

Workout #792 - Monday, 09 October 2023
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
=====	=====	=====	=====
800	5:00 PM	4 x 200 on 4:00 swim	2:00
300	5:16 PM	6 x 50 on 1:10 kick	2:20
400	5:23 PM	4 x 100 on 1:50 pull	1:50
		~GROUP UP~	
100	5:31 PM	4 x 25 on :40 fast!	2:40
2,000	5:34 PM	4x{4 x 50 on 1:00 build	2:00
		{4 x 75 on 1:20 build by 25s	1:47
100	6:12 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:17 PM	3,700 Meters	

Workout #793 - Monday, 09 October 2023
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
=====	=====	=====	=====
800	5:00 PM	4 x 200 on 4:00 swim	2:00
300	5:16 PM	6 x 50 on 1:10 kick	2:20
300	5:23 PM	4 x 75 on 1:50 pull	2:27
		~GROUP UP~	
100	5:31 PM	4 x 25 on :40 fast!	2:40
1,600	5:34 PM	4x{4 x 50 on 1:00 build	2:00
		{4 x 50 on 1:20 build by 25s	2:40
100	6:12 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:17 PM	3,200 Meters	

Workout #794 - Monday, 09 October 2023
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
=====	=====	=====	=====
500	5:00 PM	4 x 125 on 4:00 swim	3:12
150	5:16 PM	6 x 25 on 1:10 kick	4:40
200	5:23 PM	4 x 50 on 1:50 pull	3:40
		~GROUP UP~	
100	5:31 PM	4 x 25 on :40 fast!	2:40
1,200	5:34 PM	4x{4 x 25 on 1:00 build	4:00
		{4 x 50 on 1:20 alt 50 & 25	2:40
100	6:12 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:17 PM	2,250 Meters	

Workout #795 - Tuesday, 10 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
500	5:10 PM	10 x 50 on 1:10 kick	2:20
400	5:22 PM	4 x 100 on 1:50 pull	1:50
		~GROUP UP~	
400	5:30 PM	8 x 50 on 1:10 build	2:20
800	5:40 PM	4 x 200 on 3:30 desc 1-4	1:45
400	5:54 PM	4 x 100 on 1:45 build	1:45
100	6:01 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:06 PM	3,200 Meters	

Workout #796 - Tuesday, 10 October 2023
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
=====	=====	=====	=====
500	5:00 PM	2 x 250 on 5:00 swim	2:00
500	5:10 PM	10 x 50 on 1:10 kick	2:20
300	5:22 PM	4 x 75 on 1:50 pull	2:27
		~GROUP UP~	
400	5:30 PM	8 x 50 on 1:10 build	2:20
700	5:40 PM	4 x 175 on 3:30 desc 1-4	2:00
300	5:54 PM	4 x 75 on 1:45 build	2:20
100	6:01 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:06 PM	2,800 Meters	

Workout #797 - Tuesday, 10 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
250	5:10 PM	10 x 25 on 1:10 kick	4:40
200	5:22 PM	4 x 50 on 1:50 pull	3:40
		~GROUP UP~	
200	5:30 PM	8 x 25 on 1:10 build	4:40
400	5:40 PM	4 x 100 on 3:30 desc 1-4	3:30
200	5:54 PM	4 x 50 on 1:45 build	3:30
100	6:01 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:06 PM	1,650 Meters	

Workout #798 - Wednesday, 11 October 2023
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
=====	=====	=====	=====
600	5:00 PM	4 x 150 on 2:45 swim	1:50
400	5:11 PM	4 x 100 on 2:10 kick	2:10
500	5:20 PM	10 x 50 on :55 pull	1:50
		~GROUP UP~	
400	5:30 PM	8 x 50 on 1:10 build	2:20
2,400	5:40 PM	2x{4 x 200 on 3:30 desc 1-4	1:45
		{1 x 400 on 7:00 build	1:45
100	6:22 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:27 PM	4,400 Meters	

Workout #799 - Wednesday, 11 October 2023
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
=====	=====	=====	=====
600	5:00 PM	4 x 150 on 2:45 swim	1:50
400	5:11 PM	4 x 100 on 2:10 kick	2:10
500	5:20 PM	10 x 50 on :55 pull	1:50
		~GROUP UP~	
400	5:30 PM	8 x 50 on 1:10 build	2:20
1,800	5:40 PM	2x{4 x 150 on 3:30 desc 1-4	2:20
		{1 x 300 on 7:00 build	2:20
100	6:22 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:27 PM	3,800 Meters	

Workout #800 - Wednesday, 11 October 2023
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
=====	=====	=====	=====
300	5:00 PM	4 x 75 on 2:45 swim	3:40
200	5:11 PM	4 x 50 on 2:10 kick	4:20
250	5:20 PM	10 x 25 on :55 pull	3:40
		~GROUP UP~	
200	5:30 PM	8 x 25 on 1:10 build	4:40
1,200	5:40 PM	2x{4 x 100 on 3:30 desc 1-4	3:30
		{1 x 200 on 7:00 build	3:30
100	6:22 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:27 PM	2,250 Meters	

Workout #801 - Thursday, 12 October 2023
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
=====	=====	=====	=====
600	5:00 PM	6 x 100 on 1:45 swim	1:45
400	5:11 PM	4 x 100 on 2:10 kick	2:10
500	5:20 PM	10 x 50 on :55 pull	1:50
		~GROUP UP~	
100	5:30 PM	4 x 25 on :40 fast!	2:40
800	5:33 PM	8 x 100 on 1:50 desc 1-8	1:50
50	5:48 PM	1 x 50 on 1:30 recover	3:00
600	5:50 PM	6 x 100 on 1:45 desc 1-6	1:45
100	6:01 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:06 PM	3,150 Meters	

Workout #802 - Thursday, 12 October 2023
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
=====	=====	=====	=====
450	5:00 PM	6 x 75 on 1:45 swim	2:20
400	5:11 PM	4 x 100 on 2:10 kick	2:10
250	5:20 PM	10 x 25 on :55 pull	3:40
		~GROUP UP~	
100	5:30 PM	4 x 25 on :40 fast!	2:40
600	5:33 PM	8 x 75 on 1:50 desc 1-8	2:27
50	5:48 PM	1 x 50 on 1:30 recover	3:00
450	5:50 PM	6 x 75 on 1:45 desc 1-6	2:20
100	6:01 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:06 PM	2,400 Meters	

Workout #803 - Thursday, 12 October 2023
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
=====	=====	=====	=====
300	5:00 PM	6 x 50 on 1:45 swim	3:30
200	5:11 PM	4 x 50 on 2:10 kick	4:20
250	5:20 PM	10 x 25 on :55 pull	3:40
		~GROUP UP~	
100	5:30 PM	4 x 25 on :40 fast!	2:40
400	5:33 PM	8 x 50 on 1:50 desc 1-8	3:40
50	5:48 PM	1 x 50 on 1:30 recover	3:00
300	5:50 PM	6 x 50 on 1:45 desc 1-6	3:30
100	6:01 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:06 PM	1,700 Meters	