

Workout #828 - Monday, 30 October 2023
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 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~	
100	5:30 PM	4 x 25 on :40 fast~~~	2:40
400	5:33 PM	4 x 100 on 1:50 desc 1-4	1:50
200	5:41 PM	4 x 50 on :55 all fast	1:50
800	5:45 PM	8 x 100 on 1:55 desc 1-8	1:55
100	6:01 PM	2 x 50 on :50 all fast	1:40
100	6:03 PM	1 x 100 on 5:00 loosen	5:00
	6:08 PM	3,200 Meters	

Workout #829 - Monday, 30 October 2023
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
450	5:00 PM	6 x 75 on 1:50 swim	2:27
300	5:11 PM	4 x 75 on 2:10 kick	2:53
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
300	5:33 PM	4 x 75 on 1:50 desc 1-4	2:27
100	5:41 PM	4 x 25 on :55 all fast	3:40
600	5:45 PM	8 x 75 on 1:55 desc 1-8	2:33
50	6:01 PM	2 x 25 on :50 all fast	3:20
100	6:03 PM	1 x 100 on 5:00 loosen	5:00
	6:08 PM	2,250 Meters	

Workout #830 - Monday, 30 October 2023
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
300	5:00 PM	6 x 50 on 1:50 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~	
100	5:30 PM	4 x 25 on :40 fast~~~	2:40
200	5:33 PM	4 x 50 on 1:50 desc 1-4	3:40
100	5:41 PM	4 x 25 on :55 all fast	3:40
400	5:45 PM	8 x 50 on 1:55 desc 1-8	3:50
50	6:01 PM	2 x 25 on :50 all fast	3:20
100	6:03 PM	1 x 100 on 5:00 loosen	5:00
	6:08 PM	1,700 Meters	

Workout #831 - Tuesday, 31 October 2023
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
1,000	5:00 PM	10 x 100 on 1:50 swim	1:50
250	5:19 PM	5 x 50 on 1:00 kick	2:00
250	5:24 PM	5 x 50 on 1:00 pull	2:00
		~GROUP UP~	
2,400	5:29 PM	2x{8 x 50 on 1:10 build	2:20
		{4 x 200 on 3:40 desc 1-4	1:50
100	6:17 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:22 PM	4,000 Meters	

Workout #832 - Tuesday, 31 October 2023
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
750	5:00 PM	10 x 75 on 1:50 swim	2:27
250	5:19 PM	5 x 50 on 1:00 kick	2:00
250	5:24 PM	5 x 50 on 1:00 pull	2:00
		~GROUP UP~	
2,200	5:29 PM	2x{8 x 50 on 1:10 build	2:20
		{4 x 175 on 3:40 desc 1-4	2:06
100	6:17 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:22 PM	3,550 Meters	

Workout #833 - Tuesday, 31 October 2023
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
500	5:00 PM	10 x 50 on 1:50 swim	3:40
125	5:19 PM	5 x 25 on 1:00 kick	4:00
125	5:24 PM	5 x 25 on 1:00 pull	4:00
		~GROUP UP~	
1,200	5:29 PM	2x{8 x 25 on 1:10 build	4:40
		{4 x 100 on 3:40 desc 1-4	3:40
100	6:17 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:22 PM	2,050 Meters	