

Workout #804 - Monday, 16 October 2023
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
=====	=====	=====	=====
600	5:00 PM	4 x 150 on 3:00 swim	2:00
400	5:12 PM	8 x 50 on 1:10 kick	2:20
500	5:22 PM	10 x 50 on :55 pull	1:50
		~GROUP UP~	
100	5:32 PM	4 x 25 on :40 fast!	2:40
500	5:35 PM	10 x 50 on 1:10 build	2:20
400	5:47 PM	4 x 100 on 1:50 desc 1-4	1:50
300	5:55 PM	6 x 50 on 1:00 build	2:00
200	6:01 PM	2 x 100 on 3:00 all out	3:00
100	6:07 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:12 PM	3,100 Meters	

Workout #805 - Monday, 16 October 2023
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
=====	=====	=====	=====
500	5:00 PM	4 x 125 on 3:00 swim	2:24
400	5:12 PM	8 x 50 on 1:10 kick	2:20
500	5:22 PM	10 x 50 on :55 pull	1:50
		~GROUP UP~	
100	5:32 PM	4 x 25 on :40 fast!	2:40
500	5:35 PM	10 x 50 on 1:10 build	2:20
300	5:47 PM	4 x 75 on 1:50 desc 1-4	2:27
300	5:55 PM	6 x 50 on 1:00 build	2:00
150	6:01 PM	2 x 75 on 3:00 all out	4:00
100	6:07 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:12 PM	2,850 Meters	

Workout #806 - Monday, 16 October 2023
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
=====	=====	=====	=====
400	5:00 PM	4 x 100 on 3:00 swim	3:00
200	5:12 PM	8 x 25 on 1:10 kick	4:40
250	5:22 PM	10 x 25 on :55 pull	3:40
		~GROUP UP~	
100	5:32 PM	4 x 25 on :40 fast!	2:40
250	5:35 PM	10 x 25 on 1:10 build	4:40
200	5:47 PM	4 x 50 on 1:50 desc 1-4	3:40
150	5:55 PM	6 x 25 on 1:00 build	4:00
100	6:01 PM	2 x 50 on 3:00 all out	6:00
100	6:07 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:12 PM	1,750 Meters	

Workout #807 - Tuesday, 17 October 2023
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
=====	=====	=====	=====
800	5:00 PM	4 x 200 on 3:30 swim	1:45
400	5:14 PM	4 x 100 on 2:10 kick	2:10
300	5:23 PM	6 x 50 on :55 pull	1:50
		~GROUP UP~	
200	5:29 PM	4 x 50 on 1:10 build	2:20
2,200	5:34 PM	4x{4 x 100 on 1:50 desc 1-4	1:50
		{1 x 100 on 1:40 all out	1:40
		{1 x 50 on 2:00 recover	4:00
100	6:18 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:23 PM	4,000 Meters	

Workout #808 - Tuesday, 17 October 2023
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
=====	=====	=====	=====
600	5:00 PM	4 x 150 on 3:30 swim	2:20
400	5:14 PM	4 x 100 on 2:10 kick	2:10
150	5:23 PM	6 x 25 on :55 pull	3:40
		~GROUP UP~	
200	5:29 PM	4 x 50 on 1:10 build	2:20
1,600	5:34 PM	4x{4 x 75 on 1:50 desc 1-4	2:27
		{1 x 75 on 1:40 all out	2:13
		{1 x 25 on 2:00 recover	8:00
100	6:18 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:23 PM	3,050 Meters	

Workout #809 - Tuesday, 17 October 2023
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
=====	=====	=====	=====
400	5:00 PM	4 x 100 on 3:30 swim	3:30
200	5:14 PM	4 x 50 on 2:10 kick	4:20
150	5:23 PM	6 x 25 on :55 pull	3:40
		~GROUP UP~	
100	5:29 PM	4 x 25 on 1:10 build	4:40
1,200	5:34 PM	4x{4 x 50 on 1:50 desc 1-4	3:40
		{1 x 50 on 1:40 all out	3:20
		{1 x 50 on 2:00 recover	4:00
100	6:18 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:23 PM	2,150 Meters	

Workout #810 - Wednesday, 18 October 2023
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:00 swim	1:40
300	5:10 PM	6 x 50 on 1:10 kick	2:20
600	5:17 PM	6 x 100 on 1:55 pull	1:55
		~GROUP UP~	
400	5:29 PM	8 x 50 on 1:00 alt cruise and speedy	2:00
600	5:37 PM	6 x 100 on 1:55 build	1:55
800	5:49 PM	4 x 200 on 4:00 desc 1-4	2:00
600	6:05 PM	2 x 300 on 5:30 neg split	1:50
400	6:16 PM	1 x 400 on 7:00 build	1:45
100	6:23 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:28 PM	4,400 Meters	

Workout #811 - Wednesday, 18 October 2023
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
400	5:00 PM	2 x 200 on 5:00 swim	2:30
300	5:10 PM	6 x 50 on 1:10 kick	2:20
450	5:17 PM	6 x 75 on 1:55 pull	2:33
		~GROUP UP~	
400	5:29 PM	8 x 50 on 1:00 alt cruise and speedy	2:00
450	5:37 PM	6 x 75 on 1:55 build	2:33
700	5:49 PM	4 x 175 on 4:00 desc 1-4	2:17
500	6:05 PM	2 x 250 on 5:30 neg split	2:12
300	6:16 PM	1 x 300 on 7:00 build	2:20
100	6:23 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:28 PM	3,600 Meters	

Workout #812 - Wednesday, 18 October 2023
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
300	5:00 PM	2 x 150 on 5:00 swim	3:20
150	5:10 PM	6 x 25 on 1:10 kick	4:40
300	5:17 PM	6 x 50 on 1:55 pull	3:50
		~GROUP UP~	
200	5:29 PM	8 x 25 on 1:00 alt cruise and speedy	4:00
300	5:37 PM	6 x 50 on 1:55 build	3:50
500	5:49 PM	4 x 125 on 4:00 desc 1-4	3:12
350	6:05 PM	2 x 175 on 5:30 neg split	3:09
200	6:16 PM	1 x 200 on 7:00 build	3:30
100	6:23 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:28 PM	2,400 Meters	

Workout #813 - Thursday, 19 October 2023
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
=====	=====	=====	=====
500	5:00 PM	5 x 100 on 1:50 swim	1:50
500	5:10 PM	5 x 100 on 2:10 kick	2:10
500	5:21 PM	5 x 100 on 1:45 pull	1:45
		~GROUP UP~	
100	5:30 PM	4 x 25 on :40 fast!	2:40
2,000	5:33 PM	4x{5 x 75 on 1:25 50 build 25 fast	1:53
		{1 x 75 on 2:00 all out	2:40
		{1 x 50 on 1:30 cruise	3:00
100	6:16 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:21 PM	3,700 Meters	

Workout #814 - Thursday, 19 October 2023
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
=====	=====	=====	=====
375	5:00 PM	5 x 75 on 1:50 swim	2:27
500	5:10 PM	5 x 100 on 2:10 kick	2:10
375	5:21 PM	5 x 75 on 1:45 pull	2:20
		~GROUP UP~	
100	5:30 PM	4 x 25 on :40 fast!	2:40
2,000	5:33 PM	4x{5 x 75 on 1:25 alt 75 and 50	1:53
		{1 x 75 on 2:00 all out	2:40
		{1 x 50 on 1:30 cruise	3:00
100	6:16 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:21 PM	3,450 Meters	

Workout #815 - Thursday, 19 October 2023
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
=====	=====	=====	=====
250	5:00 PM	5 x 50 on 1:50 swim	3:40
250	5:10 PM	5 x 50 on 2:10 kick	4:20
250	5:21 PM	5 x 50 on 1:45 pull	3:30
		~GROUP UP~	
100	5:30 PM	4 x 25 on :40 fast!	2:40
1,400	5:33 PM	4x{5 x 50 on 1:25 25 cruise 25 speedy (alt 50&25)	2:50
		{1 x 50 on 2:00 all out	4:00
		{1 x 50 on 1:30 cruise	3:00
100	6:16 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:21 PM	2,350 Meters	