

Workout #2609 - Wednesday, 15 October 2014
Masters - Blue
1 minute rest between sets

Meters	Time	Set	Description	PACE
500	5:00 PM	1 x 500	on 9:00 As desired	1:48
500	5:10 PM	1 x 500	on 9:00 Pull as desired	1:48
400	5:20 PM	1 x 400	on 11:00 Kick as desired	2:45
		Group Up		
200	5:32 PM	4 x 50	on 1:05 Desc 1-4	2:10
1,200	5:38 PM	3 x 400	on 6:40 Desc 1-3	1:40
50	5:59 PM	2 x 25	on :50 #1 Mod, #2 Fast	3:20
800	6:02 PM	2 x 400	on 6:30 Desc 1-2	1:38
50	6:16 PM	2 x 25	on :50 #1 Mod, #2 Fast	3:20
400	6:19 PM	1 x 400	on 6:20 GO TIME!!	1:35
100	6:27 PM	1 x 100	on 5:00 Loosen	5:00
	6:32 PM	4,200 Meters		

How to swim the set

The pace per 100m to make the swim with no rest

Swimmers can start any time between 5:00 and 5:30. At 5:30, the warm-up is over and everyone comes together to swim the remainder of the workout. There are three levels, Fastest is blue, middle is white, and shortest is red. Swimmers may swim any stroke desired. Some swimmers will do the top workout freestyle, but move to the middle workout and do another stroke. Some swimmers might do slightly longer or slightly shorter distances than listed; some might do a swim, skip a swim for extra rest.

Workout #2610 - Wednesday, 15 October 2014
Masters - White
1 minute rest between sets

Meters	Time	Set	Description	PACE
400	5:00 PM	1 x 400	on 9:00 As desired	2:15
400	5:10 PM	1 x 400	on 9:00 Pull as desired	2:15
400	5:20 PM	1 x 400	on 11:00 Kick as desired	2:45
		Group Up		
200	5:32 PM	4 x 50	on 1:05 Desc 1-4	2:10
900	5:38 PM	3 x 300	on 6:40 Desc 1-3	2:13
50	5:59 PM	2 x 25	on :50 #1 Mod, #2 Fast	3:20
600	6:02 PM	2 x 300	on 6:30 Desc 1-2	2:10
50	6:16 PM	2 x 25	on :50 #1 Mod, #2 Fast	3:20
300	6:19 PM	1 x 300	on 6:20 GO TIME!!	2:07
100	6:27 PM	1 x 100	on 5:00 Loosen	5:00
	6:32 PM	3,400 Meters		

Desc = Descend. The first repeat is at an easier effort. Each subsequent repeat is swum faster than the one before it.

Neg Split = Negative Split. The second 1/2 of a single repeat is swim faster than the first 1/2.

EZ = Easy Effort

Mod = Moderate Effort

Workout #2611 - Wednesday, 15 October 2014
Masters - Red
1 minute rest between sets

Meters	Time	Set	Description	PACE
300	5:00 PM	1 x 300	on 9:00 As desired	3:00
300	5:10 PM	1 x 300	on 9:00 Pull as desired	3:00
300	5:20 PM	1 x 300	on 11:00 Kick as desired	3:40
		Group Up		
100	5:32 PM	4 x 25	on 1:05 Desc 1-4	4:20
600	5:38 PM	3 x 200	on 6:40 Desc 1-3	3:20
50	5:59 PM	2 x 25	on :50 #1 Mod, #2 Fast	3:20
400	6:02 PM	2 x 200	on 6:30 Desc 1-2	3:15
50	6:16 PM	2 x 25	on :50 #1 Mod, #2 Fast	3:20
200	6:19 PM	1 x 200	on 6:20 GO TIME!!	3:10
100	6:27 PM	1 x 100	on 5:00 Loosen	5:00
	6:32 PM	2,400 Meters		