

**Workout #1029 - Tuesday, 18 June 2024**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
150	5:30 AM	1 x 150 on 3:50 FREE KICK	1:17
150	5:35 AM	1 x 150 on 3:40 FREE PULL	1:13
150	5:40 AM	1 x 150 on 3:30 FREE SWIM	1:10
675	5:45 AM	9 x 75 on 2:00 KICK, PULL, SWIM (BK, BR, FLY) EACH 75 IS A STROKE -REPEAT /////GROUP UP\\\\\\\\\\	1:20
600	6:04 AM	6 x 100 on 1:40 FREE	0:50
375	6:15 AM	5 x 75 on 1:20 DESCEND (1:10)	0:53
200	6:23 AM	4 x 50 on 1:00 FREE	1:00
75	6:28 AM	3 x 25 on :40 FREE	1:20
200	6:31 AM	4 x 50 on 1:10 FREE	1:10
375	6:37 AM	5 x 75 on 1:25 FREE	0:57
	6:45 AM	2,950 Meters	

**Workout #1030 - Tuesday, 18 June 2024**  
**Masters - White Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
150	5:30 AM	1 x 150 on 3:00 FREE PULL	1:00
150	5:34 AM	1 x 150 on 3:10 FREE KICK	1:03
150	5:39 AM	1 x 150 on 2:50 FREE SWIM	0:57
450	5:43 AM	6 x 75 on 2:05 KICK, PULL, SWIM (BK, BR, FLY) EACH 75 IS A STROKE /// GROUP UP \\	1:23
400	5:57 AM	4 x 100 on 1:45 FREE	0:52
300	6:05 AM	4 x 75 on 1:35 FREE	1:03
200	6:13 AM	4 x 50 on 1:10 FREE	1:10
100	6:19 AM	4 x 25 on :40 FREE	1:20
100	6:23 AM	4 x 25 on :45 FREE	1:30
200	6:27 AM	4 x 50 on 1:10 FREE	1:10
300	6:33 AM	4 x 75 on 1:40 FREE	1:07
	6:40 AM	2,500 Meters	

**Workout #1031 - Tuesday, 18 June 2024**  
**Masters - Red Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
450	5:30 AM	3 x 150 on 3:20 FREE KICK PULL SWIM	1:07
200	5:41 AM	4 x 50 on 1:10 DRILL /SW FREE	1:10
225	5:47 AM	3 x 75 on 1:20 K/P/SW BACK BR FLY /// GROUP UP \\	0:53
400	5:52 AM	4 x 100 on 2:10 FREE	1:05
300	6:02 AM	4 x 75 on 1:45 free	1:10
200	6:10 AM	4 x 50 on 1:10 FREE	1:10
100	6:16 AM	4 x 25 on :40 FREE	1:20
200	6:20 AM	4 x 50 on 1:15 free	1:15
300	6:26 AM	4 x 75 on 1:55 FREE	1:17
400	6:35 AM	4 x 100 on 2:15 FREE	1:08
	6:44 AM	2,775 Meters	