

Workout #816 - Monday, 23 October 2023
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:45 swim	1:45
400	5:11 PM	4 x 100 on 2:10 kick	2:10
500	5:20 PM	10 x 50 on 1:00 pull	2:00
		~GROUP UP~	
100	5:30 PM	4 x 25 on :40 fast~	2:40
1,800	5:33 PM	4x{4 x 100 on 1:45 desc 1-4	1:45
		{1 x 50 on 1:00 cruise	2:00
100	6:05 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:10 PM	3,500 Meters	

Workout #817 - Monday, 23 October 2023
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
450	5:00 PM	6 x 75 on 1:45 swim	2:20
400	5:11 PM	4 x 100 on 2:10 kick	2:10
500	5:20 PM	10 x 50 on 1:00 pull	2:00
		~GROUP UP~	
100	5:30 PM	4 x 25 on :40 fast~	2:40
1,400	5:33 PM	4x{4 x 75 on 1:45 desc 1-4	2:20
		{1 x 50 on 1:00 cruise	2:00
100	6:05 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:10 PM	2,950 Meters	

Workout #818 - Monday, 23 October 2023
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
300	5:00 PM	6 x 50 on 1:45 swim	3:30
200	5:11 PM	4 x 50 on 2:10 kick	4:20
250	5:20 PM	10 x 25 on 1:00 pull	4:00
		~GROUP UP~	
100	5:30 PM	4 x 25 on :40 fast~	2:40
900	5:33 PM	4x{4 x 50 on 1:45 desc 1-4	3:30
		{1 x 25 on 1:00 cruise	4:00
100	6:05 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:10 PM	1,850 Meters	

Workout #819 - Tuesday, 24 October 2023
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 3:00 swim	2:00
300	5:12 PM	6 x 50 on 1:10 kick	2:20
600	5:19 PM	6 x 100 on 1:50 pull	1:50
		~GROUP UP~	
600	5:30 PM	8 x 75 on 1:25 desc 1-4, 5-8	1:53
600	5:42 PM	4 x 150 on 3:00 build by 50s	2:00
300	5:54 PM	4 x 75 on 1:20 desc 1-4	1:47
300	6:00 PM	2 x 150 on 3:00 build by 50s	2:00
100	6:06 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:11 PM	3,400 Meters	

Workout #820 - Tuesday, 24 October 2023
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
500	5:00 PM	4 x 125 on 3:00 swim	2:24
300	5:12 PM	6 x 50 on 1:10 kick	2:20
450	5:19 PM	6 x 75 on 1:50 pull	2:27
		~GROUP UP~	
400	5:30 PM	8 x 50 on 1:25 desc 1-4, 5-8	2:50
500	5:42 PM	4 x 125 on 3:00 build by 50s	2:24
200	5:54 PM	4 x 50 on 1:20 desc 1-4	2:40
250	6:00 PM	2 x 125 on 3:00 build by 50s	2:24
100	6:06 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:11 PM	2,700 Meters	

Workout #821 - Tuesday, 24 October 2023
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
400	5:00 PM	4 x 100 on 3:00 swim	3:00
150	5:12 PM	6 x 25 on 1:10 kick	4:40
300	5:19 PM	6 x 50 on 1:50 pull	3:40
		~GROUP UP~	
208	5:30 PM	8 x 26 on 1:25 desc 1-4, 5-8	5:27
400	5:42 PM	4 x 100 on 3:00 build by 50s	3:00
100	5:54 PM	4 x 25 on 1:20 desc 1-4	5:20
200	6:00 PM	2 x 100 on 3:00 build by 50s	3:00
100	6:06 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:11 PM	1,858 Meters	

Workout #822 - Wednesday, 25 October 2023
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
800	5:00 PM	4 x 200 on 4:00 swim	2:00
400	5:16 PM	4 x 100 on 2:10 kick	2:10
300	5:25 PM	6 x 50 on :50 pull	1:40
		~GROUP UP~	
3,000	5:30 PM	2x{10 x 100 on 1:45 build	1:45
		{1 x 500 on 9:00 neg split	1:48
100	6:23 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:28 PM	4,600 Meters	

Workout #823 - Wednesday, 25 October 2023
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
800	5:00 PM	4 x 200 on 4:00 swim	2:00
400	5:16 PM	4 x 100 on 2:10 kick	2:10
150	5:25 PM	6 x 25 on :50 pull	3:20
		~GROUP UP~	
2,300	5:30 PM	2x{10 x 75 on 1:45 build	2:20
		{1 x 400 on 9:00 neg split	2:15
100	6:23 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:28 PM	3,750 Meters	

Workout #824 - Wednesday, 25 October 2023
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
400	5:00 PM	4 x 100 on 4:00 swim	4:00
200	5:16 PM	4 x 50 on 2:10 kick	4:20
150	5:25 PM	6 x 25 on :50 pull	3:20
		~GROUP UP~	
1,600	5:30 PM	2x{10 x 50 on 1:45 build	3:30
		{1 x 300 on 9:00 neg split	3:00
100	6:23 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:28 PM	2,450 Meters	

Workout #825 - Thursday, 26 October 2023
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:00 swim	1:40
300	5:10 PM	6 x 50 on 1:10 kick	2:20
600	5:17 PM	6 x 100 on 1:50 pull	1:50
		~GROUP UP~	
400	5:28 PM	8 x 50 on 1:10 build	2:20
400	5:38 PM	4 x 100 on 1:50 desc 1-4	1:50
400	5:46 PM	2 x 200 on 3:25 build	1:42
200	5:53 PM	2 x 100 on 1:55 desc 1-2	1:55
800	5:57 PM	4 x 200 on 3:30 build	1:45
100	6:11 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:16 PM	3,800 Meters	

Workout #826 - Thursday, 26 October 2023
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
500	5:00 PM	2 x 250 on 5:00 swim	2:00
300	5:10 PM	6 x 50 on 1:10 kick	2:20
450	5:17 PM	6 x 75 on 1:50 pull	2:27
		~GROUP UP~	
400	5:28 PM	8 x 50 on 1:10 build	2:20
300	5:38 PM	4 x 75 on 1:50 desc 1-4	2:27
300	5:46 PM	2 x 150 on 3:25 build	2:17
150	5:53 PM	2 x 75 on 1:55 desc 1-2	2:33
600	5:57 PM	4 x 150 on 3:30 build	2:20
100	6:11 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:16 PM	3,100 Meters	

Workout #827 - Thursday, 26 October 2023
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
300	5:00 PM	2 x 150 on 5:00 swim	3:20
150	5:10 PM	6 x 25 on 1:10 kick	4:40
300	5:17 PM	6 x 50 on 1:50 pull	3:40
		~GROUP UP~	
200	5:28 PM	8 x 25 on 1:10 build	4:40
200	5:38 PM	4 x 50 on 1:50 desc 1-4	3:40
200	5:46 PM	2 x 100 on 3:25 build	3:25
100	5:53 PM	2 x 50 on 1:55 desc 1-2	3:50
400	5:57 PM	4 x 100 on 3:30 build	3:30
100	6:11 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:16 PM	1,950 Meters	