

**Workout #1035 - Friday, 21 June 2024**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
150	5:30 AM	1 x 150 on 3:20 KICK	1:07
150	5:35 AM	1 x 150 on 3:20 FREE PULL	1:07
150	5:40 AM	1 x 150 on 3:20 FREE SWIM	1:07
200	5:45 AM	4 x 50 on 1:10 DRILL SWIM FREE	1:10
450	5:51 AM	6 x 75 on 1:45 25KICK 25PULL 25SWIM EACH 75 BK BR FLY-REPEAT FOR ALL 6 ///// GROUP UP \\\	1:10
200	6:03 AM	8 x 25 on :45 FREE SPRINT 10 SEC REST	1:30
300	6:10 AM	4 x 75 on 1:55 FREE KICK DRILL SWIM	1:17
400	6:19 AM	8 x 50 on 1:25 FREE KICK ODD FAST	1:25
100	6:32 AM	4 x 25 on :40 FREE SPRINT	1:20
200	6:36 AM	1 x 200 on 4:20 EASY WARM DOWN	1:05
	6:41 AM	2,300 Meters	

**Workout #1036 - Friday, 21 June 2024**  
**Masters - White Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
150	5:30 AM	1 x 150 on 3:25 FREE KICK	1:08
150	5:35 AM	1 x 150 on 3:20 FREE PULL	1:07
150	5:40 AM	1 x 150 on 3:10 FREE SWIM	1:03
200	5:45 AM	4 x 50 on 1:10 FREE DRILL SWIM	1:10
450	5:51 AM	6 x 75 on 1:45 25 KICK 25 DRILL 25 SWIM 75 BK 75 BR 75 FLY REPEAT TILL 6 ///// GROUP UP \\\	1:10
200	6:03 AM	8 x 25 on :55 FREE SPRINT 15 SEC REST	1:50
300	6:12 AM	4 x 75 on 2:00 FREE KICK DRILL SWIM	1:20
400	6:21 AM	8 x 50 on 1:30 KICK 25 SLOW 25 FAST	1:30
100	6:34 AM	4 x 25 on :50 FREE SPRINT 10 SEC REST	1:40
200	6:39 AM	1 x 200 on 4:40 COOL DOWN	1:10
	6:44 AM	2,300 Meters	

**Workout #1037 - Friday, 21 June 2024**  
**Masters - Red Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
450	5:30 AM	3 x 150 on 3:40 150 KICK 150 PULL 150 SWIM FREE	1:13
200	5:42 AM	4 x 50 on 1:15 FREE DRILL/SWIM	1:15
450	5:48 AM	6 x 75 on 2:10 25 KICK 25 DRILL SWIM 75 BK 75 BR 75 FLY REPEAT TILL 6 /// GROUP UP \\\	1:27
200	6:02 AM	8 x 25 on :55 FREE SPRINT 15 SECS REST	1:50
300	6:11 AM	4 x 75 on 2:00 KICK DRILL SWIM FREE	1:20
400	6:20 AM	8 x 50 on 1:35 FREE KICK 25 SLOW 25 FAST	1:35
100	6:34 AM	4 x 25 on :50 FREE SPRINT 10 SEC REST	1:40
200	6:39 AM	1 x 200 on 4:40 COOL DOWN 100 FREE 100 BR	1:10
	6:44 AM	2,300 Meters	