

Workout #1032 - Thursday, 20 June 2024
Masters - White Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
450	5:30 AM	3 x 150 on 3:20 K/P/S FREE	1:07
200	5:41 AM	4 x 50 on 1:30 25 DRILL 25 SWIM FREE	1:30
450	5:48 AM	6 x 75 on 1:45 25K 25P 25 SW BK BR FLY	1:10
		//// GROUP UP \\\	
600	6:00 AM	6 x 100 on 2:00 FREE (10 SEC REST)	1:00
400	6:13 AM	8 x 50 on 1:10 FREE (10 SEC REST)	1:10
900	6:24 AM	3 x 300 on 5:00 FREE (30 SEC REST)	0:50
150	6:40 AM	1 x 150 on 5:00 COOL DOWN	1:40
	6:45 AM	3,150 Meters	

Workout #1033 - Thursday, 20 June 2024
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
450	5:30 AM	3 x 150 on 3:20 P/K/S FREE	1:07
200	5:41 AM	4 x 50 on 1:10 DRILL SWIM	1:10
450	5:47 AM	6 x 75 on 2:00 BK BR FLY K/P/SW	1:20
		/// GROUP UP \\\	
800	6:00 AM	8 x 100 on 1:45 FREE (15 SEC REST)	0:52
600	6:15 AM	12 x 50 on 1:00 FREE (10 SEC REST)	1:00
900	6:28 AM	3 x 300 on 4:30 FREE(30 SEC REST)	0:45
		TIME YOU MAKE AFTER 4:30 DEDUCT FROM THE REST	
	6:41 AM	3,400 Meters	

Workout #1034 - Thursday, 20 June 2024
Masters - Red Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
450	5:30 AM	3 x 150 on 3:35 FREE K/P/SW	1:12
200	5:42 AM	4 x 50 on 1:20 25DRILL 25 SWIM FREE	1:20
450	5:49 AM	6 x 75 on 2:00 25 KICK DRILL SWIM BK BR FLY	1:20
		/// GROUP UP \\\	
600	6:02 AM	6 x 100 on 2:10 FREE 10 SEC REST	1:05
600	6:16 AM	12 x 50 on 1:10 FREE 15 SEC REST	1:10
600	6:31 AM	2 x 300 on 6:00 FREE 30 SEC REST	1:00
	6:43 AM	2,900 Meters	