

Workout #1038 - Tuesday, 25 June 2024
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
300	5:30 AM	6 x 50 on 3:45 25 KICK 25 PULL	3:45
200	5:54 AM	2 x 100 on 2:00 100 DRILL 100 SWIM	1:00
600	5:59 AM	8 x 75 on 2:45 IM ORDER KICK DRILL SWIM	1:50
		/// GROUP UP \\ \\ \\	
600	6:22 AM	2 x 300 on 5:00 FREE	0:50
200	6:33 AM	2 x 100 on 1:45 FREE	0:52
200	6:38 AM	4 x 50 on 1:05 FAST/SLOW	1:05
300	6:44 AM	1 x 300 on 4:55 FREE	0:49
100	6:50 AM	1 x 100 on 1:35 FREE	0:48
	6:52 AM	2,500 Meters	

Workout #1039 - Tuesday, 25 June 2024
Masters - White Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
300	5:30 AM	6 x 50 on 3:40 25 KICK 25 PULL	3:40
200	5:53 AM	2 x 100 on 1:45 100 DRILL 100 SWIM	0:52
600	5:58 AM	8 x 75 on 2:00 IM ORDER KICK DRILL SWIM	1:20
		//// GROUP UP \\ \\ \\	
600	6:15 AM	2 x 300 on 5:10 FREE	0:52
200	6:27 AM	2 x 100 on 1:50 FREE	0:55
200	6:32 AM	4 x 50 on 1:10 FAST/SLOW	1:10
300	6:38 AM	1 x 300 on 5:00 FREE	0:50
100	6:44 AM	1 x 100 on 1:45 FREE	0:52
	6:46 AM	2,500 Meters	

Workout #1040 - Tuesday, 25 June 2024
Masters - Red Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
300	5:30 AM	6 x 50 on 3:20 KICK PULL	3:20
200	5:51 AM	2 x 100 on 2:10 100 DRILL 100 SWIM	1:05
600	5:57 AM	8 x 75 on 2:00 IM ORDER KICK DRILL SWIM	1:20
		//// GROUP UP \\ \\ \\	
600	6:14 AM	2 x 300 on 5:30 FREE	0:55
200	6:26 AM	2 x 100 on 2:00 FREE	1:00
200	6:31 AM	4 x 50 on 1:15 FAST SLOW	1:15
300	6:37 AM	1 x 300 on 5:20 FREE	0:53
100	6:44 AM	1 x 100 on 1:55 FREE	0:58
	6:46 AM	2,500 Meters	

Workout #1041 - Wednesday, 26 June 2024
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
200	5:30 AM	1 x 200 on 6:20 FREE EASY	1:35
200	5:38 AM	1 x 200 on 5:00 IM ORDER 25 KICK 25 SWIM	1:15
100	5:44 AM	2 x 50 on 1:15 FREE DRILL SWIM	1:15
300	5:48 AM	3 x 100 on 2:00 FREE 50 KICK 50 SWIM	1:00
100	5:55 AM	4 x 25 on :45 FREE	1:30
		//// GROUP UP \\\	
200	5:59 AM	8 x 25 on :55 FREE	1:50
400	6:08 AM	8 x 50 on 1:15 FREE	1:15
600	6:19 AM	8 x 75 on 1:45 FREE	1:10
300	6:34 AM	6 x 50 on 1:10 FREE	1:10
150	6:42 AM	6 x 25 on :45 FREE	1:30
	6:47 AM	2,550 Meters	

Workout #1042 - Wednesday, 26 June 2024
Masters - White Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
200	5:30 AM	1 x 200 on 5:00 FREE	1:15
200	5:36 AM	1 x 200 on 5:40 IM ORDER 25 KICK 25 SWIM	1:25
100	5:43 AM	2 x 50 on 1:15 25 DRILL 25 SWIM	1:15
300	5:47 AM	3 x 100 on 2:00 50 KICK 50 SWIM	1:00
100	5:54 AM	4 x 25 on :45 FREE	1:30
		//// GROUP UP \\\	
200	5:58 AM	8 x 25 on :55 FREE	1:50
400	6:07 AM	8 x 50 on 1:15 FREE	1:15
600	6:18 AM	8 x 75 on 1:45 FREE	1:10
300	6:33 AM	6 x 50 on 1:10 FREE	1:10
150	6:41 AM	6 x 25 on :45 FREE	1:30
	6:46 AM	2,550 Meters	

Workout #1043 - Wednesday, 26 June 2024
Masters - Red Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
200	5:30 AM	1 x 200 on 5:20 FREE	1:20
200	5:37 AM	1 x 200 on 5:40 IM ORDER 25 KICK 25 SWIM	1:25
100	5:44 AM	1 x 100 on 2:00 IM ORDER SWIM	1:00
100	5:47 AM	2 x 50 on 1:10 25 DRILL 25 SWIM	1:10
300	5:51 AM	3 x 100 on :40 50 KICK 50 SWIM	0:20
100	5:54 AM	4 x 25 on :45 FREE	1:30
		/// GROUP UP \\\	
200	5:58 AM	8 x 25 on :55 FREE	1:50
400	6:07 AM	8 x 50 on 1:15 free	1:15
600	6:18 AM	8 x 75 on 1:45 free	1:10
300	6:33 AM	6 x 50 on 1:10 free	1:10
150	6:41 AM	6 x 25 on :50 free	1:40
	6:46 AM	2,650 Meters	

Workout #1044 - Thursday, 27 June 2024
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:30 AM	3 x 200 on 3:40 200 KICK 200 PULL 200 SWIM	0:55
300	5:42 AM	3 x 100 on 2:00 IMORDER 100 K 100 DRILL100SW	1:00
300	5:49 AM	6 x 50 on 1:15 FREE	1:15
150	5:58 AM	6 x 25 on :45 FREE STRETCH OUT EZ ///// GROUP UP \\\	1:30
300	6:04 AM	6 x 50 on 1:10 25 DRILL 25 SWIM	1:10
200	6:12 AM	4 x 50 on 1:05 FREE	1:05
400	6:18 AM	4 x 100 on 1:55 FREE	0:58
600	6:27 AM	4 x 150 on 2:20 FREE	0:47
400	6:38 AM	2 x 200 on 3:00 FREE	0:45
	6:44 AM	3,250 Meters	

Workout #1045 - Thursday, 27 June 2024
Masters - White Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:30 AM	3 x 200 on 3:40 200 KICK 200 PULL 200 SW	0:55
300	5:42 AM	3 x 100 on 2:00 IM ORDER 100KICK 100 DRILL 100SW	1:00
300	5:49 AM	6 x 50 on 1:15 FREE	1:15
150	5:58 AM	6 x 25 on :45 FREE EZ ///// GROUP UP \\\	1:30
300	6:04 AM	6 x 50 on 1:10 25 DRILL 25 SWIM	1:10
200	6:12 AM	4 x 50 on 1:05 FREE	1:05
400	6:18 AM	4 x 100 on 1:55 FREE	0:58
600	6:27 AM	4 x 150 on 2:20 FREE	0:47
400	6:38 AM	2 x 200 on 3:00 FREE	0:45
	6:44 AM	3,250 Meters	

Workout #1046 - Thursday, 27 June 2024
Masters - Red Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:30 AM	3 x 200 on 4:00 200 KICK 200 PULL 200 SWIM	1:00
300	5:43 AM	3 x 100 on 2:10 IMORDER 100 KICK 100 DRILL 100SW	1:05
300	5:51 AM	6 x 50 on 1:20 25 DRILL 25 SWIM	1:20
150	6:00 AM	6 x 25 on :55 FREE EZ /// GROUP UP \\\	1:50
300	6:07 AM	6 x 50 on 1:25 25 DRILL 25 SWIM	1:25
200	6:17 AM	4 x 50 on 1:10 FREE	1:10
400	6:23 AM	4 x 100 on 2:00 FREE	1:00
300	6:32 AM	2 x 150 on 2:40 FREE	0:53
400	6:39 AM	2 x 200 on 3:10 FREE	0:48
	6:46 AM	2,950 Meters	

Workout #1047 - Friday, 28 June 2024
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:30 AM	3 x 200 on 3:40 200 KICK 200 PULL 200 SW	0:55
300	5:42 AM	3 x 100 on 2:00 IM ORDER 100K 100DRILL 100 SW	1:00
300	5:49 AM	6 x 50 on 1:15 FREE DRILL	1:15
150	5:58 AM	6 x 25 on :45 FREE EZ	1:30
		//// GROUP UP \\\	
300	6:04 AM	12 x 25 on :35 FREE	1:10
400	6:12 AM	8 x 50 on 1:00 FREE	1:00
450	6:21 AM	6 x 75 on 1:20 FREE	0:53
400	6:30 AM	4 x 100 on 2:10 FREE	1:05
200	6:40 AM	1 x 200 on 4:00 COOL DOWN	1:00
	6:44 AM	3,100 Meters	

Workout #1048 - Friday, 28 June 2024
Masters - White Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:30 AM	3 x 200 on 3:40 200 KICK 200 PULL 200SW	0:55
300	5:42 AM	3 x 100 on 2:00 IM ORDER 100KICK 100DR 100 SW	1:00
300	5:49 AM	6 x 50 on 1:15 FREE DRILL	1:15
150	5:58 AM	6 x 25 on :45 FREE EZ	1:30
		//// GROUP UP \\\	
300	6:04 AM	12 x 25 on :40 FREE	1:20
300	6:13 AM	6 x 50 on 1:05 FREE	1:05
300	6:21 AM	4 x 75 on 1:25 FREE	0:57
400	6:28 AM	4 x 100 on 2:15 FREE	1:08
200	6:38 AM	1 x 200 on 4:00 COOL DOWN	1:00
	6:42 AM	2,850 Meters	

Workout #1049 - Friday, 28 June 2024
Masters - Red Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:30 AM	3 x 200 on 3:45 200KICK 200PULL 200SW	0:56
300	5:43 AM	3 x 100 on 2:10 IM ORDER 100KI 100DRILL 100SW	1:05
300	5:51 AM	6 x 50 on 1:15 FREE DRILL	1:15
150	6:00 AM	6 x 25 on :55 FREE EZ	1:50
		/// GROUP UP \\\	
300	6:07 AM	12 x 25 on :45 FREE	1:30
300	6:17 AM	6 x 50 on 1:05 FREE	1:05
300	6:25 AM	4 x 75 on 1:30 FREE	1:00
400	6:32 AM	4 x 100 on 2:15 FREE	1:08
200	6:42 AM	1 x 200 on 4:20 COOL DOWN	1:05
	6:47 AM	2,850 Meters	