

Workout #780 - Monday, 02 October 2023
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
300	5:00 PM	1 x 300 on 5:00 swim	1:40
600	5:05 PM	6 x 100 on 2:10 kick	2:10
600	5:18 PM	6 x 100 on 1:55 pull	1:55
		~GROUP UP~	
100	5:30 PM	4 x 25 on :40 fast!	2:40
400	5:33 PM	8 x 50 on 1:10 build	2:20
250	5:43 PM	10 x 25 on :50 alt fast and slow by 25	3:20
300	5:52 PM	6 x 50 on 1:10 build	2:20
150	5:59 PM	6 x 25 on :45 three fast three cruise	3:00
200	6:04 PM	4 x 50 on 1:10 build	2:20
100	6:09 PM	4 x 25 on :40 all fast	2:40
100	6:12 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:17 PM	3,100 Meters	

Workout #781 - Monday, 02 October 2023
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
250	5:00 PM	1 x 250 on 5:00 swim	2:00
600	5:05 PM	6 x 100 on 2:10 kick	2:10
450	5:18 PM	6 x 75 on 1:55 pull	2:33
		~GROUP UP~	
100	5:30 PM	4 x 25 on :40 fast!	2:40
400	5:33 PM	8 x 50 on 1:10 build	2:20
250	5:43 PM	10 x 25 on :50 alt fast and slow by 25	3:20
300	5:52 PM	6 x 50 on 1:10 build	2:20
150	5:59 PM	6 x 25 on :45 three fast three cruise	3:00
200	6:04 PM	4 x 50 on 1:10 build	2:20
100	6:09 PM	4 x 25 on :40 all fast	2:40
100	6:12 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:17 PM	2,900 Meters	

Workout #782 - Monday, 02 October 2023
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
150	5:00 PM	1 x 150 on 5:00 swim	3:20
300	5:05 PM	6 x 50 on 2:10 kick	4:20
300	5:18 PM	6 x 50 on 1:55 pull	3:50
		~GROUP UP~	
100	5:30 PM	4 x 25 on :40 fast!	2:40
200	5:33 PM	8 x 25 on 1:10 build	4:40
250	5:43 PM	10 x 25 on :50 alt fast and slow by 25	3:20
150	5:52 PM	6 x 25 on 1:10 build	4:40
150	5:59 PM	6 x 25 on :45 three fast three cruise	3:00
100	6:04 PM	4 x 25 on 1:10 build	4:40
100	6:09 PM	4 x 25 on :40 all fast	2:40
100	6:12 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:17 PM	1,900 Meters	

Workout #783 - Tuesday, 03 October 2023
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 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
2,000	5:33 PM	4x{4 x 50 on 1:00 build	2:00
		{2 x 150 on 2:50 desc 1-2	1:53
100	6:12 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:17 PM	3,700 Meters	

Workout #784 - Tuesday, 03 October 2023
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
500	5:00 PM	4 x 125 on 2:45 swim	2:12
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
1,800	5:33 PM	4x{4 x 50 on 1:00 build	2:00
		{2 x 125 on 2:50 desc 1-2	2:16
100	6:12 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:17 PM	3,400 Meters	

Workout #785 - Tuesday, 03 October 2023
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
300	5:00 PM	4 x 75 on 2:45 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
1,000	5:33 PM	4x{4 x 25 on 1:00 build	4:00
		{2 x 75 on 2:50 desc 1-2	3:47
100	6:12 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:17 PM	1,950 Meters	

Workout #786 - Wednesday, 04 October 2023
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
800	5:00 PM	4 x 200 on 3:45 swim	1:52
300	5:15 PM	6 x 50 on 1:10 kick	2:20
400	5:22 PM	4 x 100 on 1:55 pull	1:55
		~GROUP UP~	
600	5:30 PM	6 x 100 on 1:55 build	1:55
600	5:42 PM	2 x 300 on 5:00 second one faster	1:40
600	5:52 PM	1 x 600 on 10:00 neg split	1:40
600	6:02 PM	2 x 300 on 5:10 second one faster	1:43
600	6:13 PM	6 x 100 on 1:50 build	1:50
100	6:24 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:29 PM	4,600 Meters	

Workout #787 - Wednesday, 04 October 2023
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
700	5:00 PM	4 x 175 on 3:45 swim	2:09
300	5:15 PM	6 x 50 on 1:10 kick	2:20
300	5:22 PM	4 x 75 on 1:55 pull	2:33
		~GROUP UP~	
450	5:30 PM	6 x 75 on 1:55 build	2:33
500	5:42 PM	2 x 250 on 5:00 second one faster	2:00
500	5:52 PM	1 x 500 on 10:00 neg split	2:00
500	6:02 PM	2 x 250 on 5:10 second one faster	2:04
450	6:13 PM	6 x 75 on 1:50 build	2:27
100	6:24 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:29 PM	3,800 Meters	

Workout #788 - Wednesday, 04 October 2023
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
400	5:00 PM	4 x 100 on 3:45 swim	3:45
150	5:15 PM	6 x 25 on 1:10 kick	4:40
200	5:22 PM	4 x 50 on 1:55 pull	3:50
		~GROUP UP~	
300	5:30 PM	6 x 50 on 1:55 build	3:50
300	5:42 PM	2 x 150 on 5:00 second one faster	3:20
300	5:52 PM	1 x 300 on 10:00 neg split	3:20
300	6:02 PM	2 x 150 on 5:10 second one faster	3:27
300	6:13 PM	6 x 50 on 1:50 build	3:40
100	6:24 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:29 PM	2,350 Meters	

Workout #789 - Thursday, 05 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
200	5:19 PM	4 x 50 on 1:10 kick	2:20
300	5:24 PM	6 x 50 on 1:00 pull	2:00
		~GROUP UP~	
200	5:30 PM	4 x 50 on 1:00 build	2:00
1,950	5:34 PM	3x{6 x 75 on 1:20 50 build 25 fast	1:47
		{1 x 200 on 4:00 desc	2:00
100	6:10 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:15 PM	3,750 Meters	

Workout #790 - Thursday, 05 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
200	5:19 PM	4 x 50 on 1:10 kick	2:20
300	5:24 PM	6 x 50 on 1:00 pull	2:00
		~GROUP UP~	
200	5:30 PM	4 x 50 on 1:00 build	2:00
1,500	5:34 PM	3x{6 x 50 on 1:20 25 build 25 fast	2:40
		{1 x 200 on 4:00 desc	2:00
100	6:10 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:15 PM	3,050 Meters	

Workout #791 - Thursday, 05 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
100	5:19 PM	4 x 25 on 1:10 kick	4:40
150	5:24 PM	6 x 25 on 1:00 pull	4:00
		~GROUP UP~	
100	5:30 PM	4 x 25 on 1:00 build	4:00
1,200	5:34 PM	3x{6 x 50 on 1:20 alt 50 & 25	2:40
		{1 x 100 on 4:00 desc	4:00
100	6:10 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:15 PM	2,150 Meters	