on 3:30 Pull, mix efforts	1:45
400	4 x 100 on 2:30 Kick, include some fast efforts	2:30
	==== Group Up =====	
100	4 x 25 on :40 Fast efforts!	2:40
1,650	3x{2 x 100 on 1:40 Desc 1-2, 2nd one is FAST	1:40
	{2 x 75 on 1:25 Desc 1-2, 2nd one is FAST	1:53
	{2 x 50 on 1:10 Desc 1-2, 2nd one is FAST	2:20
	{2 x 25 on :55 both are FAST	3:40
	{1 x 50 on 1:30 Loosen	3:00
	6:11 PM 3,150 Meters	

Workout #439 - Tuesday, 23 April 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	1 x 600 on 10:00 As you like it	1:40
400	8 x 50 on 1:00 Pull, Alt mod and fast	2:00
450	6 x 75 on 1:45 Kick, mix speeds	2:20
	***** Group Up *****	
300	6 x 50 on 1:00 Fast efforts!	2:00
1,300	2x{1 x 25 on 1:00 Easy Loosen	4:00
	{4 x 150 on 2:30 Desc 1-4	1:40
	{1 x 25 on :45 Max Effort	3:00
100	1 x 100 on 5:00 Loosen	5:00
	6:09 PM 3,150 Meters	

Workout #440 - Wednesday, 24 April 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	4 x 150 on 2:30 Mix swim and drill	1:40
400	2 x 200 on 5:30 Kick, middle 50s faster	2:45
400	4 x 100 on 1:50 Pull, Last 25 faster	1:50
	***** Group Up *****	
100	4 x 25 on :40 Fast efforts!	2:40
2,400	2x{1 x 400 on 6:40 Negative Split	1:40
	{2 x 100 on 1:50 Desc 1-2	1:50
	{1 x 400 on 6:50 Negative Split	1:42
	{2 x 100 on 1:50 Desc 1-2	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:24 PM 4,000 Meters	

Workout #441 - Thursday, 25 April 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:40 Swim, drill mix	1:53
400	8 x 50 on 1:30 Kick, fast	3:00
400	2 x 200 on 3:30 Pull desc 1-2	1:45
	===== Group Up =====	
100	4 x 25 on :35 Fast efforts!	2:20
1,500	1x{1 x 100 on 2:00 Fast	2:00
	{2 x 100 on 1:45 Steady	1:45
	{1 x 100 on 1:55 Fast	1:55
	{2 x 100 on 1:50 Steady	1:50
	{1 x 100 on 1:50 Fast	1:50
	{2 x 100 on 1:55 Steady	1:55
	{1 x 100 on 1:45 Fast	1:45
	{2 x 100 on 2:00 Steady	2:00
	{1 x 100 on 1:40 Fast	1:40
	{2 x 100 on 2:05 Steady	2:05
	6:07 PM 3,000 Meters	

Workout #442 - Monday, 29 April 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 8:00 Mix swim & Drill	2:00
400	1 x 400 on 8:00 Pull, mix speeds	2:00
400	4 x 100 on 2:45 Kick, mix in a fast 25 on each	2:45
	***** Group Up *****	
100	4 x 25 on 1:00 Speedy!	4:00
400	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	1 x 200 on 4:00 Get Ready	2:00
600	6 x 100 on 3:00 Test Yourself!!	3:00
500	1 x 500 on 10:00 Cool down	2:00
	6:19 PM 3,000 Meters	

Workout #443 - Tuesday, 30 April 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:15 Swim Drill Mix	1:45
400	2 x 200 on 3:45 Pull, mix efforts	1:52
400	4 x 100 on 2:30 Kick, each one faster	2:30
	***** Group Up *****	
100	4 x 25 on :35 Fast efforts!	2:20
1,700	2x{2 x 200 on 3:30 Desc 1-2	1:45
	{2 x 100 on 1:50 Desc 1-2	1:50
	{1 x 200 on 4:00 Best Effort	2:00
	{1 x 50 on 1:30 Loosen	3:00
	6:09 PM 3,200 Meters	

Workout #444 - Wednesday, 01 May 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:45 Include some drill work	1:45
400	8 x 50 on 1:20 Kick, alt mod and fast	2:40
400	1 x 400 on 7:00 Pull as desired	1:45
----- Group Up -----		
200	4 x 50 on 1:00 Desc 1-4	2:00
200	1 x 200 on 3:30 Negative Split Day!	1:45
100	2 x 50 on 1:00 #1 Mod, #2 Faster	2:00
400	1 x 400 on 6:45 Negative Split	1:41
100	2 x 50 on 1:05 #1 Mod, #2 Faster	2:10
600	1 x 600 on 10:00 Negative Split	1:40
100	2 x 50 on 1:10 #1 Mod, #2 Faster	2:20
400	1 x 400 on 6:55 Negative Split	1:44
100	2 x 50 on 1:15 #1 Mod, #2 Faster	2:30
200	1 x 200 on 3:40 Negative Split	1:50
100	2 x 50 on 1:20 Best Efforts	2:40
100	1 x 100 on 5:00 Loosen	5:00
6:38 PM 4,000 Meters		

Workout #445 - Thursday, 02 May 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	8 x 75 on 1:10 Last 25 faster	1:33
400	1 x 400 on 11:00 Kick as desired	2:45
400	4 x 100 on 1:50 Pull, mix speeds	1:50
===== Group Up =====		
100	4 x 25 on :40 Fast efforts!	2:40
1,500	3x{1 x 50 on 1:30 Loosen	3:00
	{2 x 150 on 2:30 Strong Swims	1:40
	{3 x 50 on 1:15 All Three FAST!!!	2:30
100	1 x 100 on 5:00 Loosen	5:00
6:13 PM 3,100 Meters		

Workout #446 - Monday, 06 May 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:40 Swim Drill Mix	1:50
400	8 x 50 on 1:20 Kick speedy!	2:40
400	1 x 400 on 7:30 Pull as desired	1:52
***** Group Up *****		
200	4 x 50 on 1:05 Desc 1-4	2:10
1,500	3x{2 x 200 on 3:40 Desc 1-2, easy to moderate	1:50
	{2 x 25 on 1:00 Maximum Efforts	4:00
	{1 x 50 on 1:15 Loosen	2:30
6:11 PM 3,100 Meters		

Workout #447 - Tuesday, 07 May 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:40 Mix efforts	1:40
400	4 x 100 on 2:30 Kick, last 25 faster	2:30
400	8 x 50 on 1:00 Pull, desc efforts	2:00
	==== Group Up =====	
100	4 x 25 on :40 Fast efforts!	2:40
1,600	2x{2 x 50 on 1:05 Desc 1-2	2:10
	{4 x 75 on 1:45 #1 Moderate, 2-4 Fast	2:20
	{2 x 50 on 1:15 Desc 1-2	2:30
	{4 x 75 on 1:45 1-2 Moderate, 3-4 Fast	2:20

6:13 PM 3,100 Meters

Workout #448 - Wednesday, 08 May 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:15 Swim & Drill Mix	1:45
400	4 x 100 on 1:50 Pull, Desc	1:50
400	1 x 400 on 11:00 Kick as desired	2:45
	%%%% Group Up %%%%	
400	4 x 100 on 1:45 Desc 1-4	1:45
2,100	2x{1 x 50 on 1:20 Loosen	2:40
	{1 x 400 on 6:35 Negative Split	1:39
	{1 x 300 on 5:05 Negative Split	1:42
	{1 x 200 on 3:30 Negative Split	1:45
	{1 x 100 on 1:50 Negative Split	1:50
100	1 x 100 on 5:00 Loosen	5:00

6:24 PM 4,000 Meters

Workout #449 - Thursday, 09 May 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:00 Swim Drill Mix	1:45
200	4 x 50 on :55 Swim Desc 1-4	1:50
400	8 x 50 on 1:00 Pull Desc Efforts	2:00
450	6 x 75 on 1:55 Kick, last 25 faster	2:33
	+++++ Group Up +++++	
100	4 x 25 on :40 Fast efforts!	2:40
800	4 x 200 on 3:40 Desc 1-4	1:50
400	2 x 200 on 3:45 Hold Fastest Pace From Above	1:52
200	1 x 200 on 5:00 Best Effort	2:30
100	1 x 100 on 5:00 Loosen	5:00

6:15 PM 3,050 Meters

Workout #450 - Monday, 13 May 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 Mix drill & Swim	1:48
500	2 x 250 on 4:40 Pull, mix efforts	1:52
500	5 x 100 on 2:20 Kick, end each one fast	2:20
	===== Group Up =====	
100	4 x 25 on :40 Fast efforts!	2:40
200	4 x 50 on 1:15 Desc 1-4	2:30
1,200	1x{1 on :30 rest	
	{4 x 50 on 1:02 Fast & Steady	2:04
	{1 on :30 rest	
	{4 x 50 on :59 Fast & Steady	1:58
	{1 on :30 rest	
	{4 x 50 on :56 Fast & Steady	1:52
	{1 on :30 rest	
	{4 x 50 on :53 Fast & Steady	1:46
	{1 on :30 rest	
	{4 x 50 on :50 Fast & Steady	1:40
	{1 on :30 rest	
	{4 x 50 on :47 Fast & Steady	1:34
100	1 x 100 on 5:00 Loosen	5:00
	6:15 PM 3,100 Meters	

Workout #451 - Tuesday, 14 May 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:45 Drill, Swim Mix	1:52
400	2 x 200 on 3:45 Pull, desc efforts	1:52
400	2 x 200 on 5:30 Kick, negative split	2:45
	<><><> Group Up <><><>	
200	4 x 50 on 1:10 Desc 1-4	2:20
200	2 x 100 on 1:55 Steady	1:55
200	2 x 100 on 1:40 Faster	1:40
200	2 x 100 on 1:50 Steady	1:50
200	2 x 100 on 1:40 Faster	1:40
200	2 x 100 on 1:45 Steady	1:45
200	2 x 100 on 1:40 Faster	1:40
100	1 x 100 on 2:00 Steady	2:00
100	1 x 100 on 3:00 Best Effort	3:00
100	1 x 100 on 5:00 Loosen	5:00
	6:22 PM 3,100 Meters	

Workout #452 - Wednesday, 15 May 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Mix drill & Swim	1:50
400	8 x 50 on 1:00 Pull, vary efforts	2:00
400	1 x 400 on 11:00 Kick, strong and steady	2:45
	@@@@ Group Up @@@@	
200	4 x 50 on 1:05 Desc 1-4	2:10
1,500	3 x 500 on 8:20 Desc 1-3	1:40
400	4 x 100 on 1:45 Desc 1-4	1:45
400	8 x 50 on 1:00 Desc 1-4, 5-8	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:27 PM 4,000 Meters	

Workout #453 - Thursday, 16 May 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
1,400	2x{2 x 150 on 2:45 Swim/Drill Mix	1:50
	{2 x 100 on 1:50 Pull, desc efforts	1:50
	{2 x 100 on 2:30 Kick, end each faster	2:30
	----- Group Up -----	
100	4 x 25 on :40 Fast efforts!	2:40
500	2 x 250 on 4:30 Last 50 faster on each	1:48
400	2 x 200 on 3:30 Last 50 faster on each	1:45
300	2 x 150 on 2:30 Last 50 faster on each	1:40
200	2 x 100 on 1:30 Can you make it?	1:30
100	1 x 100 on 5:00 Loosen	5:00
	6:07 PM 3,000 Meters	

Workout #454 - Monday, 20 May 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 As desired	1:48
500	1 x 500 on 10:00 Pull as desired	2:00
400	1 x 400 on 11:00 Kick as desired	2:45
	::::: Group Up :::::	
100	4 x 25 on :40 Fast efforts!	2:40
1,600	4x{1 x 50 on 1:15 Loosen	2:30
	{4 x 50 on 1:10 Desc 1-4	2:20
	{2 x 75 on 2:00 As fast as possible	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:23 PM 3,200 Meters	

Workout #455 - Tuesday, 21 May 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
600	6 x 100 on 1:45 Desc Efforts	1:45
400	2 x 200 on 3:40 Pull, mix efforts	1:50
450	6 x 75 on 2:00 Kick, last 25 always faster	2:40
===== Group Up =====		
200	4 x 50 on 1:15 Desc 1-4	2:30
1,200	8 x 150 on 2:35 Desc 1-4, 5-8	1:43
50	1 x 50 on 1:30 Loosen	3:00
100	1 x 100 on 3:00 Max Effort	3:00
100	1 x 100 on 5:00 Loosen	5:00
6:14 PM 3,100 Meters		

Workout #456 - Wednesday, 22 May 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
800	4 x 200 on 3:30 drill early, fast finish on each	1:45
450	6 x 75 on 1:20 Pull, mix in a faster 25	1:47
400	2 x 200 on 4:30 Kick, mix efforts	2:15
~~~~~ Group Up ~~~~~		
300	6 x 50 on 1:10 Desc 1-3, 4-6	2:20
2,000	1x{1 x 400 on 6:40 Negative Split	1:40
	{2 x 200 on 3:30 Desc 1-2	1:45
	{4 x 100 on 1:50 Desc 1-4	1:50
	{2 x 200 on 3:30 Strong and Steady	1:45
	{1 x 400 on 6:45 Negative Split	1:41
100	1 x 100 on 5:00 Loosen	5:00
6:23 PM 4,050 Meters		

**Workout #457 - Thursday, 23 May 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	8 x 75 on 1:25 drill, swim mix	1:53
400	8 x 50 on 1:00 Pull, hold a steady stroke count	2:00
400	8 x 50 on 1:30 Kick - FAST!	3:00
}}}} Group Up {{{{		
100	4 x 25 on :40 Fast efforts!	2:40
600	6 x 100 on 1:40 Strong, fast pace	1:40
400	4 x 100 on 1:50 Hold that pace?	1:50
200	2 x 100 on 2:00 Stay with it!!!	2:00
100	1 x 100 on 2:30 Loosen	2:30
100	1 x 100 on 3:00 Max Effort	3:00
100	1 x 100 on 5:00 Loosen	5:00
6:17 PM 3,000 Meters		

**Workout #458 - Monday, 27 May 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 8:00 Mix swim & Drill	2:00
400	1 x 400 on 8:00 Pull, mix speeds	2:00
400	4 x 100 on 2:45 Kick, mix in a fast 25 on each	2:45
	***** Group Up *****	
100	4 x 25 on 1:00 Speedy!	4:00
400	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	1 x 200 on 4:00 Get Ready	2:00
600	6 x 100 on 3:00 Test Yourself!!	3:00
500	1 x 500 on 10:00 Cool down	2:00
	6:19 PM 3,000 Meters	

**Workout #459 - Tuesday, 28 May 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	4 x 150 on 2:40 Swim, drill mix	1:47
400	8 x 50 on 1:00 Pull, mix speeds	2:00
400	1 x 400 on 11:00 kick as desired	2:45
	----- Group Up -----	
100	4 x 25 on :40 free	2:40
600	3 x 200 on 3:35 Desc 1-3	1:48
100	2 x 50 on 1:05 Steady, moderate pace	2:10
400	2 x 200 on 3:25 Desc 1-2	1:42
100	2 x 50 on 1:10 Steady, moderate pace	2:20
200	1 x 200 on 4:00 FAST!	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:15 PM 3,000 Meters	

**Workout #460 - Wednesday, 29 May 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
800	4 x 200 on 3:30 Swim & Drill Mix	1:45
400	1 x 400 on 7:00 Pull as desired	1:45
400	8 x 50 on 1:15 kick, 1st 25 always faster	2:30
	===== Group Up =====	
200	4 x 50 on 1:00 Desc 1-4	2:00
1,200	2 x 600 on 10:00 Desc 1-2 + Neg Split	1:40
600	2 x 300 on 5:05 Desc 1-2 + Neg Split	1:42
300	2 x 150 on 2:40 Desc 1-2 + Neg Split	1:47
150	2 x 75 on 1:25 FAST	1:53
100	1 x 100 on 5:00 Loosen	5:00
	6:28 PM 4,150 Meters	

**Workout #461 - Thursday, 30 May 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	6 x 100 on 1:50 Desc 1-3,4-6 + drills	1:50
400	2 x 200 on 5:10 kick, desc 1-2	2:35
450	6 x 75 on 1:20 Pull, last 25 faster	1:47
	##### Group Up #####	
100	4 x 25 on :40 Max Speed	2:40
450	3 x 150 on 2:50 Desc 1-3	1:53
450	3 x 150 on 2:40 Desc 1-3	1:47
450	3 x 150 on 2:30 Best you can do	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:10 PM 3,000 Meters	

**Workout #462 - Monday, 03 June 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
500	1 x 500 on 9:00 Swim and drill mix	1:48
500	1 x 500 on 9:00 Pull, keep steady stroke count	1:48
400	1 x 400 on 11:00 Kick, mix up speeds	2:45
	%%%% Group Up %%%%	
100	4 x 25 on :40 Fast	2:40
1,500	2x{1 x 50 on 1:30 Loosen	3:00
	{3 x 100 on 2:15 Fast	2:15
	{2 x 25 on :45 Fast	3:00
	{3 x 100 on 1:45 Strong & Steady	1:45
	{2 x 25 on :45 Fast again!	3:00
100	1 x 100 on 5:00 Loosen	5:00
	6:15 PM 3,100 Meters	

**Workout #463 - Tuesday, 04 June 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	6 x 100 on 1:50 Drill, swim mix	1:50
400	8 x 50 on 1:20 Kick, 2nd 25 faster than 1st	2:40
400	2 x 200 on 3:30 Pull, desc 1-2	1:45
	***** Group Up *****	
100	4 x 25 on :40 Fast	2:40
1,500	1x{4 x 75 on 1:40 Steady	2:13
	{1 x 75 on 1:20 Fast Pace	1:47
	{3 x 75 on 1:40 Steady	2:13
	{2 x 75 on 1:20 Fast Pace	1:47
	{2 x 75 on 1:40 Steady	2:13
	{3 x 75 on 1:20 Fast Pace	1:47
	{1 x 75 on 1:40 Steady	2:13
	{4 x 75 on 1:20 Fast Pace	1:47
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,100 Meters	

**Workout #464 - Wednesday, 05 June 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:35 Mix swim and drill	1:48
400	8 x 50 on 1:00 Pull, mix efforts	2:00
400	4 x 100 on 2:30 Kick, build each	2:30
	***** Group Up *****	
100	4 x 25 on :40 Fast	2:40
2,400	2x{1 x 400 on 6:40 Steady	1:40
	{4 x 100 on 1:50 Desc 1-4	1:50
	{8 x 50 on 1:05 Get peppy!	2:10
100	1 x 100 on 5:00 loosen	5:00
	6:28 PM 4,000 Meters	

**Workout #465 - Thursday, 06 June 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:50 Swim and Drill Mix	1:50
450	6 x 75 on 1:45 kick, last 25 faster	2:20
400	2 x 200 on 3:45 Pull, Desc 1-2	1:52
	///// Group Up \\\	
100	4 x 25 on :40 fast	2:40
1,200	6 x 200 on 3:30 Desc 1-3, 4-6	1:45
100	1 x 100 on 3:00 Loosen	3:00
200	1 x 200 on 7:00 Best Effort	3:30
100	1 x 100 on 5:00 Loosen	5:00
	6:16 PM 3,150 Meters	

**Workout #466 - Monday, 10 June 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	10 x 50 on 1:00 Swim, drill mix	2:00
500	5 x 100 on 1:50 Pull, mix speed, steady strokes	1:50
400	2 x 200 on 5:15 kick, mix speed	2:38
	===== Group Up =====	
100	4 x 25 on :40 Fast	2:40
1,500	3x{2 x 100 on 1:50 Desc 1-2, moderate to easy	1:50
	{6 x 50 on 1:05 Hold best speed possible	2:10
100	1 x 100 on 5:00 Loosen	5:00
	6:15 PM 3,100 Meters	

**Workout #467 - Tuesday, 11 June 2013**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Swim / Drill Mix	1:50
400	4 x 100 on 2:30 kick, last 25 faster	2:30
400	2 x 200 on 3:30 Pull, strong & steady	1:45
	----- Group Up -----	
100	4 x 25 on :40 Fast	2:40
1,500	1x{5 x 100 on 1:45 Steady, last one faster	1:45
	{4 x 100 on 1:50 Steady, last one faster	1:50
	{3 x 100 on 1:55 Steady, last one faster	1:55
	{2 x 100 on 2:00 Steady, last one faster	2:00
	{1 x 100 on 3:00 last one, fast one	3:00
100	1 x 100 on 5:00 Loosen	5:00
6:10 PM	3,100 Meters	

**Workout #468 - Wednesday, 12 June 2013**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	1 x 600 on 11:00 Swim and drill mix	1:50
450	6 x 75 on 1:20 Pull, mix efforts	1:47
400	8 x 50 on 1:20 kick, steady	2:40
	***** Group Up *****	
100	4 x 25 on :40 Fast	2:40
2,400	2x{1 x 100 on 2:00 Steady, easy	2:00
	{1 x 500 on 8:45 Negative Split	1:45
	{4 x 100 on 1:50 Desc 1-4	1:50
	{4 x 50 on 1:10 Strong & Steady	2:20
100	1 x 100 on 5:00 Loosen	5:00
6:29 PM	4,050 Meters	

**Workout #469 - Thursday, 13 June 2013**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 drill & swim mix, mix speeds	1:50
450	6 x 75 on 1:40 kick, last 25 faster	2:13
400	2 x 200 on 3:40 Pull as desired	1:50
	%%%% Group Up %%%%	
100	4 x 25 on :40 Fast	2:40
1,500	1x{3 x 250 on 4:20 Desc 1-3	1:44
	{2 x 250 on 4:30 Desc 1-2	1:48
	{1 x 250 on 4:40 Fast!	1:52
100	1 x 100 on 5:00 Loosen	5:00
6:09 PM	3,150 Meters	

**Workout #470 - Monday, 17 June 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:50 Drill & Swim Mix	1:50
400	2 x 200 on 3:30 Pull, Neg Split	1:45
400	8 x 50 on 1:20 Kick, every other faster	2:40
	+++++ Group Up +++++	
100	4 x 25 on :45 Fast	3:00
1,500	1x{4 x 75 on 1:15 Desc 1-4	1:40
	{4 x 50 on 1:05 Desc 1-4	2:10
	{4 x 75 on 1:20 Desc 1-4	1:47
	{4 x 50 on 1:10 Desc 1-4	2:20
	{4 x 75 on 1:25 Desc 1-4	1:53
	{4 x 50 on 1:15 Desc 1-4	2:30
100	1 x 100 on 5:00 Loosen	5:00

6:12 PM 3,100 Meters

**Workout #471 - Tuesday, 18 June 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:30 Drill, swim mix	1:50
450	6 x 75 on 1:45 Kick, last 25 faster	2:20
400	2 x 200 on 3:30 Pull neg split	1:45
	----- group up -----	
1,800	1x{4 x 50 on 1:00 Steady and strong	2:00
	{4 x 100 on 1:50 Last 25 always faster	1:50
	{4 x 150 on 2:35 1st and last 50 faster	1:43
	{4 x 100 on 1:55 Strong & steady	1:55
	{4 x 50 on 1:10 Blast all of them!	2:20
100	1 x 100 on 5:00 Loosen	5:00

6:12 PM 3,350 Meters

**Workout #472 - Wednesday, 19 June 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	1 x 600 on 11:00 As desired	1:50
400	2 x 200 on 4:45 Kick, mix efforts	2:22
400	1 x 400 on 7:00 Pull as desired	1:45
	)))) Group Up (((((	
100	4 x 25 on :40 Fast pace swims	2:40
1,200	3 x 400 on 6:40 Desc 1-3 (each one faster)	1:40
600	3 x 200 on 3:40 Desc 1-3	1:50
300	3 x 100 on 2:00 Desc 1-3	2:00
400	1 x 400 on 8:00 Negative split, strong effort	2:00
100	1 x 100 on 5:00 Loosen	5:00

6:29 PM 4,100 Meters

**Workout #473 - Thursday, 20 June 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
450	6 x 75 on 1:25 1st 25 = drill	1:53
600	6 x 100 on 1:50 Pull, neg split	1:50
400	8 x 50 on 1:20 Kick, get some speed on some	2:40
	***** Group Up *****	
100	4 x 25 on :50 Swim - FAST!!	3:20
1,600	1x{4 x 100 on 1:55 Steady effort	1:55
	{4 x 100 on 1:50 Steady effort	1:50
	{4 x 100 on 1:45 Steady effort	1:45
	{4 x 100 on 1:40 Steady effort	1:40
100	1 x 100 on 5:00 Loosen	5:00

6:14 PM 3,250 Meters

**Workout #474 - Monday, 24 June 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:50 Swim & Drill Mix	1:50
400	8 x 50 on 1:00 Pull, change speeds	2:00
400	4 x 100 on 2:20 Kick, last 25 faster	2:20
	+++++ Group Up +++++	
100	4 x 25 on :40 Fast	2:40
	1 on :30 Get ready	
1,500	1x{6 x 50 on :47 free	1:34
	{1 on :30 break	
	{6 x 50 on :50 free	1:40
	{1 on :30 break	
	{6 x 50 on :53 free	1:46
	{1 on :30 break	
	{6 x 50 on :56 free	1:52
	{1 on :30 break	
	{6 x 50 on :59 free	1:58
100	1 x 100 on 5:00 Loosen	5:00

6:11 PM 3,100 Meters

**Workout #475 - Tuesday, 25 June 2013**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	3 x 200 on 3:30 Mix in some drills	1:45
400	8 x 50 on 1:20 kick, mix speeds	2:40
400	4 x 100 on 1:55 Pull, build each one	1:55
	===== Group Up =====	
300	2x{2 x 50 on 1:10 Desc 1-2	2:20
	{2 x 25 on :40 Fast	2:40
300	3 x 100 on 1:50 Desc 1-3	1:50
300	3 x 100 on 1:40 Desc 1-3	1:40
200	2 x 100 on 1:50 Desc 1-2	1:50
200	2 x 100 on 1:40 Desc 1-2	1:40
100	1 x 100 on 1:50 Fast	1:50
100	1 x 100 on 1:40 Fast	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:16 PM 3,000 Meters		

**Workout #476 - Wednesday, 26 June 2013**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	8 x 75 on 1:20 Swim/drill Mix	1:47
450	6 x 75 on 1:20 Pull, last 25 faster	1:47
450	6 x 75 on 1:40 Kick, last 25 faster	2:13
	XXXXX Group Up XXXXX	
200	4 x 50 on 1:05 Desc 1-4	2:10
900	3 x 300 on 5:00 Desc 1-3	1:40
900	9 x 100 on 1:45 Desc 1-3, 4-6, 7-9	1:45
450	9 x 50 on 1:00 1 fast, 2 steady	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:26 PM 4,050 Meters		

**Workout #477 - Thursday, 27 June 2013**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
500	1 x 500 on 8:30 Mix drill and swim	1:42
500	1 x 500 on 9:00 Pull, Hold steady stroke count	1:48
500	1 x 500 on 13:00 Kick Choice	2:36
	^^^^^ Group Up ^^^^^	
250	2 x 125 on 2:25 Steady Pace	1:56
100	2 x 50 on 1:00 Fast Pace	2:00
250	2 x 125 on 2:20 Steady Pace	1:52
100	2 x 50 on 1:05 Fast Pace	2:10
250	2 x 125 on 2:15 Steady Pace	1:48
100	2 x 50 on 1:10 Fast Pace	2:20
250	2 x 125 on 2:10 Steady Pace	1:44
100	2 x 50 on 1:15 Fast Pace	2:30
100	1 x 100 on 5:00 Loosen	5:00
6:18 PM 3,000 Meters		

**Workout #478 - Monday, 01 July 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====		
400	1 x 400 on 8:00 Mix swim & Drill	2:00
400	1 x 400 on 8:00 Pull, mix speeds	2:00
400	4 x 100 on 2:45 Kick, mix in a fast 25 on each	2:45
	***** Group Up *****	
100	4 x 25 on 1:00 Speedy!	4:00
400	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	1 x 200 on 4:00 Get Ready	2:00
600	6 x 100 on 3:00 Test Yourself!!	3:00
500	1 x 500 on 10:00 Cool down	2:00
	6:19 PM 3,000 Meters	

**Workout #498 - Monday, 01 July 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====		
400	1 x 400 on 8:00 Mix swim & Drill	2:00
400	1 x 400 on 8:00 Pull, mix speeds	2:00
400	4 x 100 on 2:45 Kick, mix in a fast 25 on each	2:45
	***** Group Up *****	
100	4 x 25 on 1:00 Speedy!	4:00
400	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	1 x 200 on 4:00 Get Ready	2:00
600	6 x 100 on 3:00 Test Yourself!!	3:00
500	1 x 500 on 10:00 Cool down	2:00
	6:19 PM 3,000 Meters	

**Workout #479 - Tuesday, 02 July 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====		
600	3 x 200 on 3:45 Swim and drill	1:52
450	6 x 75 on 1:45 Kick, always faster last 25	2:20
400	8 x 50 on 1:00 Pull, steady pace	2:00
	***** Group Up *****	
100	4 x 25 on :40 FAST	2:40
	1 on :30 Break	
200	4 x 50 on 1:00 Desc 1-4	2:00
400	2 x 200 on 3:30 Last 100 Faster on each	1:45
200	4 x 50 on 1:05 Desc 1-4	2:10
400	2 x 200 on 3:35 Last 100 faster	1:48
200	4 x 50 on 1:10 Desc 1-4	2:20
100	1 x 100 on 5:00 Loosen	5:00
	6:17 PM 3,050 Meters	

**Workout #480 - Wednesday, 03 July 2013**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
500	10 x 50 on 1:00 Mix of swim and drill	2:00
500	10 x 50 on 1:00 Pull, mix efforts	2:00
400	1 x 400 on 10:00 kick as desired	2:30
	///// group Up \\\	
100	4 x 25 on :40 Get speedy	2:40
200	4 x 50 on 1:00 Find a good pace	2:00
400	4 x 100 on 1:45 Test that pace	1:45
	1 on :30 break	
600	1 x 600 on 10:20 negative split	1:43
600	2 x 300 on 5:20 Desc 1-2	1:47
600	4 x 150 on 2:45 Get up and get after these	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:31 PM 4,000 Meters	

**Workout #481 - Friday, 05 July 2013**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 AM Start		
=====	=====	=====
600	6 x 100 on 1:50 As desired	1:50
500	2 x 250 on 5:00 Pull, mix efforts	2:00
400	16 x 25 on :35 kick, alt fast and easy	2:20
	==== Group Up =====	
200	4 x 50 on 1:05 Desc 1-4	2:10
900	6 x 150 on 2:30 Desc 1-3, 4-6	1:40
	1 on 1:00 break	
450	3 x 150 on 3:00 Best Efforts	2:00
100	1 x 100 on 5:00 loosen	5:00
	6:12 AM 3,150 Meters	

**Workout #482 - Monday, 08 July 2013**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	6 x 100 on 1:50 Mix speeds, include some drill	1:50
400	2 x 200 on 3:45 Pull, Last 50 faster efforts	1:52
400	8 x 50 on 1:15 kick, odd easy, even fast	2:30
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
1,500	3x{1 on :30 Rest	
	{6 x 25 on :50 Alt Mod / Fast	3:20
	{2 x 50 on 1:15 #1 Fast, #2 Easy	2:30
	{4 x 25 on :50 Alt Mod / Fast @ 25	3:20
	{2 x 50 on 1:15 #1 Fast, #2 Easy	2:30
	{2 x 25 on :40 Fast!	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:28 PM 3,100 Meters	

**Workout #483 - Tuesday, 09 July 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:00 Mix up swim and drill	1:48
500	1 x 500 on 9:00 Pull, Mix speeds	1:48
500	1 x 500 on 13:00 Kick as desired	2:36
	+++++ Group Up +++++	
100	4 x 25 on :40 Fast!	2:40
	1 on :30 Get ready	
1,500	3x{2 x 75 on 1:55 Steady, even pace	2:33
	{2 x 75 on 1:35 Faster Pace	2:07
	{2 x 75 on 1:15 Fast & Strong	1:40
	{1 x 50 on 1:30 Loosen	3:00
	6:11 PM 3,100 Meters	

**Workout #484 - Wednesday, 10 July 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:40 Swimming and drills	1:50
400	8 x 50 on 1:00 Pull, Desc set	2:00
450	6 x 75 on 2:00 Kick, last 25 faster effort	2:40
	##### Group Up #####	
100	4 x 25 on :40 Fast!	2:40
800	2 x 400 on 6:45 Desc 1-2	1:41
400	4 x 100 on 1:45 Steady pace	1:45
800	2 x 400 on 6:55 Desc 1-2	1:44
400	4 x 100 on 1:45 Steady to the finish!	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:29 PM 4,050 Meters	

**Workout #485 - Thursday, 11 July 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:15 Drill / Swim Mix	1:45
450	6 x 75 on 1:20 Pull, Faster effort last 25	1:47
400	4 x 100 on 2:30 Kick, include some faster effort	2:30
	~~~~~ Group Up ~~~~~	
100	4 x 25 on :40 Fast!	2:40
	1 on :30 Get Ready	
1,600	1x{3 x 200 on 3:30 Fast Pace	1:45
	{1 x 200 on 3:45 Steady	1:52
	{2 x 200 on 3:30 Fast Pace	1:45
	{1 x 200 on 3:45 Steady	1:52
	{1 x 200 on 3:30 Fast Pace	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,250 Meters	

Workout #486 - Monday, 15 July 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Mix speeds, swim, and drill	1:50
400	2 x 200 on 3:40 Pull, last 100 faster	1:50
400	8 x 50 on 1:25 Kick, alt easy and fast	2:50
	==== Group Up +++++	
100	4 x 25 on :40 Fast	2:40
400	4 x 100 on 1:50 Desc 1-4, #4 is FAST	1:50
50	1 x 50 on 1:30 Loosen	3:00
950	1x{4 x 50 on 1:05 Desc 1-4	2:10
	{3 x 50 on 1:10 Desc 1-3	2:20
	{2 x 50 on 1:15 desc 1-2	2:30
	{1 x 50 on 1:20 FAST	2:40
	{2 x 50 on 1:15 Desc 1-2	2:30
	{3 x 50 on 1:10 Desc 1-3	2:20
	{4 x 50 on 1:05 Desc 1-4	2:10
100	1 x 100 on 5:00 Loosen	5:00
6:18 PM 3,000 Meters		

Workout #487 - Tuesday, 16 July 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:45 Swim and drill mix	1:52
400	2 x 200 on 5:00 Kick, mix efforts	2:30
400	8 x 50 on 1:00 Pull, alt mod and fast	2:00
	***** Group Up *****	
200	4 x 50 on 1:10 Desc 1-4	2:20
1,300	2x{4 x 100 on 1:45 Steady, strong even pace	1:45
	{1 x 200 on 3:45 Fast effort	1:52
	{1 x 50 on 1:30 Loosen	3:00
100	1 x 100 on 5:00 Loosen	5:00
6:10 PM 3,000 Meters		

Workout #488 - Wednesday, 17 July 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 8:45 As desired	1:45
600	2 x 300 on 5:15 Pull, mix efforts	1:45
450	6 x 75 on 1:45 Kick, last 25 faster	2:20
	===== Group Up =====	
100	4 x 25 on :40 Speedy	2:40
300	6 x 50 on 1:05 Hold the pace	2:10
500	1 x 500 on 8:50 Steady, smooth	1:46
300	6 x 50 on 1:10 Hold that pace?	2:20
500	1 x 500 on 8:45 Hold that pace?	1:45
300	6 x 50 on 1:15 Keep it going!	2:30
500	1 x 500 on 8:40 Still holding?	1:44
100	1 x 100 on 5:00 Loosen	5:00
	6:38 PM 4,150 Meters	

Workout #489 - Thursday, 18 July 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
450	6 x 75 on 1:20 Swim and drill mix	1:47
600	6 x 100 on 1:50 Pull, Desc 1-3, 4-6	1:50
450	6 x 75 on 1:40 kick, last 25 faster	2:13
	##### Group Up #####	
100	4 x 25 on :40 Fast	2:40
500	2 x 250 on 4:15 Desc 1-2	1:42
400	2 x 200 on 3:30 Desc 1-2	1:45
300	2 x 150 on 2:45 Desc 1-2	1:50
200	2 x 100 on 2:00 Desc 1-2	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,100 Meters	

Workout #490 - Monday, 22 July 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	1 x 600 on 11:00 Swim & Drill Mix	1:50
400	2 x 200 on 3:30 Pull, last 50 faster	1:45
400	4 x 100 on 2:30 Kick, steady effort	2:30
	----- Group Up -----	
100	4 x 25 on :50 Swim - FAST!!	3:20
1,600	2x{2 x 75 on 1:15 Desc 1-2	1:40
	{2 x 75 on 1:25 Desc 1-2	1:53
	{2 x 75 on 1:35 Desc 1-2	2:07
	{2 x 75 on 1:45 Desc 1-2	2:20
	{2 x 75 on 1:55 Desc 1-2	2:33
	{1 x 50 on 2:00 Loosen	4:00
	6:12 PM 3,100 Meters	

Workout #491 - Tuesday, 23 July 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Drill & Swim Mix	1:50
450	6 x 75 on 2:00 Kick, mix effort	2:40
400	1 x 400 on 7:00 Pull, mix effort	1:45
	***** Group Up *****	
100	4 x 25 on :50 Swim - FAST!!	3:20
1,500	10 x 150 on 2:30 Desc 1-5, 6-10	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:09 PM 3,150 Meters	

Workout #492 - Wednesday, 24 July 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Mix effort, swim & drill	1:45
400	2 x 200 on 3:30 Pull, last 50 faster	1:45
400	2 x 200 on 5:00 Kick, middle 100 faster	2:30
	##### Group Up #####	
200	4 x 50 on 1:05 Desc 1-4	2:10
1,200	3 x 400 on 6:30 Desc 1-3	1:38
50	1 x 50 on 1:30 Loosen	3:00
600	3 x 200 on 3:20 Steady, Even Pace	1:40
50	1 x 50 on 1:30 Loosen	3:00
400	1 x 400 on 7:00 Negative Split - fast last half	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:28 PM 4,000 Meters	

Workout #493 - Thursday, 25 July 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 Swim & Drill	1:48
500	1 x 500 on 9:00 Pull, Mix efforts	1:48
500	1 x 500 on 12:00 Kick, mix efforts	2:24
	***** Group Up *****	
100	4 x 25 on :40 Swim - FAST!!	2:40
1,500	1x{5 x 100 on 1:40 Steady	1:40
	{4 x 100 on 1:45 Steady	1:45
	{3 x 100 on 1:50 Steady	1:50
	{2 x 100 on 1:55 Steady	1:55
	{1 x 100 on 3:00 Fast	3:00
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,200 Meters	

Workout #494 - Monday, 29 July 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
600	2 x 300 on 5:15 Swim and drill	1:45
450	6 x 75 on 2:00 Kick, always fast 1st 25	2:40
400	4 x 100 on 1:50 Pull, negative split	1:50
	----- Group Up -----	
100	4 x 25 on :40 Swim - FAST!!	2:40
	1 on :30 Extra Rest	
500	10 x 50 on 1:10 Alt Mod and Fast	2:20
400	8 x 50 on 1:06 Two Mod, Two Fast	2:12
300	6 x 50 on 1:02 Three Mod, Three Fast	2:04
200	4 x 50 on :58 Four Mod	1:56
	1 on :30 Extra Rest	
100	2 x 50 on 1:15 FAST	2:30
100	1 x 100 on 5:00 Loosen	5:00
	6:23 PM 3,150 Meters	

Workout #495 - Tuesday, 30 July 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
600	6 x 100 on 1:50 Mix up speeds, swim, and drill	1:50
400	2 x 200 on 3:30 Pull, Desc 1-2, Hold Stroke Coun	1:45
400	4 x 100 on 2:30 Kick, mix efforts	2:30
	===== Group Up =====	
100	4 x 25 on :45 Swim - FAST!!	3:00
1,600	4x{1 x 50 on 1:30 Loosen	3:00
	{3 x 100 on 1:50 Desc 1-3	1:50
	{1 x 50 on 1:00 Max effort	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,200 Meters	

Workout #496 - Wednesday, 31 July 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
800	4 x 200 on 3:30 Drill and Swim	1:45
400	4 x 100 on 1:50 Pull, Steady Pace	1:50
400	8 x 50 on 1:15 Kick - mix up the efforts	2:30
	+++++ Group Up +++++	
300	6 x 50 on 1:10 Desc 1-5, #6 easier	2:20
900	3 x 300 on 4:45 Desc 1-3	1:35
100	2 x 50 on 1:15 #1 easy, #2 fast	2:30
900	3 x 300 on 4:55 Negative Split	1:38
100	2 x 50 on 1:15 #1 easy, #2 fast	2:30
100	1 x 100 on 5:00 Loosen	5:00
	6:28 PM 4,000 Meters	

Workout #497 - Thursday, 01 August 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
	AQUATHLON THU PM - PRACTICE FRI AM	
500	1 x 500 on 9:00 Swim and drill	1:48
500	1 x 500 on 9:30 Pull as desired	1:54
400	1 x 400 on 11:00 Kick as desired	2:45
	ooooo Group Up ooooo	
100	4 x 25 on :40 Swim - FAST!!	2:40
1,500	2x{4 x 125 on 2:00 last 25 always faster	1:36
	{4 x 50 on 1:15 Desc 1-4. #4 is FAST	2:30
	{1 x 50 on 1:30 Loosen	3:00
	6:06 PM 3,000 Meters	

Workout #499 - Monday, 05 August 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 8:00 Mix swim & Drill	2:00
400	1 x 400 on 8:00 Pull, mix speeds	2:00
400	4 x 100 on 2:45 Kick, mix in a fast 25 on each	2:45
	***** Group Up *****	
100	4 x 25 on 1:00 Speedy!	4:00
400	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	1 x 200 on 4:00 Get Ready	2:00
600	6 x 100 on 3:00 Test Yourself!!	3:00
500	1 x 500 on 10:00 Cool down	2:00
	6:19 PM 3,000 Meters	

Workout #500 - Tuesday, 06 August 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Mix Drill & Swim	1:50
400	8 x 50 on 1:00 Pull, mix effort hold strk count	2:00
450	6 x 75 on 2:00 Kick, last 25 FAST	2:40
	===== Group Up =====	
100	4 x 25 on :40 Fast	2:40
400	2 x 200 on 3:30 Desc 1-2	1:45
400	2 x 200 on 3:20 Desc 1-2	1:40
400	2 x 200 on 3:10 Desc 1-2	1:35
50	1 x 50 on 1:30 Loosen	3:00
200	1 x 200 on 4:00 Super-duper-speed!	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:15 PM 3,100 Meters	

Workout #501 - Wednesday, 07 August 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:50 As desired - include drill	1:50
400	2 x 200 on 5:15 Kick, last 50 faster effort	2:38
450	6 x 75 on 1:25 Pull, last 25 faster	1:53
	----- Group Up -----	
200	4 x 50 on 1:05 Desc 1-4	2:10
2,500	2x{1 x 600 on 10:00 Negative Split	1:40
	{4 x 100 on 1:45 Do as 2 Mod., 2 Faster	1:45
	{4 x 50 on :55 3 Mod., 1 Faster	1:50
	{1 x 50 on 1:30 Loosen	3:00
6:25 PM	4,150 Meters	

Workout #502 - Thursday, 08 August 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	8 x 75 on 1:20 Swim, drill mix	1:47
400	1 x 400 on 10:00 Kick steady	2:30
400	4 x 100 on 1:50 Pull, even pace	1:50
	***** Group Up *****	
100	4 x 25 on :40 Fast	2:40
1,600	2x{4 x 150 on 2:30 Build each swim	1:40
	{3 x 50 on 1:05 Desc 1-3, #3 is FAST!!!!	2:10
	{1 x 50 on 1:30 Loosen	3:00
6:06 PM	3,100 Meters	

Workout #503 - Monday, 12 August 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
500	10 x 50 on :55 Mix drill and swim	1:50
450	6 x 75 on 1:20 Pull, last 25 faster	1:47
500	10 x 50 on 1:10 Kick, faster as they go	2:20
	~~~~~ Group Up ~~~~~	
100	4 x 25 on :40 Fast	2:40
1,500	3x{4 x 25 on :50 #1 Easy, Max Effort 2-4	3:20
	{4 x 100 on 1:45 #1 Easy, Desc 2-4	1:45
100	1 x 100 on 5:00 Loosen	5:00
6:14 PM	3,150 Meters	

**Workout #504 - Tuesday, 13 August 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	3 x 200 on 3:50 Drill / Swim Mix	1:55
400	4 x 100 on 2:30 Kick, mix speeds	2:30
400	2 x 200 on 3:50 Pull, build each	1:55
	----- Group Up -----	
100	4 x 25 on :40 Fast	2:40
1,500	3x{6 x 75 on 1:45 #1, #4 easier, 2-3/5-6 faster	2:20
	{1 x 50 on 1:30 Easy	3:00
6:13 PM 3,000 Meters		

**Workout #505 - Wednesday, 14 August 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:15 Mix it up	1:45
500	10 x 50 on :50 Pull, even faster than odd	1:40
400	2 x 200 on 4:45 Kick, mix efforts	2:22
	***** Group Up *****	
100	4 x 25 on :40 Fast	2:40
200	4 x 50 on :56 Desc 1-4	1:52
800	2 x 400 on 6:40 Desc 1-2	1:40
200	4 x 50 on :58 Desc 1-4	1:56
400	2 x 200 on 3:20 Desc 1-2	1:40
200	4 x 50 on 1:00 Desc 1-4	2:00
200	2 x 100 on 1:40 Desc 1-2	1:40
200	4 x 50 on 1:02 Desc 1-4	2:04
100	2 x 50 on :50 Fast!	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:34 PM 4,000 Meters		

**Workout #506 - Thursday, 15 August 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	6 x 100 on 1:45 Swim, Drill Mix	1:45
400	8 x 50 on 1:00 Pull, mix speed, hold # strokes	2:00
400	1 x 400 on 11:00 Kick as desired	2:45
	ooooo Group Up ooooo	
200	1 x 200 on 3:30 Steady	1:45
400	2 x 200 on 3:25 Steady	1:42
600	3 x 200 on 3:20 Steady	1:40
400	2 x 200 on 3:15 Steady	1:38
200	1 x 200 on 4:00 Last one, Fast one	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:15 PM 3,300 Meters		

**Workout #510 - Monday, 19 August 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	4 x 150 on 2:40 Mix up drill and swim	1:47
400	1 x 400 on 7:30 Pull, negative split	1:52
400	8 x 50 on 1:20 Kick, alternate easy, mod	2:40
	==== Group Up =====	
100	4 x 25 on :40 Fast Swims!	2:40
1,200	2x{6 x 50 on 1:05 Desc 1-3, 4-6	2:10
	{1 x 50 on 1:10 Easy	2:20
	{4 x 50 on 1:15 All FAST!	2:30
	{1 x 50 on 1:10 Easy	2:20
200	4 x 50 on 1:30 Max Efforts	3:00
100	1 x 100 on 5:00 Loosen	5:00

6:18 PM 3,000 Meters

**Workout #509 - Tuesday, 20 August 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:00 swim and drill	1:48
500	1 x 500 on 9:00 Pull, mix efforts	1:48
450	6 x 75 on 2:00 Kick, last 25 faster	2:40
	)))) Group Up (((((	
100	4 x 25 on :45 Fast	3:00
200	2 x 100 on 1:50 Desc 1-2	1:50
400	4 x 100 on 1:50 Desc 1-4	1:50
600	6 x 100 on 1:45 Desc 1-3, 4-6	1:45
300	3 x 100 on 1:40 Desc 1-3	1:40
100	1 x 100 on 4:00 FAST - What do you have left?	4:00
100	1 x 100 on 5:00 Loosen	5:00

6:19 PM 3,250 Meters

**Workout #508 - Wednesday, 21 August 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:45 1st 25 always drill	1:45
600	3 x 200 on 3:30 Pull, Neg Split	1:45
400	1 x 400 on 10:00 Kick as you desire	2:30
	***** Group Up *****	
200	4 x 50 on 1:05 Desc 1-4	2:10
1,700	2x{1 x 500 on 7:45 Steady, stronger last 100	1:33
	{6 x 50 on 1:00 Hold same pace as above	2:00
	{1 x 50 on 1:20 Loosen	2:40
500	1 x 500 on 10:00 Last one, fast one - GO GO GO	2:00
100	1 x 100 on 5:00 Loosen	5:00

6:29 PM 4,100 Meters

**Workout #507 - Thursday, 22 August 2013**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
500	1 x 500 on 9:00 some drill work	1:48
500	10 x 50 on 1:05 Pull, mix efforts	2:10
400	4 x 100 on 2:30 Kick, build each	2:30
	+++++ Group UP +++++	
50	2 x 25 on :40 Fast & Strong	2:40
750	3 x 250 on 4:15 Last 50 Faster	1:42
50	2 x 25 on :50 #1 Easy, #2 Fast	3:20
500	2 x 250 on 4:10 Last 150 Faster	1:40
50	2 x 25 on :50 #1 Easy, #2 Fast	3:20
250	1 x 250 on 4:05 All Fast	1:38
100	1 x 100 on 5:00 Loosen	5:00
	6:17 PM 3,150 Meters	

**Workout #511 - Monday, 26 August 2013**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	2 x 300 on 5:30 mix of swim and drill	1:50
400	2 x 200 on 3:30 Pull, desc 1-2, same # strokes	1:45
400	4 x 100 on 2:30 Kick, mix efforts	2:30
	===== Group Up =====	
100	4 x 25 on :50 Swim - FAST!!	3:20
1,500	3x{2 x 75 on 1:20 Steady & Strong	1:47
	{2 x 75 on 1:40 Faster Efforts	2:13
	{2 x 75 on 2:00 Fastest!!	2:40
	{1 x 50 on 1:20 Loosen	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:16 PM 3,100 Meters	

**Workout #512 - Tuesday, 27 August 2013**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	6 x 100 on 1:50 1st 25 = drill	1:50
400	8 x 50 on 1:20 Kick, build each one	2:40
400	4 x 100 on 1:50 Pull, negative split	1:50
	***** Group Up *****	
100	4 x 25 on :45 Fast	3:00
600	4 x 150 on 2:30 Desc 1-4	1:40
200	4 x 50 on 1:15 Desc 1-4; #1 = easy	2:30
600	4 x 150 on 2:40 Desc 1-4, #4 = Max Effort	1:47
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,000 Meters	

**Workout #513 - Wednesday, 28 August 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	10 x 50 on 1:00 Steady effort with some drill	2:00
500	10 x 50 on 1:00 Pull, mix efforts	2:00
400	1 x 400 on 11:00 Kick as desired	2:45
	----- Group Up -----	
200	4 x 50 on 1:00 Desc 1-4	2:00
800	2 x 400 on 6:30 Desc 1-2	1:38
100	2 x 50 on 1:05 Desc 1-2	2:10
600	2 x 300 on 5:00 Desc 1-2	1:40
100	2 x 50 on 1:10 Desc 1-2	2:20
400	2 x 200 on 3:24 Desc 1-2	1:42
100	2 x 50 on 1:15 Desc 1-2	2:30
200	2 x 100 on 1:44 Swim - FAST!!	1:44
100	1 x 100 on 5:00 Loosen	5:00
	6:34 PM 4,000 Meters	

**Workout #514 - Thursday, 29 August 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 drill and swim mix	1:45
400	1 x 400 on 7:00 Pull as desired	1:45
450	6 x 75 on 2:00 Kick, last 25 faster effort	2:40
	##### Group Up #####	
100	4 x 25 on :40 FAST	2:40
1,625	5x{1 x 25 on 1:00 Loosen	4:00
	{1 x 100 on 1:45 Steady	1:45
	{1 x 100 on 1:40 Faster pace	1:40
	{1 x 100 on 1:35 Fast	1:35
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,275 Meters	

**Workout #515 - Monday, 02 September 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Drill, swim mix	1:50
400	2 x 200 on 3:50 Pull, desc, hold stroke count	1:55
400	8 x 50 on 1:30 Kick, get some speed going!	3:00
	===== Group Up =====	
100	4 x 25 on :40 Fast	2:40
1,400	2x{2 x 100 on 1:50 #1 easy, #2 moderate	1:50
	{2 x 50 on 1:10 Desc 1-2	2:20
	{2 x 50 on 1:05 Desc 1-2	2:10
	{2 x 50 on 1:00 Desc 1-2	2:00
	{2 x 50 on :55 Desc 1-2	1:50
	{2 x 50 on :50 Desc 1-2	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,000 Meters	

**Workout #516 - Tuesday, 03 September 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	3 x 200 on 3:45 Mix swim and drill	1:52
400	8 x 50 on 1:00 Pull, alt mod and fast	2:00
400	2 x 200 on 5:00 Kick, last 50 faster	2:30
----- Group Up -----		
100	4 x 25 on :40 Fast	2:40
500	2 x 250 on 4:30 Fast Last 50	1:48
250	5 x 50 on 1:10 Desc 1-5	2:20
400	2 x 200 on 3:30 Fast Last 50	1:45
200	4 x 50 on 1:10 Desc 1-4	2:20
300	2 x 150 on 2:35 Fast Last 50	1:43
100	1 x 100 on 5:00 Loosen	5:00
6:20 PM 3,250 Meters		

**Workout #517 - Wednesday, 04 September 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:15 Swim and drill mix	1:45
400	1 x 400 on 9:00 Kick as desired	2:15
450	6 x 75 on 1:25 Pull, mix efforts	1:53
***** Group Up *****		
200	4 x 50 on 1:00 Desc 1-4	2:00
500	2 x 250 on 4:30 Desc 1-2 + Faster last 50	1:48
200	2 x 100 on 2:00 #1 easier, #2 very fast	2:00
1,000	2 x 500 on 8:30 Desc 1-2 + Faster last 100	1:42
200	2 x 100 on 2:00 #1 easier, #2 very fast	2:00
500	2 x 250 on 4:30 Desc 1-2, finish strong!	1:48
100	1 x 100 on 5:00 Loosen	5:00
6:30 PM 4,150 Meters		

**Workout #518 - Thursday, 05 September 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
500	1 x 500 on 8:30 mix swim and drill	1:42
500	1 x 500 on 9:00 Pull, build each 100	1:48
450	6 x 75 on 2:00 Kick, last 25 faster	2:40
%%%% Group Up %%%%		
100	4 x 25 on :40 Fast	2:40
400	4 x 100 on 2:00 Desc 1-4	2:00
100	2 x 50 on 1:15 #1 easy, #2 moderate	2:30
400	4 x 100 on 1:50 Desc 1-4	1:50
100	2 x 50 on 1:15 #1 easy, #2 moderate	2:30
400	4 x 100 on 1:40 Desc 1-4	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:16 PM 3,050 Meters		

**Workout #519 - Monday, 09 September 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====		
400	1 x 400 on 8:00 Mix swim & Drill	2:00
400	1 x 400 on 8:00 Pull, mix speeds	2:00
400	4 x 100 on 2:45 Kick, mix in a fast 25 on each	2:45
	***** Group Up *****	
100	4 x 25 on 1:00 Speedy!	4:00
400	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	1 x 200 on 4:00 Get Ready	2:00
	Coach will record masters times!	
600	6 x 100 on 3:00 Test Yourself!!	3:00
500	1 x 500 on 10:00 Cool down	2:00
	6:19 PM 3,000 Meters	

**Workout #520 - Tuesday, 10 September 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====		
600	2 x 300 on 5:30 Swim and drill mix	1:50
400	1 x 400 on 7:00 Pull as desired	1:45
400	8 x 50 on 1:30 Kick, speedy!	3:00
	===== Group Up =====	
100	4 x 25 on :40 Fast	2:40
400	2 x 200 on 3:40 Steady	1:50
400	2 x 200 on 3:30 Faster	1:45
400	2 x 200 on 3:20 Faster	1:40
200	1 x 200 on 4:00 Best Effort	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,000 Meters	

**Workout #521 - Wednesday, 11 September 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====		
600	6 x 100 on 1:50 mix drill and swim	1:50
400	2 x 200 on 5:15 Kick, mix efforts	2:38
500	10 x 50 on 1:00 Pull, alt easy and mod	2:00
	##### Group Up #####	
300	6 x 50 on 1:05 Desc 1-3, 4-6	2:10
600	1 x 600 on 10:00 All of these are neg. split	1:40
500	1 x 500 on 8:30 Neg split	1:42
400	1 x 400 on 7:00 Neg. split	1:45
300	1 x 300 on 5:30 Neg split	1:50
200	1 x 200 on 4:00 Neg split	2:00
100	1 x 100 on 2:30 GO, GO, GO!!!!	2:30
100	1 x 100 on 5:00 Loosen	5:00
	6:33 PM 4,000 Meters	

**Workout #522 - Thursday, 12 September 2013**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
5:00 PM Start		
400	2 x 200 on 3:30 Drill & Swim Mix	1:45
600	8 x 75 on 1:25 Pull, last 25 faster	1:53
400	1 x 400 on 10:30 Kick as desired	2:38
	===== Group Up =====	
400	2x{4 x 25 on :40 Fast	2:40
	{2 x 50 on 1:00 Fast Effort	2:00
	{1 on :20 Extra Rest	
	New circuit:	
1,500	3x{1 x 150 on 2:45 Last 50 faster	1:50
	{1 x 150 on 2:35 Last 100 faster	1:43
	{1 x 150 on 2:25 GO TIME!!	1:37
	{1 x 50 on 1:30 Loosen	3:00
6:12 PM 3,300 Meters		

**Workout #523 - Monday, 16 September 2013**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
5:00 PM Start		
400	1 x 400 on 7:00 Drill, swim mix	1:45
500	10 x 50 on 1:00 Pull, mix speeds	2:00
500	5 x 100 on 2:30 Kick, always finish fast	2:30
	***** Group Up *****	
300	6 x 50 on 1:05 Desc 1-3, 4-6	2:10
1,200	4x{1 x 100 on 2:30 Loosen	2:30
	{2 x 25 on :30 1 Moderate, 1 Max Effort	2:00
	{2 x 25 on :40 1 Moderate, 1 Max Effort	2:40
	{2 x 25 on :50 1 Moderate, 1 Max Effort	3:20
	{2 x 25 on 1:00 1 Moderate, 1 Max Effort	4:00
100	1 x 100 on 5:00 Loosen	5:00
6:21 PM 3,000 Meters		

**Workout #524 - Tuesday, 17 September 2013**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
5:00 PM Start		
600	2 x 300 on 5:20 Mix of swim and drill	1:47
400	8 x 50 on 1:25 Kick, steady and strong	2:50
400	4 x 100 on 1:50 Pull, negative split	1:50
	===== Group Up =====	
100	4 x 25 on :40 Fast!!	2:40
600	8 x 75 on 1:50 Desc 1-4, 5-8	2:27
450	6 x 75 on 1:40 Desc 1-3, 3-6	2:13
300	4 x 75 on 1:30 Desc 1-2, 3-4	2:00
150	2 x 75 on 1:20 Desc 1-2	1:47
100	1 x 100 on 5:00 Loosen	5:00
6:21 PM 3,100 Meters		

**Workout #525 - Wednesday, 18 September 2013**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
800	4 x 200 on 3:30 Swim and drill mix	1:45
400	2 x 200 on 3:30 Pull, desc 1-2	1:45
450	6 x 75 on 1:45 Kick, last 25 fastest	2:20
	===== Group Up =====	
200	4 x 50 on 1:00 Strong and steady	2:00
800	2 x 400 on 6:50 Desc 1-2 and Neg Split	1:42
400	4 x 100 on 1:45 Strong and steady	1:45
800	2 x 400 on 6:50 #1 moderate, #2 faster	1:42
200	4 x 50 on 1:00 Fast finish!	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:28 PM 4,150 Meters	

**Workout #526 - Thursday, 19 September 2013**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	1 x 600 on 11:00 Swim as desired	1:50
450	6 x 75 on 1:25 Pull, mix efforts	1:53
400	2 x 200 on 5:15 Kick, negative split	2:38
	##### Group Up #####	
50	2 x 25 on :50 Fast	3:20
1,500	2x{1 x 50 on 1:30 Loosen	3:00
	{2 x 200 on 3:20 Fast	1:40
	{2 x 100 on 1:50 Fast	1:50
	{2 x 50 on 1:10 Fast	2:20
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,100 Meters	

**Workout #528 - Monday, 23 September 2013**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	2 x 300 on 5:05 Swim drill mix	1:42
400	4 x 100 on 2:30 Kick	2:30
450	6 x 75 on 1:20 Pull, last 25 faster pace	1:47
	===== Group Up =====	
200	4 x 50 on 1:10 Desc 1-4	2:20
1,300	4x{1 x 25 on 1:30 Loosen	6:00
	{4 x 50 on 1:05 Desc 1-4	2:10
	{4 x 25 on :35 Best Speed You Can Hold	2:20
100	1 x 100 on 5:00 Loosen	5:00
	6:17 PM 3,050 Meters	

**Workout #529 - Tuesday, 24 September 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Neg Split, do some drill	1:45
400	8 x 50 on 1:00 Pull, mix efforts	2:00
450	6 x 75 on 2:15 Kick, last 25 faster	3:00
	----- Group Up -----	
100	4 x 25 on :40 Fast	2:40
1,425	3x{1 x 25 on 1:30 easy	6:00
	{6 x 75 on 2:00 Best Efforts	2:40
100	1 x 100 on 5:00 Loosen	5:00
6:27 PM 3,075 Meters		

**Workout #530 - Wednesday, 25 September 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
800	2 x 400 on 7:00 Swim drill mix	1:45
400	8 x 50 on 1:00 Pull, alt easy and moderate	2:00
400	4 x 100 on 2:30 kick, vary paces	2:30
	===== Group Up =====	
200	4 x 50 on 1:05 Desc 1-4	2:10
150	2 x 75 on 1:20 last 25 fast	1:47
800	1 x 800 on 13:00 Negative Split	1:38
150	2 x 75 on 1:20 last 25 fast	1:47
400	1 x 400 on 6:45 Negative Split	1:41
150	2 x 75 on 1:20 last 25 fast	1:47
200	1 x 200 on 3:30 Negative Split	1:45
150	2 x 75 on 1:20 last 25 fast	1:47
100	1 x 100 on 4:00 Best you can do	4:00
100	1 x 100 on 5:00 Loosen	5:00
6:34 PM 4,000 Meters		

**Workout #531 - Thursday, 26 September 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 8:30 Drill, Swim Mix	1:42
400	1 x 400 on 11:00 Kick as desired	2:45
600	6 x 100 on 1:45 Pull, steady	1:45
	***** Group Up *****	
100	2 x 50 on 1:15 Desc 1-2	2:30
1,200	1x{1 x 200 on 3:30 Fast	1:45
	{1 x 200 on 3:40 Steady	1:50
	{1 x 200 on 3:20 Fast	1:40
	{1 x 200 on 3:40 Steady	1:50
	{1 x 200 on 3:10 Fast	1:35
	{1 x 200 on 3:40 Steady	1:50
200	1 x 200 on 6:00 BEST OF THE DAY	3:00
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,100 Meters		

**Workout #527 - Monday, 30 September 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
900	3 x 300 on 5:30 Mix Drill and Swim	1:50
300	3 x 100 on 2:45 Kick - Steady Mix	2:45
300	3 x 100 on 1:45 Pull - Descending 1-4	1:45
	*****GROUP UP*****	
100	4 x 25 on :40 FAST!!	2:40
300	6 x 50 on 1:05 3 Moderate 3 Faster	2:10
200	4 x 50 on 1:10 Odds- Fast, Evens Moderate	2:20
100	2 x 50 on 1:05 All Moderate	2:10
100	2 x 50 on 1:15 Faster	2:30
200	4 x 50 on 1:10 All Fast	2:20
300	6 x 50 on 1:15 HOLD your pace	2:30
50	1 x 50 on 1:30 Easy	3:00
50	1 x 50 on 2:00 Everything you have left! GO!	4:00
100	1 x 100 on 5:00 Cool down	5:00
	6:27 PM 3,000 Meters	

**Workout #532 - Tuesday, 01 October 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:30 Mix Swim and Drill	1:54
450	6 x 75 on 1:45 Kick	2:20
450	3 x 150 on 2:45 Pull	1:50
	*****GROUP UP*****	
100	4 x 25 on :50 Fast	3:20
600	6 x 100 on 1:50 Steady	1:50
100	4 x 25 on :45 free	3:00
400	4 x 100 on 1:55 Desc 1-4	1:55
100	4 x 25 on :40 free	2:40
200	2 x 100 on 2:00 FAST	2:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:17 PM 3,000 Meters	

**Workout #533 - Wednesday, 02 October 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	12 x 50 on 1:00 Mix Swim and Drill	2:00
500	10 x 50 on 1:15 Mix Kick	2:30
400	1 x 400 on 7:00 Mix, Steady pull	1:45
	*****GROUP UP*****	
100	4 x 25 on :40 Fast	2:40
600	2 x 300 on 5:30 Desc 1-2	1:50
300	4 x 75 on 1:15 Desc 1-4	1:40
600	2 x 300 on 5:30 Desc 1-2	1:50
200	4 x 50 on :50 FAST	1:40
600	2 x 300 on 5:30 Desc 1-2	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:31 PM 4,000 Meters	

**Workout #534 - Thursday, 03 October 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 10:00 Mix Swim, Drill	2:00
400	4 x 100 on 2:00 Mix Kick	2:00
600	3 x 200 on 3:45 Pull, desc 1-3	1:52
	*****GROUP UP*****	
300	4 x 75 on 1:30 Fast Swims	2:00
500	4 x 125 on 2:10 First 75 Fast	1:44
200	4 x 50 on 1:00 ALL FAST!	2:00
500	4 x 125 on 2:20 Last 75 Fast	1:52
100	4 x 25 on :40 ALL FAST!	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:15 PM 3,200 Meters	

**Workout #535 - Monday, 07 October 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 8:00 Mix swim & Drill	2:00
400	1 x 400 on 8:00 Pull, mix speeds	2:00
400	4 x 100 on 2:45 Kick, mix in a fast 25 on each	2:45
	***** Group Up *****	
100	4 x 25 on 1:00 Speedy!	4:00
400	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	1 x 200 on 4:00 Get Ready	2:00
	Coach will record masters times!	
600	6 x 100 on 3:00 Test Yourself!!	3:00
500	1 x 500 on 10:00 Cool down	2:00
	6:19 PM 3,000 Meters	

**Workout #536 - Tuesday, 08 October 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Drill/swim mix	1:50
400	4 x 100 on 1:50 Pull, build each	1:50
400	8 x 50 on 1:20 Kick, alt speeds/efforts	2:40
	***** Group Up *****	
100	4 x 25 on :40 Fast	2:40
600	3 x 200 on 3:30 Desc 1-3	1:45
600	3 x 200 on 3:20 Desc 1-3	1:40
600	3 x 200 on 3:10 Desc 1-3	1:35
100	1 x 100 on 5:00 Loosen	5:00
	6:16 PM 3,400 Meters	

**Workout #537 - Wednesday, 09 October 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Drill & Swim	1:45
400	8 x 50 on 1:00 Pull, alt ez and mod	2:00
400	4 x 100 on 2:30 Kick, last 25 faster	2:30
	===== Group Up =====	
200	4 x 50 on 1:05 Desc 1-4	2:10
2,400	2x{1 x 600 on 9:45 Negative Split	1:38
	{1 x 50 on 1:00 Mod - not slow, not fast	2:00
	{1 x 300 on 5:15 Negative Split	1:45
	{1 x 50 on 1:00 Mod - not slow, not fast	2:00
	{1 x 150 on 2:45 Last 50 faster	1:50
	{1 x 50 on 1:30 FAST!	3:00
100	1 x 100 on 5:00 Loosen	5:00
	6:27 PM 4,100 Meters	

**Workout #538 - Thursday, 10 October 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 7:00 Mix swim and drill	1:45
600	8 x 75 on 1:20 Pull, last 25 faster	1:47
400	2 x 200 on 5:30 Kick, mix efforts	2:45
	----- Group Up -----	
100	4 x 25 on :50 Fast	3:20
1,200	8 x 150 on 2:30 Desc 1-3, 4-6, 7-8	1:40
	1 on 1:00 Extra Rest	
300	2 x 150 on 2:45 Last two, Fast two!	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,100 Meters	

**Workout #539 - Monday, 14 October 2013**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	2 x 300 on 6:30 Swim/Drill Mix	2:10
400	4 x 100 on 2:30 Mix Kick	2:30
400	4 x 100 on 2:00 Pull Desc 1-4	2:00
*****GROUP UP*****		
200	4 x 50 on 1:00 Fast Pace	2:00
250	10 x 25 on :45 Alternate Fast/Mod	3:00
200	8 x 25 on :40 Desc 1-4, 5-8	2:40
150	6 x 25 on :35 FAST!	2:20
100	4 x 25 on 1:00 Mod/Easy	4:00
150	6 x 25 on :35 FAST!	2:20
200	8 x 25 on :40 Desc 1-4, 5-8	2:40
250	10 x 25 on :45 Alternate Fast/Mod	3:00
100	1 x 100 on 5:00 Cool Down	5:00
6:31 PM 3,000 Meters		

**Workout #540 - Tuesday, 15 October 2013**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	3 x 200 on 4:00 Mix Swim/Drill	2:00
400	8 x 50 on 1:30 KICK - Desc 1-4, 5-8	3:00
400	8 x 50 on 1:00 Pull Mix Desc 1-4, 5-8	2:00
*****GROUP UP*****		
100	4 x 25 on :40 FAST SWIMS	2:40
1,650	3x{1 x 50 on 1:30 LOOSEN	3:00
	{6 x 75 on 1:20 RND 1/3 Desc RND 2/4 Neg Split	1:47
	{2 x 25 on :40 ALL FAST!	2:40
100	1 x 100 on 5:00 Cool Down	5:00
6:18 PM 3,250 Meters		

**Workout #541 - Wednesday, 16 October 2013**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
500	5 x 100 on 2:00 Mix Swim/Drill	2:00
500	5 x 100 on 2:30 KICK - Mix Speeds	2:30
500	5 x 100 on 2:00 Pull - Mix speeds	2:00
*****GROUP UP*****		
800	2 x 400 on 7:00 Neg. split	1:45
400	2 x 200 on 3:30 Desc 1-2	1:45
800	2 x 400 on 6:30 Neg.split	1:38
400	2 x 200 on 3:00 Desc 1-2	1:30
100	1 x 100 on 5:00 Loosen	5:00
6:25 PM 4,000 Meters		

**Workout #542 - Thursday, 17 October 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:30 MIX Drill/Swim	1:52
600	8 x 75 on 2:00 KICK - MIX	2:40
400	1 x 400 on 7:30 Mix Pull	1:52
	*****GROUP UP*****	
100	4 x 25 on :40 free	2:40
1,700	2x{2 x 200 on 3:15 First 50 and Last 50 Fast	1:38
	{2 x 100 on 1:45 2nd 100 FAST!	1:45
	{4 x 50 on :55 Desc 1-4	1:50
	{1 x 50 on 1:15 Loosen	2:30
100	1 x 100 on 5:00 Cool Down	5:00

6:15 PM 3,300 Meters

**Workout #550 - Monday, 21 October 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 6:00 Swim- Mix Strokes	2:00
400	1 x 400 on 7:45 Pull- Build by 100s	1:56
400	2 x 200 on 4:00 Kick- IM	2:00
	----- Group UP -----	
100	4 x 25 on :45 Fast Swims!!	3:00
1,400	4x{4 x 50 on 1:00 Alt Fast & Moderate	2:00
	{1 x 50 on 1:15 Steady	2:30
	{4 x 25 on :45 All out Sprint!!	3:00
100	1 x 100 on 5:00 Easy	5:00

6:14 PM 3,000 Meters

**Workout #551 - Tuesday, 22 October 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:30 Mix swim & Drill	1:50
600	2 x 300 on 5:15 Pull Desc 1-2	1:45
300	1 x 300 on 8:00 Kick, mix up speeds	2:40
	%%%% Group Up %%%%	
100	4 x 25 on :40 FAST	2:40
100	2 x 50 on 1:10 Desc 1-2	2:20
600	3 x 200 on 3:30 Desc 1-3	1:45
100	2 x 50 on 1:10 Desc 1-2	2:20
400	2 x 200 on 3:15 Desc 1-2	1:38
100	2 x 50 on 1:10 Desc 1-2	2:20
200	1 x 200 on 6:00 GO!!!!!!	3:00
100	1 x 100 on 5:00 Loosen	5:00

6:21 PM 3,200 Meters

**Workout #552 - Wednesday, 23 October 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:40 Swim as desired	1:40
400	2 x 200 on 3:40 Pull Negative Split	1:50
400	1 x 400 on 9:30 Kick as desired	2:22
	+++++ Get down to business +++++	
200	4 x 50 on 1:05 Find your speeds	2:10
2,500	1x{1 x 100 on 1:55 Neg Split	1:55
	{1 x 200 on 3:40 Steady	1:50
	{1 x 300 on 5:15 Neg Split	1:45
	{1 x 400 on 6:50 Steady	1:42
	{1 x 500 on 8:30 Neg Split	1:42
	{1 x 400 on 7:00 Steady	1:45
	{1 x 300 on 5:15 Neg Split	1:45
	{1 x 200 on 4:00 Steady	2:00
	{1 x 100 on 3:00 All you have left	3:00
100	1 x 100 on 5:00 Loosen	5:00
6:29 PM 4,200 Meters		

**Workout #553 - Thursday, 24 October 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	8 x 50 on 1:25 Kick, mix speeds	2:50
400	8 x 50 on 1:00 Swim, Mix it up	2:00
400	8 x 50 on 1:05 Pull, Desc 1-4, 5-8	2:10
	***** Group Up *****	
100	4 x 25 on :35 SPEEDY	2:20
1,800	4x{1 x 50 on 1:30 Loosen	3:00
	{2 x 150 on 2:30 Desc 1-2	1:40
	{2 x 50 on 1:00 Desc 1-2; #2 is Very Fast	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:16 PM 3,200 Meters		

**Workout #558 - Monday, 28 October 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	2 x 250 on 5:00 Mix Swim/Drill	2:00
400	8 x 50 on 1:30 Mix Kicks and Speeds	3:00
500	2 x 250 on 5:00 Pull Desc. 1-3	2:00
	*****GROUP UP*****	
100	4 x 25 on :45 Fast Speed	3:00
450	6 x 75 on 1:20 Desc. 1-6	1:47
450	6 x 75 on 1:25 Last 50 faster	1:53
450	6 x 75 on 1:30 Hold a pace	2:00
50	1 x 50 on 1:15 moderate swim - get ready	2:30
150	2 x 75 on 1:30 FAST! Keep your pace	2:00
100	1 x 100 on 5:00 Cool Down	5:00
6:20 PM 3,150 Meters		

**Workout #559 - Tuesday, 29 October 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:30 Mix Swim/Drill	1:54
400	4 x 100 on 2:30 Kick - Mix Speeds	2:30
500	1 x 500 on 9:30 Pull - mix speeds	1:54
	*****GROUP UP*****	
100	4 x 25 on :40 Fast Effort	2:40
1,650	3x{1 x 50 on 1:30 Loosen	3:00
	{2 x 150 on 2:30 Desc 1-2	1:40
	{4 x 50 on 1:00 Fast Effort	2:00
100	1 x 100 on 5:00 Cool Down	5:00

6:15 PM 3,250 Meters

**Workout #560 - Wednesday, 30 October 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	5 x 100 on 2:00 Swim/Drill Mix Speeds	2:00
450	6 x 75 on 2:00 Kick - Mix speeds	2:40
500	5 x 100 on 2:00 Pull - Mix Speeds	2:00
	*****GROUP UP*****	
200	4 x 50 on 1:00 Steady Pace	2:00
1,200	3 x 400 on 6:45 Negative Split	1:41
400	4 x 100 on 1:45 Steady Pace	1:45
800	2 x 400 on 6:30 Negative Split	1:38
100	1 x 100 on 5:00 Cool Down	5:00

6:29 PM 4,150 Meters

**Workout #561 - Thursday, 31 October 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	4 x 150 on 2:30 Whoooooooooooo	1:40
400	1 x 400 on 7:15 Pull, don't get scared	1:49
400	8 x 50 on 1:20 Kick, hallo-refic	2:40
	---- Group Up, if you dare ----	
100	4 x 25 on :35 Is a monster chasing you?	2:20
200	4 x 50 on 1:05 Find a frightful pace	2:10
1,300	2x{1 x 50 on 1:20 Spooky Slow	2:40
	{2 x 100 on 1:50 Desc 1-2... BOO!	1:50
	{2 x 100 on 1:45 Smooth & Scary	1:45
	{2 x 100 on 1:40 Treat yourself to fast swims	1:40
100	1 x 100 on 5:00 Slow & Slithery	5:00

6:12 PM 3,100 Meters

**Workout #571 - Monday, 04 November 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 8:00 Mix swim & Drill	2:00
400	1 x 400 on 8:00 Pull, mix speeds	2:00
400	4 x 100 on 2:45 Kick, mix in a fast 25 on each	2:45
	***** Group Up *****	
100	4 x 25 on 1:00 Speedy!	4:00
400	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	1 x 200 on 4:00 Get Ready	2:00
	Coach will record masters times!	
600	6 x 100 on 3:00 Test Yourself!!	3:00
500	1 x 500 on 10:00 Cool down	2:00
	6:19 PM 3,000 Meters	

**Workout #572 - Tuesday, 05 November 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:30 Swim, but include some drills	1:54
450	6 x 75 on 1:20 Pull, last 25 always faster	1:47
400	4 x 100 on 2:30 Kick, last 50 always faster	2:30
	===== Group Up =====	
100	4 x 25 on :45 Fast!	3:00
800	4 x 200 on 3:20 Desc 1-4	1:40
	1 on 1:00 Extra Rest	
800	4 x 200 on 3:10 All strong!	1:35
100	1 x 100 on 5:00 Loosen	5:00
	6:10 PM 3,150 Meters	

**Workout #573 - Wednesday, 06 November 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:45 Drill / swim mix	1:52
450	6 x 75 on 1:45 Kick, last 25 faster	2:20
400	1 x 400 on 7:30 Pull as desired	1:52
	===== Group Up =====	
100	4 x 25 on :40 Fast	2:40
600	6 x 100 on 1:45 Desc 1-3, 4-6	1:45
1,200	2 x 600 on 10:15 Neg Split and Desc 1-2	1:42
	1 on :30 Rest	
600	6 x 100 on 1:55 Desc 1-3, 4-6	1:55
100	1 x 100 on 5:00 Loosen	5:00
	6:30 PM 4,050 Meters	

**Workout #574 - Thursday, 07 November 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
1,400	2x{3 x 100 on 1:45 Drill/swim mix	1:45
	{1 x 200 on 5:15 Kick, steady	2:38
	{1 x 200 on 3:45 Pull, Neg Split	1:52
	>>>> Group Up <<<<<	
200	4 x 50 on 1:05 Desc 1-4	2:10
1,350	1x{3 x 150 on 2:50 Steady	1:53
	{1 x 150 on 2:30 Fast Pace	1:40
	{2 x 150 on 2:50 Steady	1:53
	{1 x 150 on 2:30 Fast Pace	1:40
	{1 x 150 on 2:50 Steady	1:53
	{1 x 150 on 3:00 Fast	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:07 PM 3,050 Meters		

**Workout #580 - Monday, 11 November 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Warm Up Swim	1:50
400	1 x 400 on 7:45 Pull, Desc by 100s	1:56
400	2 x 200 on 4:00 Kick, mix speeds	2:00
	----- Group Up -----	
1,400	4x{6 x 25 on :45 Best Possible Speed	3:00
	{1 x 50 on 1:30 Easy	3:00
	{1 x 100 on 1:50 Fast	1:50
	{1 x 50 on 1:30 Easy	3:00
100	1 x 100 on 3:00 Fast!!!!	3:00
100	1 x 100 on 5:00 Loosen	5:00
6:18 PM 3,000 Meters		

**Workout #581 - Tuesday, 12 November 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:20 Steady Warm Up Swim	1:52
400	4 x 100 on 1:55 Pull - Think DPS	1:55
450	6 x 75 on 1:30 Kick - 3rd 25 Fast	2:00
	@@@@@ Group Up @@@@@	
100	4 x 25 on :40 FAST FAST FAST	2:40
600	8 x 75 on 1:20 Desc. 1-4, 5-8	1:47
400	4 x 100 on 1:50 FAST SWIMS!	1:50
	1 on 1:00 Extra Rest	
300	4 x 75 on 1:20 Desc. 1-4	1:47
200	2 x 100 on 2:00 BLAZING FAST!!!	2:00
	1 on 1:00 Extra Rest	
100	1 x 100 on 3:00 ALL YOU'VE GOT LEFT	3:00
100	1 x 100 on 5:00 Cool Down	5:00
6:18 PM 3,150 Meters		

**Workout #582 - Wednesday, 13 November 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:30 Long Steady Choice Swim	1:54
400	4 x 100 on 1:55 Pull - Think about Stretch & DPS	1:55
450	6 x 75 on 1:30 Kick - Desc 1-3, 4-6	2:00
	===== Group Up =====	
100	4 x 25 on :35 Desc. 1-4	2:20
2,600	2x{1 on 1:00 Extra Rest/Loosen	
	{1 x 600 on 10:00 Neg. Split	1:40
	{1 x 400 on 6:30 Desc. by 100s within the swim	1:38
	{1 x 200 on 3:15 Strong Swim	1:38
	{1 x 100 on 1:40 Fast Swim	1:40
100	1 x 100 on 3:00 Cool Down	3:00
	6:23 PM 4,150 Meters	

**Workout #583 - Thursday, 14 November 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 4:00 Swim- Mix Strokes	2:00
300	1 x 300 on 6:00 Pull- Negative Split	2:00
400	1 x 400 on 8:30 Kick- Every 4th 25 FAST	2:08
	88888 Group Up 88888	
100	4 x 25 on :45 FAST!	3:00
400	4 x 100 on 1:45 Descend 1-4	1:45
200	1 x 200 on 3:05 Long and Steady	1:32
300	3 x 100 on 1:50 Descend 1-3	1:50
200	1 x 200 on 3:10 Long and Steady	1:35
200	2 x 100 on 1:55 Descend 1-2	1:55
200	1 x 200 on 3:15 Long and Steady	1:38
100	1 x 100 on 2:00 Fastest 100 of the Practice	2:00
100	1 x 100 on 5:00 WARM DOWN	5:00
	6:17 PM 3,100 Meters	

**Workout #585 - Monday, 18 November 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 6:00 Swim	2:00
400	1 x 400 on 7:45 Pull	1:56
400	2 x 200 on 4:00 Kick	2:00
	***** Group Up *****	
100	4 x 25 on :40 Fast	2:40
200	4 x 50 on 1:15 Desc 1-4	2:30
1,200	4x{1 x 100 on 2:00 Steady Easy Pace	2:00
	{4 x 50 on 1:05 Max, Mod, Mod, Max @ 50	2:10
100	1 x 100 on 5:00 Easy	5:00
	6:13 PM 3,000 Meters	

**Workout #586 - Tuesday, 19 November 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:30 Mix swim and drill	1:50
400	8 x 50 on 1:20 Kick, alt mod and fast	2:40
400	1 x 400 on 7:00 Pull as desired	1:45
	+++++ Group Up +++++	
100	2 x 50 on 1:05 Moderate	2:10
600	4 x 150 on 2:30 Last 50 faster effort	1:40
100	2 x 50 on 1:10 Moderate	2:20
400	4 x 100 on 1:45 Last 50 faster effort	1:45
100	2 x 50 on 1:15 Moderate	2:30
200	4 x 50 on 1:20 Fast!	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:15 PM 3,000 Meters	

**Workout #587 - Wednesday, 20 November 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	6 x 100 on 1:45 Desc 1-4	1:45
400	8 x 50 on 1:10 Kick mix speeds	2:20
400	1 x 400 on 7:45 Pull Neg Split	1:56
	----- Group Up -----	
2,600	1x{2 x 100 on 1:55 Neg Split	1:55
	{2 x 200 on 3:40 Neg Split	1:50
	{2 x 300 on 5:25 Neg Split	1:48
	{2 x 400 on 6:45 Neg Split	1:41
	{1 x 300 on 5:30 Neg Split	1:50
	{1 x 200 on 3:45 Neg Split	1:52
	{1 x 100 on 3:00 Last one, fast one	3:00
100	1 x 100 on 5:00 Loosen	5:00
	6:26 PM 4,100 Meters	

**Workout #588 - Thursday, 21 November 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	6 x 100 on 1:45 Desc 1-3, 4-6	1:45
400	1 x 400 on 10:00 Kick as desired	2:30
400	4 x 100 on 1:50 Pull, Desc 1-4	1:50
	<<<<< Group Up >>>>>	
200	4 x 50 on 1:10 Desc 1-4	2:20
200	2 x 100 on 1:40 Steady	1:40
300	2 x 150 on 3:00 Fast	2:00
200	2 x 100 on 1:45 Steady	1:45
300	2 x 150 on 3:00 Fast	2:00
200	2 x 100 on 1:50 Steady	1:50
150	1 x 150 on 5:00 The best you can do	3:20
100	1 x 100 on 5:00 Loosen	5:00
	6:18 PM 3,050 Meters	

**Workout #595 - Monday, 25 November 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:20 Swim Drill Mix	1:52
400	4 x 100 on 1:50 Pull - Think Distance Per Stroke	1:50
450	6 x 75 on 1:40 Kick - last 25 always faster	2:13
	----- Group Up -----	
100	4 x 25 on :45 Sprint!	3:00
600	8 x 75 on 1:20 Desc. 1-4, 5-8	1:47
	1 on :30 Extra Rest	
300	4 x 75 on 2:00 Best speed you can hold	2:40
	1 on :30 Extra Rest	
300	4 x 75 on 1:20 Desc. 1-4	1:47
	1 on :30 Extra Rest	
150	2 x 75 on 2:15 FAST AGAIN!	3:00
	1 on 1:00 Extra Rest	
100	1 x 100 on 3:00 GO GO GO GO	3:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:19 PM 3,000 Meters	

**Workout #596 - Tuesday, 26 November 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Mix swim and drill	1:50
400	1 x 400 on 7:30 Pull, neg split	1:52
400	2 x 200 on 4:40 Kick, neg split	2:20
	***** Group Up *****	
100	4 x 25 on :40 SPRINT!!	2:40
1,400	2x{1 on 1:00 Extra Rest	
	{4 x 150 on 2:30 des 1-4	1:40
	{2 x 50 on 1:15 #1 Moderate, #2 FAST	2:30
100	1 x 100 on 5:00 Cool Down	5:00
	6:09 PM 3,000 Meters	

**Workout #597 - Wednesday, 27 November 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:30 Swim drill mix	1:45
600	2 x 300 on 5:45 Pull -	1:55
400	4 x 100 on 2:00 Kick -	2:00
	~~~~~ Group Up ~~~~~	
200	4 x 50 on 1:05 Desc. 1-4	2:10
2,400	1x{2 x 400 on 7:00 Desc 1-2	1:45
	{1 x 200 on 3:30 Steady	1:45
	{2 x 400 on 6:45 Desc 1-2	1:41
	{1 x 200 on 3:45 Steady	1:52
	{1 x 400 on 8:00 Last one, fast one!!	2:00
100	1 x 100 on 3:00 Cool Down	3:00
	6:23 PM 4,100 Meters	

Workout #599 - Friday, 29 November 2013
Masters - Blue
1 minute rest between sets

5:00 AM Start
Meters Set Description PACE
=====

5,000	2 x 2500 on 59:59 DD	2:24
-------	----------------------	------

7:00 AM 5,000 Meters

Workout #601 - Monday, 02 December 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start
Meters Set Description PACE
=====

400	1 x 400 on 8:00 Mix swim & Drill	2:00
400	1 x 400 on 8:00 Pull, mix speeds	2:00
400	4 x 100 on 2:45 Kick, mix in a fast 25 on each	2:45
	***** Group Up *****	
100	4 x 25 on 1:00 Speedy!	4:00
400	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	1 x 200 on 4:00 Get Ready	2:00
	Coach will record masters times!	
600	6 x 100 on 3:00 Test Yourself!!	3:00
500	1 x 500 on 10:00 Cool down	2:00

6:19 PM 3,000 Meters

Workout #602 - Tuesday, 03 December 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start
Meters Set Description PACE
=====

500	2 x 250 on 4:45 Mix drill and swim	1:54
400	8 x 50 on 1:10 Kick, steady efforts	2:20
400	1 x 400 on 7:15 Pull as desired	1:49
	===== Group Up =====	
100	4 x 25 on :40 Fast!	2:40
600	6 x 100 on 1:45 Desc 1-3, 4-6	1:45
200	1 x 200 on 3:40 Smooth	1:50
400	4 x 100 on 1:45 Desc 1-2, 3-4	1:45
200	1 x 200 on 3:50 Smooth	1:55
200	2 x 100 on 1:45 Desc 1-2	1:45
100	1 x 100 on 5:00 Loosen	5:00

6:15 PM 3,100 Meters

Workout #603 - Wednesday, 04 December 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:15 Mix in some drills	1:45
300	12 x 25 on :45 Kick, 2 fast, 1 easy	3:00
500	1 x 500 on 8:30 Pull as desired	1:42
	+++++ Group Up +++++	
2,550	3x{1 x 600 on 9:30 Build - start easy, end fast!	1:35
	{1 x 50 on 1:30 Loosen	3:00
	{4 x 50 on 1:10 Very, very fast	2:20
100	1 x 100 on 5:00 Loosen	5:00

6:25 PM 4,050 Meters

Workout #604 - Thursday, 05 December 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:00 Swim, Your Choice	1:48
500	1 x 500 on 9:00 Pull, Your Choice	1:48
400	1 x 400 on 10:00 Kick, Any Way You Want	2:30
 Group Up	
50	2 x 25 on :40 Speedy!	2:40
1,450	1x{3 x 150 on 2:45 Steady	1:50
	{2 x 25 on :50 Fast!	3:20
	{3 x 150 on 2:35 Steady	1:43
	{2 x 25 on 1:00 Fast!	4:00
	{3 x 150 on 2:25 Last ones, fast ones	1:37
100	1 x 100 on 5:00 Loosen	5:00

6:07 PM 3,000 Meters

Workout #609 - Monday, 09 December 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:30 swim/drill mix	1:50
400	1 x 400 on 7:45 Pull, Desc by 100s	1:56
400	2 x 200 on 4:00 Kick, mix speeds	2:00
	----- Group Up -----	
100	4 x 25 on :45 Max Speed!!!!	3:00
1,300	4x{2 x 100 on 1:50 Fast	1:50
	{4 x 25 on :45 Best Possible Speed	3:00
	{1 x 25 on :55 Easy - 1/2 down, 1/2 back	3:40
100	1 x 100 on 3:00 Fast!!!!	3:00
100	1 x 100 on 5:00 Loosen	5:00

6:15 PM 3,000 Meters

Workout #610 - Tuesday, 10 December 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
1,400	2x{1 x 300 on 5:00 Mix drill and swim	1:40
	{4 x 50 on 1:30 kick, alt mod/fast	3:00
	{1 x 200 on 3:30 Pull, Negative Split	1:45
	----- Group Up -----	
100	4 x 25 on :40 F A S T	2:40
1,500	1x{5 x 75 on 2:00 Desc 1-3, 4-5	2:40
	{1 on 1:00 rest	
	{5 x 75 on 1:45 Desc 1-3, 4-5	2:20
	{1 on 1:00 rest	
	{5 x 75 on 1:30 Desc 1-3, 4-5	2:00
	{1 on 1:00 rest	
	{5 x 75 on 1:15 Desc 1-3, 4-5	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:16 PM 3,100 Meters		

Workout #611 - Wednesday, 11 December 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 Drill & Swim Mix	1:48
400	4 x 100 on 1:55 Pull - Desc. 1-4	1:55
450	6 x 75 on 1:35 Kick - 3rd 25 Faster	2:07
	===== Group Up =====	
200	4 x 50 on 1:05 Desc. 1-4	2:10
2,400	2x{1 on :30 Extra Rest	
	{2 x 400 on 6:30 Steady	1:38
	{1 on :30 Extra Rest	
	{2 x 200 on 3:30 Stronger than the 400s	1:45
100	1 x 100 on 5:00 Loosen	5:00
6:24 PM 4,050 Meters		

Workout #612 - Thursday, 12 December 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 Swim as desired	1:48
500	2 x 250 on 5:30 Kick as desired	2:12
500	5 x 100 on 2:00 Pull, neg split	2:00
	+++++ Group Up +++++	
400	2 x 200 on 3:20 Desc 1-2	1:40
50	2 x 25 on 1:00 #1 easy, #2 faster	4:00
400	2 x 200 on 3:30 Desc 1-2	1:45
50	2 x 25 on 1:00 #1 easy, #2 faster	4:00
400	2 x 200 on 3:40 Desc 1-2	1:50
50	2 x 25 on 1:00 #1 easy, #2 faster	4:00
200	1 x 200 on 6:00 Best Effort	3:00
100	1 x 100 on 5:00 Loosen	5:00
6:19 PM 3,150 Meters		

Workout #618 - Monday, 16 December 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:50 Mix drill and swim	1:50
400	2 x 200 on 3:45 Pull mix speeds	1:52
400	1 x 400 on 9:00 Kick as desired	2:15
	===== GROUP UP =====	
100	4 x 25 on :40 Fast	2:40
200	4 x 50 on 1:05 Des 1-4:Wht ar yr pcs tdy?	2:10
1,300	2x{1 x 50 on 1:30 Loosen	3:00
	{4 x 50 on 1:00 Desc 1-4; #4 is FAST	2:00
	{4 x 50 on 1:15 Desc -14, #4 is FAST	2:30
	{4 x 50 on 1:30 Hold a fast pace on all	3:00
100	1 x 100 on 5:00 Loosen	5:00

6:20 PM 3,100 Meters

Workout #619 - Tuesday, 17 December 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:45 Include some drills	1:52
400	8 x 50 on 1:00 Pull, mix speeds	2:00
400	4 x 100 on 2:20 Kick, negative split	2:20
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
600	6 x 100 on 2:00 Desc 1-3, 4-6	2:00
400	4 x 100 on 1:45 Desc 1-4	1:45
200	2 x 100 on 1:30 Desc 1-2	1:30
100	1 x 100 on 3:00 Loosen	3:00
200	2 x 100 on 2:30 Both FAST!!	2:30
100	1 x 100 on 5:00 Loosen	5:00

6:17 PM 3,100 Meters

Workout #620 - Wednesday, 18 December 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
600	1 x 600 on 11:00 swim drill mix	1:50
400	4 x 100 on 1:50 Pull - DPS	1:50
450	6 x 75 on 1:30 Kick - Desc 1-3, 4-6	2:00
	%%%% Group Up %%%%	
2,450	1x{6 x 50 on 1:05 Desc 1-3, 4-6	2:10
	{1 x 500 on 8:45 Neg Split	1:45
	{1 x 400 on 6:40 Build by 100s	1:40
	{6 x 50 on 1:05 Desc 1-3, 4-6	2:10
	{1 x 300 on 5:15 Neg Split	1:45
	{1 x 200 on 3:20 Build by 50s	1:40
	{6 x 50 on 1:05 Desc 1-3, 4-6	2:10
	{1 x 100 on 1:45 FAST	1:45
	{1 x 50 on 1:30 FAST	3:00
100	1 x 100 on 3:00 Cool Down	3:00
	6:22 PM 4,000 Meters	

Workout #621 - Thursday, 19 December 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
800	4 x 200 on 3:30 Swim Mix	1:45
400	1 x 400 on 7:00 Pull	1:45
400	4 x 100 on 2:20 Kick - Every 4th 25 Sprint	2:20
	^^^^^^^^^^^^^^^^ Group Up ^^^^^^^^^^^^^^^^^	
100	4 x 25 on :45 Max Speed	3:00
500	2 x 250 on 4:15 Last 50 faster effort	1:42
200	2 x 100 on 1:40 Desc 1-2; #2 is FAST	1:40
500	2 x 250 on 4:30 First & Last 50 Faster Effort	1:48
200	2 x 100 on 1:40 Desc 1-2; #2 is VERY FAST	1:40
100	1 x 100 on 5:00 Cool Down	5:00
	6:13 PM 3,200 Meters	

Workout #627 - Monday, 23 December 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
	Practices Mon PM, Tue AM, Thu AM, Thu PM, Fri AM	
600	6 x 100 on 1:45 Mix drills and swim	1:45
400	2 x 200 on 5:00 kick, 1st & last 25 faster	2:30
400	8 x 50 on 1:00 Pull, Desc	2:00
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
1,600	2x{2 x 50 on 1:10 Moderate, Smooth	2:20
	{4 x 75 on 1:30 Fast & Strong	2:00
	{2 x 50 on 1:10 Moderate	2:20
	{4 x 75 on 2:00 Maximum Speed!	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:20 PM 3,200 Meters	

Workout #628 - Wednesday, 25 December 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
	Practices Mon PM, Tue AM, Thu AM, Thu PM, Fri AM	
600	8 x 75 on 1:20 Mix efforts	1:47
400	1 x 400 on 10:00 Kick as desired	2:30
400	8 x 50 on 1:00 Pull, Desc 1-4, 5-8	2:00
)))) Group Up (((((
200	4 x 50 on 1:05 Steady	2:10
400	4 x 100 on 1:50 Desc 1-4	1:50
400	1 x 400 on 6:30 Steady	1:38
400	4 x 100 on 1:45 Desc 1-4	1:45
400	1 x 400 on 6:20 Steady	1:35
400	4 x 100 on 1:40 Desc 1-4	1:40
400	1 x 400 on 10:00 GO TIME!	2:30
100	1 x 100 on 5:00 Loosen	5:00
	6:35 PM 4,100 Meters	

Workout #629 - Thursday, 26 December 2013
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
	Practices Mon PM, Tue AM, Thu AM, Thu PM, Fri AM	
600	2 x 300 on 5:15 Drill / swim mix	1:45
400	8 x 50 on 1:20 Kick, mix speeds	2:40
400	8 x 50 on 1:00 Pull, Desc 1-2	2:00
)))) Group Up (((((
100	4 x 25 on :45 Fast!	3:00
1,600	1x{5 x 100 on 2:00 Steady Effort	2:00
	{4 x 100 on 1:50 75 Steady + 25 Fast	1:50
	{3 x 100 on 1:40 50 Steady + 50 Fast	1:40
	{2 x 100 on 1:30 25 Steady + 75 Fast	1:30
	{1 x 100 on 3:00 Loosen	3:00
	{1 x 100 on 3:00 Best Effort	3:00
100	1 x 100 on 5:00 Loosen	5:00
	6:15 PM 3,200 Meters	

Workout #642 - Monday, 30 December 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
1,400	2x{1 x 300 on 5:00 Mix drill and swim	1:40
	{4 x 50 on 1:30 kick, alt mod/fast	3:00
	{1 x 200 on 3:30 Pull, Negative Split	1:45
	===== Group Up =====	
100	4 x 25 on :45 F A S T	3:00
1,500	1x{1 on :45 rest	
	{6 x 50 on 1:05 free	2:10
	{1 on :45 rest	
	{6 x 50 on 1:00 free	2:00
	{1 on :45 rest	
	{6 x 50 on :55 free	1:50
	{1 on :45 rest	
	{6 x 50 on :50 free	1:40
	{1 on :45 rest	
	{6 x 50 on :45 free	1:30
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,100 Meters		

Workout #643 - Tuesday, 31 December 2013
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 8:30 Swim / drill mix	1:42
500	1 x 500 on 9:00 Pull, mix up breathing patterns	1:48
400	4 x 100 on 2:30 Kick as desired	2:30
	+++++ Group Up +++++	
100	4 x 25 on :50 Fast!	3:20
1,800	4x{3 x 100 on 1:40 Desc 1-3	1:40
	{1 x 50 on 1:05 Steady, Relaxed	2:10
	{1 x 50 on 1:10 Super Effort!!	2:20
	{1 x 50 on 1:15 Easy	2:30
6:10 PM 3,300 Meters		

Workout #644 - Wednesday, 01 January 2014
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Desc 1-6	1:50
400	2 x 200 on 5:15 Kick Neg Split	2:38
400	8 x 50 on 1:00 Pull Mix Speeds	2:00
	+++++ Group Up +++++	
200	4 x 50 on 1:05 Desc 1-4	2:10
2,400	1x{2 x 300 on 5:30 Desc 1-2	1:50
	{1 x 600 on 10:30 Negative Split	1:45
	{2 x 300 on 5:15 Desc 1-2	1:45
	{6 x 100 on 2:00 Alt Easy, Fast	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:29 PM 4,100 Meters		