

Workout #780 - Monday, 01 January 2024
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	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 #782 - Monday, 01 January 2024
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	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 #781 - Monday, 01 January 2024
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	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 #783 - Tuesday, 02 January 2024
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	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 #785 - Tuesday, 02 January 2024
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	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 #784 - Tuesday, 02 January 2024
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	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 #707 - Wednesday, 03 January 2024
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
600	5:00 PM	3 x 200 on 3:40 Mix Swim & Drill			1:50
400	5:11 PM	4 x 100 on 2:20 Kick, Mix it up			2:20
400	5:21 PM	8 x 50 on 1:05 Pull, Desc			2:10
		*** Group Up ***			
200	5:30 PM	4 x 50 on 1:05 Desc			2:10
800	5:35 PM	2 x 400 on 6:50 Desc / Neg Split			1:42
600	5:49 PM	6 x 100 on 1:50 2 Easy, 2 Mod, 2 Fast			1:50
100	6:00 PM	1 x 100 on 5:00 Loosen			5:00
	6:05 PM	3,100 Meters			

Workout #709 - Wednesday, 03 January 2024
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
400	5:00 PM	2 x 200 on 6:10 Mix Swim & Drill			3:05
200	5:13 PM	2 x 100 on 3:30 Kick, Mix it up			3:30
300	5:20 PM	6 x 50 on 1:40 Pull, Desc			3:20
		*** Group Up ***			
200	5:30 PM	4 x 50 on 1:05 Desc			2:10
600	5:35 PM	2 x 300 on 6:50 Desc / Neg Split			2:17
450	5:49 PM	6 x 75 on 1:50 2 Easy, 2 Mod, 2 Fast			2:27
100	6:00 PM	1 x 100 on 5:00 Loosen			5:00
	6:05 PM	2,250 Meters			

Workout #708 - Wednesday, 03 January 2024
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
600	5:00 PM	3 x 200 on 4:10 Mix Swim & Drill			2:05
300	5:13 PM	3 x 100 on 2:30 Kick, Mix it up			2:30
400	5:21 PM	8 x 50 on 1:05 Pull, Desc			2:10
		*** Group Up ***			
200	5:30 PM	4 x 50 on 1:05 Desc			2:10
600	5:35 PM	2 x 300 on 6:50 Desc / Neg Split			2:17
450	5:49 PM	6 x 75 on 1:50 2 Easy, 2 Mod, 2 Fast			2:27
100	6:00 PM	1 x 100 on 5:00 Loosen			5:00
	6:05 PM	2,650 Meters			

Workout #837 - Thursday, 04 January 2024
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
600	5:00 PM	4 x 150 on 3:00 swim			2:00
500	5:12 PM	10 x 50 on 1:00 kick			2:00
400	5:22 PM	4 x 100 on 1:50 pull			1:50
		~GROUP UP~			
100	5:30 PM	4 x 25 on :40 fast!!			2:40
400	5:33 PM	4 x 100 on 1:50 desc 1-4			1:50
800	5:41 PM	4 x 200 on 3:30 build			1:45
400	5:55 PM	1 x 400 on 7:15 neg split			1:49
100	6:03 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:08 PM	3,300 Meters			

Workout #839 - Thursday, 04 January 2024
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
400	5:00 PM	4 x 100 on 3:00 swim			3:00
250	5:12 PM	10 x 25 on 1:00 kick			4:00
200	5:22 PM	4 x 50 on 1:50 pull			3:40
		~GROUP UP~			
100	5:30 PM	4 x 25 on :40 fast!!			2:40
200	5:33 PM	4 x 50 on 1:50 desc 1-4			3:40
400	5:41 PM	4 x 100 on 3:30 build			3:30
200	5:55 PM	1 x 200 on 7:15 neg split			3:38
100	6:03 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:08 PM	1,850 Meters			

Workout #838 - Thursday, 04 January 2024
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
600	5:00 PM	4 x 150 on 3:00 swim			2:00
500	5:12 PM	10 x 50 on 1:00 kick			2:00
300	5:22 PM	4 x 75 on 1:50 pull			2:27
		~GROUP UP~			
100	5:30 PM	4 x 25 on :40 fast!!			2:40
300	5:33 PM	4 x 75 on 1:50 desc 1-4			2:27
600	5:41 PM	4 x 150 on 3:30 build			2:20
300	5:55 PM	1 x 300 on 7:15 neg split			2:25
100	6:03 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:08 PM	2,800 Meters			

Workout #744 - Monday, 08 January 2024
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
400	5:00 PM	2 x 200 on 3:30 swim			1:45
300	5:07 PM	6 x 50 on 1:50 kick			3:40
800	5:18 PM	8 x 100 on 1:50 pull			1:50
		~GROUP UP~			
100	5:33 PM	4 x 25 on :40 fast!			2:40
300	5:36 PM	4 x 75 on 1:30 desc 1-4			2:00
100	5:42 PM	4 x 25 on :40 fast!			2:40
150	5:45 PM	2 x 75 on 1:20 desc 1-2			1:47
150	5:48 PM	6 x 25 on :40 fast!			2:40
300	5:52 PM	4 x 75 on 1:20 desc 1-4			1:47
200	5:58 PM	8 x 25 on :40 fast~			2:40
100	6:04 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:09 PM	2,900 Meters			

Workout #746 - Monday, 08 January 2024
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
200	5:00 PM	2 x 100 on 3:30 swim			3:30
150	5:07 PM	6 x 25 on 1:50 kick			7:20
400	5:18 PM	8 x 50 on 1:50 pull			3:40
		~GROUP UP~			
100	5:33 PM	4 x 25 on :40 fast!			2:40
200	5:36 PM	4 x 50 on 1:30 desc 1-4			3:00
100	5:42 PM	4 x 25 on :40 fast!			2:40
50	5:45 PM	2 x 25 on 1:20 desc 1-2			5:20
150	5:48 PM	6 x 25 on :40 fast!			2:40
100	5:52 PM	4 x 25 on 1:20 desc 1-4			5:20
200	5:58 PM	8 x 25 on :40 fast~			2:40
100	6:04 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:09 PM	1,750 Meters			

Workout #745 - Monday, 08 January 2024
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
300	5:00 PM	2 x 150 on 3:30 swim			2:20
300	5:07 PM	6 x 50 on 1:50 kick			3:40
600	5:18 PM	8 x 75 on 1:50 pull			2:27
		~GROUP UP~			
100	5:33 PM	4 x 25 on :40 fast!			2:40
200	5:36 PM	4 x 50 on 1:30 desc 1-4			3:00
100	5:42 PM	4 x 25 on :40 fast!			2:40
100	5:45 PM	2 x 50 on 1:20 desc 1-2			2:40
150	5:48 PM	6 x 25 on :40 fast!			2:40
200	5:52 PM	4 x 50 on 1:20 desc 1-4			2:40
200	5:58 PM	8 x 25 on :40 fast~			2:40
100	6:04 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:09 PM	2,350 Meters			

Workout #795 - Tuesday, 09 January 2024
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
600	5:00 PM	2 x 300 on 5:00 swim			1:40
500	5:10 PM	10 x 50 on 1:10 kick			2:20
400	5:22 PM	4 x 100 on 1:50 pull			1:50
		~GROUP UP~			
400	5:30 PM	8 x 50 on 1:10 build			2:20
800	5:40 PM	4 x 200 on 3:30 desc 1-4			1:45
400	5:54 PM	4 x 100 on 1:45 build			1:45
100	6:01 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:06 PM	3,200 Meters			

Workout #797 - Tuesday, 09 January 2024
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
300	5:00 PM	2 x 150 on 5:00 swim			3:20
250	5:10 PM	10 x 25 on 1:10 kick			4:40
200	5:22 PM	4 x 50 on 1:50 pull			3:40
		~GROUP UP~			
200	5:30 PM	8 x 25 on 1:10 build			4:40
400	5:40 PM	4 x 100 on 3:30 desc 1-4			3:30
200	5:54 PM	4 x 50 on 1:45 build			3:30
100	6:01 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:06 PM	1,650 Meters			

Workout #796 - Tuesday, 09 January 2024
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
500	5:00 PM	2 x 250 on 5:00 swim			2:00
500	5:10 PM	10 x 50 on 1:10 kick			2:20
300	5:22 PM	4 x 75 on 1:50 pull			2:27
		~GROUP UP~			
400	5:30 PM	8 x 50 on 1:10 build			2:20
700	5:40 PM	4 x 175 on 3:30 desc 1-4			2:00
300	5:54 PM	4 x 75 on 1:45 build			2:20
100	6:01 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:06 PM	2,800 Meters			

Workout #786 - Wednesday, 10 January 2024
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	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 #788 - Wednesday, 10 January 2024
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	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 #787 - Wednesday, 10 January 2024
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	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 #789 - Thursday, 11 January 2024
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	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 #791 - Thursday, 11 January 2024
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	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			

Workout #790 - Thursday, 11 January 2024
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	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 #804 - Monday, 15 January 2024
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
600	5:00 PM	4 x 150 on 3:00 swim			2:00
400	5:12 PM	8 x 50 on 1:10 kick			2:20
500	5:22 PM	10 x 50 on :55 pull			1:50
		~GROUP UP~			
100	5:32 PM	4 x 25 on :40 fast!			2:40
500	5:35 PM	10 x 50 on 1:10 build			2:20
400	5:47 PM	4 x 100 on 1:50 desc 1-4			1:50
300	5:55 PM	6 x 50 on 1:00 build			2:00
200	6:01 PM	2 x 100 on 3:00 all out			3:00
100	6:07 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:12 PM	3,100 Meters			

Workout #806 - Monday, 15 January 2024
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
400	5:00 PM	4 x 100 on 3:00 swim			3:00
200	5:12 PM	8 x 25 on 1:10 kick			4:40
250	5:22 PM	10 x 25 on :55 pull			3:40
		~GROUP UP~			
100	5:32 PM	4 x 25 on :40 fast!			2:40
250	5:35 PM	10 x 25 on 1:10 build			4:40
200	5:47 PM	4 x 50 on 1:50 desc 1-4			3:40
150	5:55 PM	6 x 25 on 1:00 build			4:00
100	6:01 PM	2 x 50 on 3:00 all out			6:00
100	6:07 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:12 PM	1,750 Meters			

Workout #805 - Monday, 15 January 2024
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
500	5:00 PM	4 x 125 on 3:00 swim			2:24
400	5:12 PM	8 x 50 on 1:10 kick			2:20
500	5:22 PM	10 x 50 on :55 pull			1:50
		~GROUP UP~			
100	5:32 PM	4 x 25 on :40 fast!			2:40
500	5:35 PM	10 x 50 on 1:10 build			2:20
300	5:47 PM	4 x 75 on 1:50 desc 1-4			2:27
300	5:55 PM	6 x 50 on 1:00 build			2:00
150	6:01 PM	2 x 75 on 3:00 all out			4:00
100	6:07 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:12 PM	2,850 Meters			

Workout #747 - Tuesday, 16 January 2024
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
600	5:00 PM	2 x 300 on 5:00 swim			1:40
300	5:10 PM	6 x 50 on 1:50 kick			3:40
600	5:21 PM	6 x 100 on 1:50 pull			1:50
		~GROUP UP~			
100	5:32 PM	4 x 25 on :40 fast!			2:40
400	5:35 PM	4 x 100 on 2:00 build			2:00
800	5:43 PM	4 x 200 on 3:40 desc 1-4			1:50
200	5:58 PM	2 x 100 on 1:50 build			1:50
400	6:02 PM	2 x 200 on 3:20 desc 1-2			1:40
100	6:09 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:14 PM	3,500 Meters			

Workout #749 - Tuesday, 16 January 2024
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
300	5:00 PM	2 x 150 on 5:00 swim			3:20
150	5:10 PM	6 x 25 on 1:50 kick			7:20
300	5:21 PM	6 x 50 on 1:50 pull			3:40
		~GROUP UP~			
100	5:32 PM	4 x 25 on :40 fast!			2:40
200	5:35 PM	4 x 50 on 2:00 build			4:00
400	5:43 PM	4 x 100 on 3:40 desc 1-4			3:40
100	5:58 PM	2 x 50 on 1:50 build			3:40
200	6:02 PM	2 x 100 on 3:20 desc 1-2			3:20
100	6:09 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:14 PM	1,850 Meters			

Workout #748 - Tuesday, 16 January 2024
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
500	5:00 PM	2 x 250 on 5:00 swim			2:00
300	5:10 PM	6 x 50 on 1:50 kick			3:40
450	5:21 PM	6 x 75 on 1:50 pull			2:27
		~GROUP UP~			
100	5:32 PM	4 x 25 on :40 fast!			2:40
300	5:35 PM	4 x 75 on 2:00 build			2:40
600	5:43 PM	4 x 150 on 3:40 desc 1-4			2:27
150	5:58 PM	2 x 75 on 1:50 build			2:27
300	6:02 PM	2 x 150 on 3:20 desc 1-2			2:13
100	6:09 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:14 PM	2,800 Meters			

Workout #834 - Wednesday, 17 January 2024
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
800	5:00 PM	4 x 200 on 3:55 swim			1:58
400	5:16 PM	4 x 100 on 2:00 kick			2:00
300	5:24 PM	6 x 50 on :55 pull			1:50
		~GROUP UP~			
400	5:30 PM	8 x 50 on 1:10 build			2:20
2,400	5:40 PM	3x{2 x 200 on 3:50 desc 1-2			1:55
		{1 x 400 on 7:00 neg split			1:45
100	6:24 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:29 PM	4,400 Meters			

Workout #836 - Wednesday, 17 January 2024
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
400	5:00 PM	4 x 100 on 3:55 swim			3:55
200	5:16 PM	4 x 50 on 2:00 kick			4:00
150	5:24 PM	6 x 25 on :55 pull			3:40
		~GROUP UP~			
200	5:30 PM	8 x 25 on 1:10 build			4:40
1,200	5:40 PM	3x{2 x 100 on 3:50 desc 1-2			3:50
		{1 x 200 on 7:00 neg split			3:30
100	6:24 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:29 PM	2,250 Meters			

Workout #835 - Wednesday, 17 January 2024
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
600	5:00 PM	4 x 150 on 3:55 swim			2:37
400	5:16 PM	4 x 100 on 2:00 kick			2:00
150	5:24 PM	6 x 25 on :55 pull			3:40
		~GROUP UP~			
400	5:30 PM	8 x 50 on 1:10 build			2:20
1,800	5:40 PM	3x{2 x 150 on 3:50 desc 1-2			2:33
		{1 x 300 on 7:00 neg split			2:20
100	6:24 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:29 PM	3,450 Meters			

Workout #765 - Thursday, 18 January 2024
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
600	5:00 PM	6 x 100 on 1:50 swim			1:50
400	5:11 PM	4 x 100 on 2:15 kick			2:15
600	5:20 PM	6 x 100 on 2:00 pull			2:00
		~GROUP UP~			
200	5:32 PM	1 x 200 on 3:30 build			1:45
600	5:36 PM	8 x 75 on 1:25 desc 1-4, 5-8			1:53
200	5:48 PM	1 x 200 on 3:25 build			1:42
450	5:52 PM	6 x 75 on 1:20 desc 1-3, 4-6			1:47
200	6:00 PM	1 x 200 on 3:20 build			1:40
300	6:04 PM	4 x 75 on 1:15 desc 1-4			1:40
100	6:09 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:14 PM	3,650 Meters			

Workout #767 - Thursday, 18 January 2024
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
300	5:00 PM	6 x 50 on 1:50 swim			3:40
300	5:11 PM	4 x 75 on 2:15 kick			3:00
300	5:20 PM	6 x 50 on 2:00 pull			4:00
		~GROUP UP~			
100	5:32 PM	1 x 100 on 3:30 build			3:30
200	5:36 PM	8 x 25 on 1:25 desc 1-4, 5-8			5:40
100	5:48 PM	1 x 100 on 3:25 build			3:25
150	5:52 PM	6 x 25 on 1:20 desc 1-3, 4-6			5:20
100	6:00 PM	1 x 100 on 3:20 build			3:20
100	6:04 PM	4 x 25 on 1:15 desc 1-4			5:00
100	6:09 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:14 PM	1,750 Meters			

Workout #766 - Thursday, 18 January 2024
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
450	5:00 PM	6 x 75 on 1:50 swim			2:27
400	5:11 PM	4 x 100 on 2:15 kick			2:15
600	5:20 PM	6 x 100 on 2:00 pull			2:00
		~GROUP UP~			
150	5:32 PM	1 x 150 on 3:30 build			2:20
400	5:36 PM	8 x 50 on 1:25 desc 1-4, 5-8			2:50
150	5:48 PM	1 x 150 on 3:25 build			2:17
300	5:52 PM	6 x 50 on 1:20 desc 1-3, 4-6			2:40
150	6:00 PM	1 x 150 on 3:20 build			2:13
200	6:04 PM	4 x 50 on 1:15 desc 1-4			2:30
100	6:09 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:14 PM	2,900 Meters			

Workout #735 - Monday, 22 January 2024
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	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 1:00 pull			2:00
		~GROUP UP~			
400	5:30 PM	8 x 50 on 1:00 desc 1-4, 5-8			2:00
600	5:38 PM	4 x 150 on 2:35 build by 50s			1:43
300	5:49 PM	6 x 50 on 1:10 desc 1-3, 4-6			2:20
300	5:56 PM	2 x 150 on 2:30 build by 50s			1:40
100	6:01 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:06 PM	3,200 Meters			

Workout #737 - Monday, 22 January 2024
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	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 1:00 pull			4:00
		~GROUP UP~			
200	5:30 PM	8 x 25 on 1:00 desc 1-4, 5-8			4:00
300	5:38 PM	4 x 75 on 2:35 build by 50s			3:27
150	5:49 PM	6 x 25 on 1:10 desc 1-3, 4-6			4:40
150	5:56 PM	2 x 75 on 2:30 build by 50s			3:20
100	6:01 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:06 PM	1,650 Meters			

Workout #736 - Monday, 22 January 2024
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
500	5:00 PM	4 x 125 on 2:45 swim			2:12
300	5:11 PM	4 x 75 on 2:10 kick			2:53
500	5:20 PM	10 x 50 on 1:00 pull			2:00
		~GROUP UP~			
400	5:30 PM	8 x 50 on 1:00 desc 1-4, 5-8			2:00
500	5:38 PM	4 x 125 on 2:35 build by 50s			2:04
300	5:49 PM	6 x 50 on 1:10 desc 1-3, 4-6			2:20
250	5:56 PM	2 x 125 on 2:30 build by 50s			2:00
100	6:01 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:06 PM	2,850 Meters			

Workout #807 - Tuesday, 23 January 2024
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
800	5:00 PM	4 x 200 on 3:30 swim			1:45
400	5:14 PM	4 x 100 on 2:10 kick			2:10
300	5:23 PM	6 x 50 on :55 pull			1:50
		~GROUP UP~			
200	5:29 PM	4 x 50 on 1:10 build			2:20
2,200	5:34 PM	4x{4 x 100 on 1:50 desc 1-4			1:50
		{1 x 100 on 1:40 all out			1:40
		{1 x 50 on 2:00 recover			4:00
100	6:18 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:23 PM	4,000 Meters			

Workout #809 - Tuesday, 23 January 2024
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
400	5:00 PM	4 x 100 on 3:30 swim			3:30
200	5:14 PM	4 x 50 on 2:10 kick			4:20
150	5:23 PM	6 x 25 on :55 pull			3:40
		~GROUP UP~			
100	5:29 PM	4 x 25 on 1:10 build			4:40
1,200	5:34 PM	4x{4 x 50 on 1:50 desc 1-4			3:40
		{1 x 50 on 1:40 all out			3:20
		{1 x 50 on 2:00 recover			4:00
100	6:18 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:23 PM	2,150 Meters			

Workout #808 - Tuesday, 23 January 2024
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
600	5:00 PM	4 x 150 on 3:30 swim			2:20
400	5:14 PM	4 x 100 on 2:10 kick			2:10
150	5:23 PM	6 x 25 on :55 pull			3:40
		~GROUP UP~			
200	5:29 PM	4 x 50 on 1:10 build			2:20
1,600	5:34 PM	4x{4 x 75 on 1:50 desc 1-4			2:27
		{1 x 75 on 1:40 all out			2:13
		{1 x 25 on 2:00 recover			8:00
100	6:18 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:23 PM	3,050 Meters			

Workout #810 - Wednesday, 24 January 2024
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	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 1:55 pull			1:55
		~GROUP UP~			
400	5:29 PM	8 x 50 on 1:00 alt cruise and speedy			2:00
600	5:37 PM	6 x 100 on 1:55 build			1:55
800	5:49 PM	4 x 200 on 4:00 desc 1-4			2:00
600	6:05 PM	2 x 300 on 5:30 neg split			1:50
400	6:16 PM	1 x 400 on 7:00 build			1:45
100	6:23 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:28 PM	4,400 Meters			

Workout #812 - Wednesday, 24 January 2024
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	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 1:55 pull			3:50
		~GROUP UP~			
200	5:29 PM	8 x 25 on 1:00 alt cruise and speedy			4:00
300	5:37 PM	6 x 50 on 1:55 build			3:50
500	5:49 PM	4 x 125 on 4:00 desc 1-4			3:12
350	6:05 PM	2 x 175 on 5:30 neg split			3:09
200	6:16 PM	1 x 200 on 7:00 build			3:30
100	6:23 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:28 PM	2,400 Meters			

Workout #811 - Wednesday, 24 January 2024
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
400	5:00 PM	2 x 200 on 5:00 swim			2:30
300	5:10 PM	6 x 50 on 1:10 kick			2:20
450	5:17 PM	6 x 75 on 1:55 pull			2:33
		~GROUP UP~			
400	5:29 PM	8 x 50 on 1:00 alt cruise and speedy			2:00
450	5:37 PM	6 x 75 on 1:55 build			2:33
700	5:49 PM	4 x 175 on 4:00 desc 1-4			2:17
500	6:05 PM	2 x 250 on 5:30 neg split			2:12
300	6:16 PM	1 x 300 on 7:00 build			2:20
100	6:23 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:28 PM	3,600 Meters			

Workout #722 - Thursday, 25 January 2024**Masters - Blue Masters****0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
600	5:00 PM	3 x 200 on 3:50 Mix Drill & Swim			1:55
400	5:12 PM	8 x 50 on 1:15 Kick, Mixed Speeds			2:30
400	5:22 PM	4 x 100 on 1:55 Pull, Build Each			1:55
		+++ Group Up +++			
300	5:30 PM	6 x 50 on 1:05 Desc			2:10
1,200	5:37 PM	1x{4 x 150 on 2:40 Desc			1:47
		{1 x 600 on 10:15 Neg Split			1:42
100	5:58 PM	1 x 100 on 5:00 Loosen			5:00
	6:03 PM	3,000 Meters			

Workout #724 - Thursday, 25 January 2024**Masters - Red Masters****0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
400	5:00 PM	2 x 200 on 6:10 Mix Drill & Swim			3:05
200	5:13 PM	4 x 50 on 1:45 Kick, Mixed Speeds			3:30
300	5:20 PM	3 x 100 on 3:10 Pull, Build Each			3:10
		+++ Group Up +++			
100	5:30 PM	4 x 25 on 1:05 Desc			4:20
1,200	5:35 PM	2x{4 x 75 on 2:40 Desc			3:33
		{1 x 300 on 10:15 Neg Split			3:25
100	6:17 PM	1 x 100 on 5:00 Loosen			5:00
	6:22 PM	2,300 Meters			

Workout #723 - Thursday, 25 January 2024**Masters - White Masters****0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
600	5:00 PM	3 x 200 on 4:10 Mix Drill & Swim			2:05
300	5:13 PM	6 x 50 on 1:15 Kick, Mixed Speeds			2:30
400	5:21 PM	4 x 100 on 2:10 Pull, Build Each			2:10
		+++ Group Up +++			
300	5:30 PM	6 x 50 on 1:05 Desc			2:10
1,000	5:37 PM	1x{4 x 125 on 2:40 Desc			2:08
		{1 x 500 on 10:15 Neg Split			2:03
100	5:58 PM	1 x 100 on 5:00 Loosen			5:00
	6:03 PM	2,700 Meters			

Workout #816 - Monday, 29 January 2024
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	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 #818 - Monday, 29 January 2024
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	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 #817 - Monday, 29 January 2024
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	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 #738 - Tuesday, 30 January 2024
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
400	5:00 PM	2 x 200 on 3:40 swim			1:50
300	5:08 PM	6 x 50 on 1:10 kick			2:20
800	5:15 PM	8 x 100 on 1:40 pull			1:40
		~GROUP UP~			
400	5:29 PM	4 x 100 on 1:50 build			1:50
800	5:37 PM	4 x 200 on 3:20 desc 1-4			1:40
800	5:51 PM	2 x 400 on 6:45 neg split			1:41
600	6:05 PM	1 x 600 on 12:00 finish strong			2:00
100	6:17 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:22 PM	4,200 Meters			

Workout #740 - Tuesday, 30 January 2024
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
250	5:00 PM	2 x 125 on 3:40 swim			2:56
150	5:08 PM	6 x 25 on 1:10 kick			4:40
400	5:15 PM	8 x 50 on 1:40 pull			3:20
		~GROUP UP~			
200	5:29 PM	4 x 50 on 1:50 build			3:40
400	5:37 PM	4 x 100 on 3:20 desc 1-4			3:20
450	5:51 PM	2 x 225 on 6:45 neg split			3:00
400	6:05 PM	1 x 400 on 12:00 finish strong			3:00
100	6:17 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:22 PM	2,350 Meters			

Workout #739 - Tuesday, 30 January 2024
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
350	5:00 PM	2 x 175 on 3:40 swim			2:06
300	5:08 PM	6 x 50 on 1:10 kick			2:20
600	5:15 PM	8 x 75 on 1:40 pull			2:13
		~GROUP UP~			
300	5:29 PM	4 x 75 on 1:50 build			2:27
600	5:37 PM	4 x 150 on 3:20 desc 1-4			2:13
650	5:51 PM	2 x 325 on 6:45 neg split			2:05
500	6:05 PM	1 x 500 on 12:00 finish strong			2:24
100	6:17 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:22 PM	3,400 Meters			

Workout #774 - Wednesday, 31 January 2024
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
800	5:00 PM	4 x 200 on 3:30 swim			1:45
400	5:14 PM	4 x 100 on 2:30 kick			2:30
300	5:24 PM	6 x 50 on 1:00 pull			2:00
		~GROUP UP~			
600	5:30 PM	6 x 100 on 1:55 desc 1-6			1:55
500	5:42 PM	2 x 250 on 4:30 second 250 faster			1:48
500	5:51 PM	1 x 500 on 9:00 build			1:48
500	6:00 PM	2 x 250 on 4:15 second 250 faster			1:42
600	6:09 PM	6 x 100 on 1:50 desc 1-6			1:50
100	6:20 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:25 PM	4,300 Meters			

Workout #776 - Wednesday, 31 January 2024
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
400	5:00 PM	4 x 100 on 3:30 swim			3:30
300	5:14 PM	4 x 75 on 2:30 kick			3:20
150	5:24 PM	6 x 25 on 1:00 pull			4:00
		~GROUP UP~			
300	5:30 PM	6 x 50 on 1:55 desc 1-6			3:50
250	5:42 PM	2 x 125 on 4:30 second 125 faster			3:36
300	5:51 PM	1 x 300 on 9:00 build			3:00
250	6:00 PM	2 x 125 on 4:15 second 125 faster			3:24
300	6:09 PM	6 x 50 on 1:50 desc 1-6			3:40
100	6:20 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:25 PM	2,350 Meters			

Workout #775 - Wednesday, 31 January 2024
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
600	5:00 PM	4 x 150 on 3:30 swim			2:20
400	5:14 PM	4 x 100 on 2:30 kick			2:30
300	5:24 PM	6 x 50 on 1:00 pull			2:00
		~GROUP UP~			
450	5:30 PM	6 x 75 on 1:55 desc 1-6			2:33
400	5:42 PM	2 x 200 on 4:30 second 200 faster			2:15
400	5:51 PM	1 x 400 on 9:00 build			2:15
400	6:00 PM	2 x 200 on 4:15 second 200 faster			2:08
450	6:09 PM	6 x 75 on 1:50 desc 1-6			2:27
100	6:20 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:25 PM	3,500 Meters			

Workout #801 - Thursday, 01 February 2024
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 :55 pull	1:50
		~GROUP UP~	
100	5:30 PM	4 x 25 on :40 fast!	2:40
800	5:33 PM	8 x 100 on 1:50 desc 1-8	1:50
50	5:48 PM	1 x 50 on 1:30 recover	3:00
600	5:50 PM	6 x 100 on 1:45 desc 1-6	1:45
100	6:01 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:06 PM	3,150 Meters	

Workout #803 - Thursday, 01 February 2024
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 :55 pull	3:40
		~GROUP UP~	
100	5:30 PM	4 x 25 on :40 fast!	2:40
400	5:33 PM	8 x 50 on 1:50 desc 1-8	3:40
50	5:48 PM	1 x 50 on 1:30 recover	3:00
300	5:50 PM	6 x 50 on 1:45 desc 1-6	3:30
100	6:01 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:06 PM	1,700 Meters	

Workout #802 - Thursday, 01 February 2024
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
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
600	5:33 PM	8 x 75 on 1:50 desc 1-8	2:27
50	5:48 PM	1 x 50 on 1:30 recover	3:00
450	5:50 PM	6 x 75 on 1:45 desc 1-6	2:20
100	6:01 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:06 PM	2,400 Meters	

Workout #792 - Monday, 05 February 2024
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
300	5:16 PM	6 x 50 on 1:10 kick	2:20
400	5:23 PM	4 x 100 on 1:50 pull	1:50
		~GROUP UP~	
100	5:31 PM	4 x 25 on :40 fast!	2:40
2,000	5:34 PM	4x{4 x 50 on 1:00 build	2:00
		{4 x 75 on 1:20 build by 25s	1:47
100	6:12 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:17 PM	3,700 Meters	

Workout #794 - Monday, 05 February 2024
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
=====	=====	=====	=====
500	5:00 PM	4 x 125 on 4:00 swim	3:12
150	5:16 PM	6 x 25 on 1:10 kick	4:40
200	5:23 PM	4 x 50 on 1:50 pull	3:40
		~GROUP UP~	
100	5:31 PM	4 x 25 on :40 fast!	2:40
1,200	5:34 PM	4x{4 x 25 on 1:00 build	4:00
		{4 x 50 on 1:20 alt 50 & 25	2:40
100	6:12 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:17 PM	2,250 Meters	

Workout #793 - Monday, 05 February 2024
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
300	5:16 PM	6 x 50 on 1:10 kick	2:20
300	5:23 PM	4 x 75 on 1:50 pull	2:27
		~GROUP UP~	
100	5:31 PM	4 x 25 on :40 fast!	2:40
1,600	5:34 PM	4x{4 x 50 on 1:00 build	2:00
		{4 x 50 on 1:20 build by 25s	2:40
100	6:12 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:17 PM	3,200 Meters	

Workout #843 - Tuesday, 06 February 2024
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 2:00 kick	2:00
500	5:19 PM	10 x 50 on :55 pull	1:50
		~GROUP UP~	
100	5:29 PM	4 x 25 on :40 fast	2:40
1,500	5:32 PM	3x{4 x 50 on 1:10 build	2:20
		{2 x 150 on 2:45 build by 50s	1:50
100	6:03 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:08 PM	3,200 Meters	

Workout #845 - Tuesday, 06 February 2024
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
300	5:11 PM	4 x 75 on 2:00 kick	2:40
250	5:19 PM	10 x 25 on :55 pull	3:40
		~GROUP UP~	
100	5:29 PM	4 x 25 on :40 fast	2:40
750	5:32 PM	3x{4 x 25 on 1:10 build	4:40
		{2 x 75 on 2:45 build by 50s	3:40
100	6:03 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:08 PM	1,800 Meters	

Workout #844 - Tuesday, 06 February 2024
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 2:00 kick	2:00
500	5:19 PM	10 x 50 on :55 pull	1:50
		~GROUP UP~	
100	5:29 PM	4 x 25 on :40 fast	2:40
1,350	5:32 PM	3x{4 x 50 on 1:10 build	2:20
		{2 x 125 on 2:45 build by 50s	2:12
100	6:03 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:08 PM	2,950 Meters	

Workout #846 - Wednesday, 07 February 2024
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
800	5:00 PM	4 x 200 on 3:30 swim	1:45
300	5:14 PM	6 x 50 on 1:10 kick	2:20
400	5:21 PM	4 x 100 on 1:50 pull	1:50
		~GROUP UP~	
400	5:29 PM	8 x 50 on 1:10 build	2:20
600	5:39 PM	2 x 300 on 5:00 second 300 faster	1:40
600	5:49 PM	1 x 600 on 10:00 neg split	1:40
300	5:59 PM	1 x 300 on 5:10 threshold pace	1:43
600	6:05 PM	1 x 600 on 10:15 build by 100s	1:42
100	6:16 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:21 PM	4,100 Meters	

Workout #848 - Wednesday, 07 February 2024
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
400	5:00 PM	4 x 100 on 3:30 swim	3:30
150	5:14 PM	6 x 25 on 1:10 kick	4:40
100	5:21 PM	4 x 25 on 1:50 pull	7:20
		~GROUP UP~	
200	5:29 PM	8 x 25 on 1:10 build	4:40
300	5:39 PM	2 x 150 on 5:00 second 300 faster	3:20
300	5:49 PM	1 x 300 on 10:00 neg split	3:20
150	5:59 PM	1 x 150 on 5:10 threshold pace	3:27
300	6:05 PM	1 x 300 on 10:15 build by 100s	3:25
100	6:16 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:21 PM	2,000 Meters	

Workout #847 - Wednesday, 07 February 2024
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 3:30 swim	2:20
300	5:14 PM	6 x 50 on 1:10 kick	2:20
300	5:21 PM	4 x 75 on 1:50 pull	2:27
		~GROUP UP~	
400	5:29 PM	8 x 50 on 1:10 build	2:20
500	5:39 PM	2 x 250 on 5:00 second 300 faster	2:00
500	5:49 PM	1 x 500 on 10:00 neg split	2:00
250	5:59 PM	1 x 250 on 5:10 threshold pace	2:04
500	6:05 PM	1 x 500 on 10:15 build by 100s	2:03
100	6:16 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:21 PM	3,450 Meters	

Workout #753 - Thursday, 08 February 2024
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 2:00 swim	2:00
400	5:12 PM	4 x 100 on 2:30 kick	2:30
500	5:22 PM	10 x 50 on 1:00 pull	2:00
		~GROUP UP~	
100	5:32 PM	4 x 25 on :40 fast!!	2:40
200	5:35 PM	1 x 200 on 3:30 build by 50s	1:45
400	5:39 PM	4 x 100 on 1:50 desc 1-4	1:50
400	5:47 PM	2 x 200 on 3:40 build by 50s	1:50
600	5:55 PM	6 x 100 on 2:00 desc 1-3, 4-6	2:00
100	6:07 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:12 PM	3,300 Meters	

Workout #755 - Thursday, 08 February 2024
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
300	5:00 PM	6 x 50 on 2:00 swim	4:00
300	5:12 PM	4 x 75 on 2:30 kick	3:20
250	5:22 PM	10 x 25 on 1:00 pull	4:00
		~GROUP UP~	
100	5:32 PM	4 x 25 on :40 fast!!	2:40
100	5:35 PM	1 x 100 on 3:30 build by 50s	3:30
200	5:39 PM	4 x 50 on 1:50 desc 1-4	3:40
200	5:47 PM	2 x 100 on 3:40 build by 50s	3:40
300	5:55 PM	6 x 50 on 2:00 desc 1-3, 4-6	4:00
100	6:07 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:12 PM	1,850 Meters	

Workout #754 - Thursday, 08 February 2024
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 2:00 swim	2:00
400	5:12 PM	4 x 100 on 2:30 kick	2:30
500	5:22 PM	10 x 50 on 1:00 pull	2:00
		~GROUP UP~	
100	5:32 PM	4 x 25 on :40 fast!!	2:40
175	5:35 PM	1 x 175 on 3:30 build by 50s	2:00
300	5:39 PM	4 x 75 on 1:50 desc 1-4	2:27
350	5:47 PM	2 x 175 on 3:40 build by 50s	2:06
450	5:55 PM	6 x 75 on 2:00 desc 1-3, 4-6	2:40
100	6:07 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:12 PM	2,975 Meters	

Workout #804 - Monday, 12 February 2024
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
400	5:12 PM	8 x 50 on 1:10 kick	2:20
500	5:22 PM	10 x 50 on :55 pull	1:50
		~GROUP UP~	
100	5:32 PM	4 x 25 on :40 fast!	2:40
500	5:35 PM	10 x 50 on 1:10 build	2:20
400	5:47 PM	4 x 100 on 1:50 desc 1-4	1:50
300	5:55 PM	6 x 50 on 1:00 build	2:00
200	6:01 PM	2 x 100 on 3:00 all out	3:00
100	6:07 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:12 PM	3,100 Meters	

Workout #806 - Monday, 12 February 2024
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
200	5:12 PM	8 x 25 on 1:10 kick	4:40
250	5:22 PM	10 x 25 on :55 pull	3:40
		~GROUP UP~	
100	5:32 PM	4 x 25 on :40 fast!	2:40
250	5:35 PM	10 x 25 on 1:10 build	4:40
200	5:47 PM	4 x 50 on 1:50 desc 1-4	3:40
150	5:55 PM	6 x 25 on 1:00 build	4:00
100	6:01 PM	2 x 50 on 3:00 all out	6:00
100	6:07 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:12 PM	1,750 Meters	

Workout #805 - Monday, 12 February 2024
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
400	5:12 PM	8 x 50 on 1:10 kick	2:20
500	5:22 PM	10 x 50 on :55 pull	1:50
		~GROUP UP~	
100	5:32 PM	4 x 25 on :40 fast!	2:40
500	5:35 PM	10 x 50 on 1:10 build	2:20
300	5:47 PM	4 x 75 on 1:50 desc 1-4	2:27
300	5:55 PM	6 x 50 on 1:00 build	2:00
150	6:01 PM	2 x 75 on 3:00 all out	4:00
100	6:07 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:12 PM	2,850 Meters	

Workout #759 - Tuesday, 13 February 2024
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
800	5:00 PM	4 x 200 on 3:20 swim	1:40
400	5:14 PM	4 x 100 on 2:00 kick	2:00
300	5:22 PM	6 x 50 on 1:00 pull	2:00
		~GROUP UP~	
400	5:28 PM	8 x 50 on 1:10 desc 1-4, 5-8	2:20
1,000	5:38 PM	10 x 100 on 2:00 desc 1-4, 5-8, last two fast	2:00
100	5:58 PM	2 x 50 on 1:30 cruise	3:00
600	6:01 PM	6 x 100 on 2:00 desc 1-4 , last two fast	2:00
100	6:13 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:18 PM	3,700 Meters	

Workout #761 - Tuesday, 13 February 2024
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
400	5:00 PM	4 x 100 on 3:20 swim	3:20
200	5:14 PM	4 x 50 on 2:00 kick	4:00
150	5:22 PM	6 x 25 on 1:00 pull	4:00
		~GROUP UP~	
200	5:28 PM	8 x 25 on 1:10 desc 1-4, 5-8	4:40
500	5:38 PM	10 x 50 on 2:00 desc 1-4, 5-8, last two fast	4:00
50	5:58 PM	2 x 25 on 1:30 cruise	6:00
300	6:01 PM	6 x 50 on 2:00 desc 1-4 , last two fast	4:00
100	6:13 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:18 PM	1,900 Meters	

Workout #760 - Tuesday, 13 February 2024
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 3:20 swim	2:13
400	5:14 PM	4 x 100 on 2:00 kick	2:00
300	5:22 PM	6 x 50 on 1:00 pull	2:00
		~GROUP UP~	
400	5:28 PM	8 x 50 on 1:10 desc 1-4, 5-8	2:20
750	5:38 PM	10 x 75 on 2:00 desc 1-4, 5-8, last two fast	2:40
100	5:58 PM	2 x 50 on 1:30 cruise	3:00
450	6:01 PM	6 x 75 on 2:00 desc 1-4 , last two fast	2:40
100	6:13 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:18 PM	3,100 Meters	

Workout #741 - Wednesday, 14 February 2024
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 :50 pull	1:40
		~GROUP UP~	
100	5:29 PM	4 x 25 on :40 fast!	2:40
300	5:32 PM	6 x 50 on 1:10 desc 1-3, 4-6	2:20
150	5:39 PM	2 x 75 on 1:30 second 75 faster	2:00
200	5:42 PM	4 x 50 on 1:05 desc 1-4	2:10
300	5:47 PM	4 x 75 on 1:25 last two 75s faster	1:53
100	5:53 PM	2 x 50 on 1:00 desc 1-2	2:00
450	5:55 PM	6 x 75 on 1:20 last three 75s faster	1:47
100	6:03 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:08 PM	3,200 Meters	

Workout #743 - Wednesday, 14 February 2024
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 :50 pull	3:20
		~GROUP UP~	
100	5:29 PM	4 x 25 on :40 fast!	2:40
150	5:32 PM	6 x 25 on 1:10 desc 1-3, 4-6	4:40
100	5:39 PM	2 x 50 on 1:30 second 50 faster	3:00
100	5:42 PM	4 x 25 on 1:05 desc 1-4	4:20
200	5:47 PM	4 x 50 on 1:25 last two 50s faster	2:50
50	5:53 PM	2 x 25 on 1:00 desc 1-2	4:00
300	5:55 PM	6 x 50 on 1:20 last three 50s faster	2:40
100	6:03 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:08 PM	1,850 Meters	

Workout #742 - Wednesday, 14 February 2024
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 :50 pull	1:40
		~GROUP UP~	
100	5:29 PM	4 x 25 on :40 fast!	2:40
300	5:32 PM	6 x 50 on 1:10 desc 1-3, 4-6	2:20
150	5:39 PM	2 x 75 on 1:30 second 75 faster	2:00
200	5:42 PM	4 x 50 on 1:05 desc 1-4	2:10
300	5:47 PM	4 x 75 on 1:25 last two 75s faster	1:53
100	5:53 PM	2 x 50 on 1:00 desc 1-2	2:00
450	5:55 PM	6 x 75 on 1:20 last three 75s faster	1:47
100	6:03 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:08 PM	2,950 Meters	

Workout #825 - Thursday, 15 February 2024
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 #827 - Thursday, 15 February 2024
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	

Workout #826 - Thursday, 15 February 2024
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 #768 - Monday, 19 February 2024
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 swim	1:50
400	5:11 PM	4 x 100 on 2:15 kick	2:15
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
400	5:33 PM	4 x 100 on 2:00 build	2:00
200	5:41 PM	1 x 200 on 4:00 cruise	2:00
400	5:45 PM	4 x 100 on 1:50 build	1:50
200	5:53 PM	1 x 200 on 4:00 cruise	2:00
100	5:57 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:02 PM	2,900 Meters	

Workout #770 - Monday, 19 February 2024
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
300	5:00 PM	6 x 50 on 1:50 swim	3:40
200	5:11 PM	4 x 50 on 2:15 kick	4:30
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
200	5:33 PM	4 x 50 on 2:00 build	4:00
100	5:41 PM	1 x 100 on 4:00 cruise	4:00
200	5:45 PM	4 x 50 on 1:50 build	3:40
100	5:53 PM	1 x 100 on 4:00 cruise	4:00
100	5:57 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:02 PM	1,550 Meters	

Workout #769 - Monday, 19 February 2024
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
450	5:00 PM	6 x 75 on 1:50 swim	2:27
300	5:11 PM	4 x 75 on 2:15 kick	3:00
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
300	5:33 PM	4 x 75 on 2:00 build	2:40
150	5:41 PM	1 x 150 on 4:00 cruise	2:40
300	5:45 PM	4 x 75 on 1:50 build	2:27
150	5:53 PM	1 x 150 on 4:00 cruise	2:40
100	5:57 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:02 PM	2,350 Meters	

Workout #771 - Tuesday, 20 February 2024
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:15 swim	1:30
300	5:09 PM	6 x 50 on 1:15 kick	2:30
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 desc 1-4, 5-8	2:20
600	5:38 PM	4 x 150 on 2:50 build by 50s	1:53
300	5:50 PM	6 x 50 on 1:00 desc 1-6	2:00
300	5:56 PM	2 x 150 on 2:45 build	1:50
100	6:02 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:07 PM	3,200 Meters	

Workout #773 - Tuesday, 20 February 2024
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
300	5:00 PM	4 x 75 on 2:15 swim	3:00
150	5:09 PM	6 x 25 on 1:15 kick	5:00
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 desc 1-4, 5-8	4:40
300	5:38 PM	4 x 75 on 2:50 build by 50s	3:47
150	5:50 PM	6 x 25 on 1:00 desc 1-6	4:00
150	5:56 PM	2 x 75 on 2:45 build	3:40
100	6:02 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:07 PM	1,650 Meters	

Workout #772 - Tuesday, 20 February 2024
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
400	5:00 PM	4 x 100 on 2:15 swim	2:15
300	5:09 PM	6 x 50 on 1:15 kick	2:30
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 desc 1-4, 5-8	2:20
500	5:38 PM	4 x 125 on 2:50 build by 50s	2:16
300	5:50 PM	6 x 50 on 1:00 desc 1-6	2:00
250	5:56 PM	2 x 125 on 2:45 build	2:12
100	6:02 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:07 PM	2,700 Meters	

Workout #762 - Wednesday, 21 February 2024
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 1:15 kick	2:30
600	5:18 PM	6 x 100 on 1:50 pull	1:50
		~GROUP UP~	
400	5:29 PM	4 x 100 on 2:00 build	2:00
600	5:37 PM	2 x 300 on 5:30 neg split	1:50
600	5:48 PM	6 x 100 on 1:55 build	1:55
300	6:00 PM	1 x 300 on 5:15 neg split	1:45
800	6:06 PM	8 x 100 on 1:50 hang on	1:50
100	6:21 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:26 PM	4,300 Meters	

Workout #764 - Wednesday, 21 February 2024
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 1:15 kick	5:00
300	5:18 PM	6 x 50 on 1:50 pull	3:40
		~GROUP UP~	
200	5:29 PM	4 x 50 on 2:00 build	4:00
350	5:37 PM	2 x 175 on 5:30 neg split	3:09
300	5:48 PM	6 x 50 on 1:55 build	3:50
150	6:00 PM	1 x 150 on 5:15 neg split	3:30
400	6:06 PM	8 x 50 on 1:50 hang on	3:40
100	6:21 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:26 PM	2,250 Meters	

Workout #763 - Wednesday, 21 February 2024
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
400	5:00 PM	2 x 200 on 5:00 swim	2:30
300	5:10 PM	6 x 50 on 1:15 kick	2:30
450	5:18 PM	6 x 75 on 1:50 pull	2:27
		~GROUP UP~	
300	5:29 PM	4 x 75 on 2:00 build	2:40
500	5:37 PM	2 x 250 on 5:30 neg split	2:12
450	5:48 PM	6 x 75 on 1:55 build	2:33
250	6:00 PM	1 x 250 on 5:15 neg split	2:06
600	6:06 PM	8 x 75 on 1:50 hang on	2:27
100	6:21 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:26 PM	3,350 Meters	

Workout #813 - Thursday, 22 February 2024
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
=====	=====	=====	=====
500	5:00 PM	5 x 100 on 1:50 swim	1:50
500	5:10 PM	5 x 100 on 2:10 kick	2:10
500	5:21 PM	5 x 100 on 1:45 pull	1:45
		~GROUP UP~	
100	5:30 PM	4 x 25 on :40 fast!	2:40
2,000	5:33 PM	4x{5 x 75 on 1:25 50 build 25 fast	1:53
		{1 x 75 on 2:00 all out	2:40
		{1 x 50 on 1:30 cruise	3:00
100	6:16 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:21 PM	3,700 Meters	

Workout #915 - Thursday, 22 February 2024
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
=====	=====	=====	=====
250	5:00 PM	5 x 50 on 1:50 swim	3:40
250	5:10 PM	5 x 50 on 2:10 kick	4:20
250	5:21 PM	5 x 50 on 1:45 pull	3:30
		~~~GROUP UP~~~	
100	5:30 PM	4 x 25 on :40 fast!	2:40
1,300	5:33 PM	4x{5 x 50 on 1:25 build	2:50
		{1 x 50 on 2:00 all out	4:00
		{1 x 25 on 1:30 cruise	6:00
100	6:16 PM	1 x 100 on 5:00 loosen	5:00
	6:21 PM	2,250 Meters	

**Workout #814 - Thursday, 22 February 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	PACE
=====	=====	=====	=====
375	5:00 PM	5 x 75 on 1:50 swim	2:27
500	5:10 PM	5 x 100 on 2:10 kick	2:10
375	5:21 PM	5 x 75 on 1:45 pull	2:20
		~GROUP UP~	
100	5:30 PM	4 x 25 on :40 fast!	2:40
2,000	5:33 PM	4x{5 x 75 on 1:25 alt 75 and 50	1:53
		{1 x 75 on 2:00 all out	2:40
		{1 x 50 on 1:30 cruise	3:00
100	6:16 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:21 PM	3,450 Meters	

**Workout #756 - Monday, 26 February 2024**  
**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	8 x 50 on 1:15 kick	2:30
500	5:21 PM	10 x 50 on 1:00 pull	2:00
		~GROUP UP~	
100	5:31 PM	4 x 25 on :40 fast!!!	2:40
500	5:34 PM	10 x 50 on 1:10 build	2:20
200	5:46 PM	2 x 100 on 1:50 desc 1-2	1:50
400	5:50 PM	8 x 50 on 1:00 build	2:00
400	5:58 PM	4 x 100 on 2:00 desc 1-4	2:00
100	6:06 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:11 PM	3,200 Meters	

**Workout #758 - Monday, 26 February 2024**  
**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	8 x 25 on 1:15 kick	5:00
250	5:21 PM	10 x 25 on 1:00 pull	4:00
		~GROUP UP~	
100	5:31 PM	4 x 25 on :40 fast!!!	2:40
250	5:34 PM	10 x 25 on 1:10 build	4:40
100	5:46 PM	2 x 50 on 1:50 desc 1-2	3:40
200	5:50 PM	8 x 25 on 1:00 build	4:00
200	5:58 PM	4 x 50 on 2:00 desc 1-4	4:00
100	6:06 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:11 PM	1,700 Meters	

**Workout #757 - Monday, 26 February 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	PACE
=====	=====	=====	=====
400	5:00 PM	4 x 100 on 2:45 swim	2:45
400	5:11 PM	8 x 50 on 1:15 kick	2:30
500	5:21 PM	10 x 50 on 1:00 pull	2:00
		~GROUP UP~	
100	5:31 PM	4 x 25 on :40 fast!!!	2:40
500	5:34 PM	10 x 50 on 1:10 build	2:20
150	5:46 PM	2 x 75 on 1:50 desc 1-2	2:27
400	5:50 PM	8 x 50 on 1:00 build	2:00
300	5:58 PM	4 x 75 on 2:00 desc 1-4	2:40
100	6:06 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:11 PM	2,850 Meters	

**Workout #795 - Tuesday, 27 February 2024**  
**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
500	5:10 PM	10 x 50 on 1:10 kick	2:20
400	5:22 PM	4 x 100 on 1:50 pull	1:50
		~GROUP UP~	
400	5:30 PM	8 x 50 on 1:10 build	2:20
800	5:40 PM	4 x 200 on 3:30 desc 1-4	1:45
400	5:54 PM	4 x 100 on 1:45 build	1:45
100	6:01 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:06 PM	3,200 Meters	

**Workout #797 - Tuesday, 27 February 2024**  
**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
250	5:10 PM	10 x 25 on 1:10 kick	4:40
200	5:22 PM	4 x 50 on 1:50 pull	3:40
		~GROUP UP~	
200	5:30 PM	8 x 25 on 1:10 build	4:40
400	5:40 PM	4 x 100 on 3:30 desc 1-4	3:30
200	5:54 PM	4 x 50 on 1:45 build	3:30
100	6:01 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:06 PM	1,650 Meters	

**Workout #796 - Tuesday, 27 February 2024**  
**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
500	5:10 PM	10 x 50 on 1:10 kick	2:20
300	5:22 PM	4 x 75 on 1:50 pull	2:27
		~GROUP UP~	
400	5:30 PM	8 x 50 on 1:10 build	2:20
700	5:40 PM	4 x 175 on 3:30 desc 1-4	2:00
300	5:54 PM	4 x 75 on 1:45 build	2:20
100	6:01 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:06 PM	2,800 Meters	

**Workout #750 - Wednesday, 28 February 2024**  
**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 2:30 kick	2:30
500	5:21 PM	10 x 50 on 1:00 pull	2:00
		~GROUP UP~	
400	5:31 PM	4 x 100 on 1:50 desc 1-4	1:50
400	5:39 PM	2 x 200 on 3:30 build	1:45
400	5:46 PM	1 x 400 on 6:50 neg split	1:42
800	5:53 PM	4 x 200 on 3:45 desc 1-4	1:52
800	6:08 PM	8 x 100 on 1:55 build	1:55
100	6:24 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:29 PM	4,400 Meters	

**Workout #752 - Wednesday, 28 February 2024**  
**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 2:30 kick	5:00
250	5:21 PM	10 x 25 on 1:00 pull	4:00
		~GROUP UP~	
200	5:31 PM	4 x 50 on 1:50 desc 1-4	3:40
200	5:39 PM	2 x 100 on 3:30 build	3:30
200	5:46 PM	1 x 200 on 6:50 neg split	3:25
500	5:53 PM	4 x 125 on 3:45 desc 1-4	3:00
400	6:08 PM	8 x 50 on 1:55 build	3:50
100	6:24 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:29 PM	2,350 Meters	

**Workout #751 - Wednesday, 28 February 2024**  
**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
300	5:11 PM	4 x 75 on 2:30 kick	3:20
500	5:21 PM	10 x 50 on 1:00 pull	2:00
		~GROUP UP~	
300	5:31 PM	4 x 75 on 1:50 desc 1-4	2:27
300	5:39 PM	2 x 150 on 3:30 build	2:20
300	5:46 PM	1 x 300 on 6:50 neg split	2:17
700	5:53 PM	4 x 175 on 3:45 desc 1-4	2:09
600	6:08 PM	8 x 75 on 1:55 build	2:33
100	6:24 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:29 PM	3,600 Meters	

**Workout #837 - Thursday, 29 February 2024**  
**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
500	5:12 PM	10 x 50 on 1:00 kick	2:00
400	5:22 PM	4 x 100 on 1:50 pull	1:50
		~GROUP UP~	
100	5:30 PM	4 x 25 on :40 fast!!	2:40
400	5:33 PM	4 x 100 on 1:50 desc 1-4	1:50
800	5:41 PM	4 x 200 on 3:30 build	1:45
400	5:55 PM	1 x 400 on 7:15 neg split	1:49
100	6:03 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:08 PM	3,300 Meters	

**Workout #839 - Thursday, 29 February 2024**  
**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
250	5:12 PM	10 x 25 on 1:00 kick	4:00
200	5:22 PM	4 x 50 on 1:50 pull	3:40
		~GROUP UP~	
100	5:30 PM	4 x 25 on :40 fast!!	2:40
200	5:33 PM	4 x 50 on 1:50 desc 1-4	3:40
400	5:41 PM	4 x 100 on 3:30 build	3:30
200	5:55 PM	1 x 200 on 7:15 neg split	3:38
100	6:03 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:08 PM	1,850 Meters	

**Workout #838 - Thursday, 29 February 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 3:00 swim	2:00
500	5:12 PM	10 x 50 on 1:00 kick	2:00
300	5:22 PM	4 x 75 on 1:50 pull	2:27
		~GROUP UP~	
100	5:30 PM	4 x 25 on :40 fast!!	2:40
300	5:33 PM	4 x 75 on 1:50 desc 1-4	2:27
600	5:41 PM	4 x 150 on 3:30 build	2:20
300	5:55 PM	1 x 300 on 7:15 neg split	2:25
100	6:03 PM	1 x 100 on 5:00 LOOSEN	5:00
	6:08 PM	2,800 Meters	

**Workout #744 - Monday, 04 March 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
400	5:00 PM	2 x 200 on 3:30 swim			1:45
300	5:07 PM	6 x 50 on 1:50 kick			3:40
800	5:18 PM	8 x 100 on 1:50 pull			1:50
		~GROUP UP~			
100	5:33 PM	4 x 25 on :40 fast!			2:40
300	5:36 PM	4 x 75 on 1:30 desc 1-4			2:00
100	5:42 PM	4 x 25 on :40 fast!			2:40
150	5:45 PM	2 x 75 on 1:20 desc 1-2			1:47
150	5:48 PM	6 x 25 on :40 fast!			2:40
300	5:52 PM	4 x 75 on 1:20 desc 1-4			1:47
200	5:58 PM	8 x 25 on :40 fast~			2:40
100	6:04 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:09 PM	2,900 Meters			

**Workout #746 - Monday, 04 March 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
200	5:00 PM	2 x 100 on 3:30 swim			3:30
150	5:07 PM	6 x 25 on 1:50 kick			7:20
400	5:18 PM	8 x 50 on 1:50 pull			3:40
		~GROUP UP~			
100	5:33 PM	4 x 25 on :40 fast!			2:40
200	5:36 PM	4 x 50 on 1:30 desc 1-4			3:00
100	5:42 PM	4 x 25 on :40 fast!			2:40
50	5:45 PM	2 x 25 on 1:20 desc 1-2			5:20
150	5:48 PM	6 x 25 on :40 fast!			2:40
100	5:52 PM	4 x 25 on 1:20 desc 1-4			5:20
200	5:58 PM	8 x 25 on :40 fast~			2:40
100	6:04 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:09 PM	1,750 Meters			

**Workout #745 - Monday, 04 March 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
300	5:00 PM	2 x 150 on 3:30 swim			2:20
300	5:07 PM	6 x 50 on 1:50 kick			3:40
600	5:18 PM	8 x 75 on 1:50 pull			2:27
		~GROUP UP~			
100	5:33 PM	4 x 25 on :40 fast!			2:40
200	5:36 PM	4 x 50 on 1:30 desc 1-4			3:00
100	5:42 PM	4 x 25 on :40 fast!			2:40
100	5:45 PM	2 x 50 on 1:20 desc 1-2			2:40
150	5:48 PM	6 x 25 on :40 fast!			2:40
200	5:52 PM	4 x 50 on 1:20 desc 1-4			2:40
200	5:58 PM	8 x 25 on :40 fast~			2:40
100	6:04 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:09 PM	2,350 Meters			

**Workout #783 - Tuesday, 05 March 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 #785 - Tuesday, 05 March 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 #784 - Tuesday, 05 March 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 #810 - Wednesday, 06 March 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set	Description	WORK	STK	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 1:55 pull			1:55
			~GROUP UP~			
400	5:29	PM	8 x 50 on 1:00 alt cruise and speedy			2:00
600	5:37	PM	6 x 100 on 1:55 build			1:55
800	5:49	PM	4 x 200 on 4:00 desc 1-4			2:00
600	6:05	PM	2 x 300 on 5:30 neg split			1:50
400	6:16	PM	1 x 400 on 7:00 build			1:45
100	6:23	PM	1 x 100 on 5:00 LOOSEN			5:00
	6:28	PM	4,400 Meters			

**Workout #812 - Wednesday, 06 March 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set	Description	WORK	STK	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 1:55 pull			3:50
			~GROUP UP~			
200	5:29	PM	8 x 25 on 1:00 alt cruise and speedy			4:00
300	5:37	PM	6 x 50 on 1:55 build			3:50
500	5:49	PM	4 x 125 on 4:00 desc 1-4			3:12
350	6:05	PM	2 x 175 on 5:30 neg split			3:09
200	6:16	PM	1 x 200 on 7:00 build			3:30
100	6:23	PM	1 x 100 on 5:00 LOOSEN			5:00
	6:28	PM	2,400 Meters			

**Workout #811 - Wednesday, 06 March 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set	Description	WORK	STK	PACE
400	5:00	PM	2 x 200 on 5:00 swim			2:30
300	5:10	PM	6 x 50 on 1:10 kick			2:20
450	5:17	PM	6 x 75 on 1:55 pull			2:33
			~GROUP UP~			
400	5:29	PM	8 x 50 on 1:00 alt cruise and speedy			2:00
450	5:37	PM	6 x 75 on 1:55 build			2:33
700	5:49	PM	4 x 175 on 4:00 desc 1-4			2:17
500	6:05	PM	2 x 250 on 5:30 neg split			2:12
300	6:16	PM	1 x 300 on 7:00 build			2:20
100	6:23	PM	1 x 100 on 5:00 LOOSEN			5:00
	6:28	PM	3,600 Meters			

**Workout #722 - Thursday, 07 March 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
600	5:00 PM	3 x 200 on 3:50 Mix Drill & Swim			1:55
400	5:12 PM	8 x 50 on 1:15 Kick, Mixed Speeds			2:30
400	5:22 PM	4 x 100 on 1:55 Pull, Build Each			1:55
		+++ Group Up +++			
300	5:30 PM	6 x 50 on 1:05 Desc			2:10
1,200	5:37 PM	1x{4 x 150 on 2:40 Desc			1:47
		{1 x 600 on 10:15 Neg Split			1:42
100	5:58 PM	1 x 100 on 5:00 Loosen			5:00
	6:03 PM	3,000 Meters			

**Workout #724 - Thursday, 07 March 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
400	5:00 PM	2 x 200 on 6:10 Mix Drill & Swim			3:05
200	5:13 PM	4 x 50 on 1:45 Kick, Mixed Speeds			3:30
300	5:20 PM	3 x 100 on 3:10 Pull, Build Each			3:10
		+++ Group Up +++			
100	5:30 PM	4 x 25 on 1:05 Desc			4:20
1,200	5:35 PM	2x{4 x 75 on 2:40 Desc			3:33
		{1 x 300 on 10:15 Neg Split			3:25
100	6:17 PM	1 x 100 on 5:00 Loosen			5:00
	6:22 PM	2,300 Meters			

**Workout #723 - Thursday, 07 March 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
600	5:00 PM	3 x 200 on 4:10 Mix Drill & Swim			2:05
300	5:13 PM	6 x 50 on 1:15 Kick, Mixed Speeds			2:30
400	5:21 PM	4 x 100 on 2:10 Pull, Build Each			2:10
		+++ Group Up +++			
300	5:30 PM	6 x 50 on 1:05 Desc			2:10
1,000	5:37 PM	1x{4 x 125 on 2:40 Desc			2:08
		{1 x 500 on 10:15 Neg Split			2:03
100	5:58 PM	1 x 100 on 5:00 Loosen			5:00
	6:03 PM	2,700 Meters			

**Workout #804 - Monday, 11 March 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
600	5:00 PM	4 x 150 on 3:00 swim			2:00
400	5:12 PM	8 x 50 on 1:10 kick			2:20
500	5:22 PM	10 x 50 on :55 pull			1:50
		~GROUP UP~			
100	5:32 PM	4 x 25 on :40 fast!			2:40
500	5:35 PM	10 x 50 on 1:10 build			2:20
400	5:47 PM	4 x 100 on 1:50 desc 1-4			1:50
300	5:55 PM	6 x 50 on 1:00 build			2:00
200	6:01 PM	2 x 100 on 3:00 all out			3:00
100	6:07 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:12 PM	3,100 Meters			

**Workout #806 - Monday, 11 March 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
400	5:00 PM	4 x 100 on 3:00 swim			3:00
200	5:12 PM	8 x 25 on 1:10 kick			4:40
250	5:22 PM	10 x 25 on :55 pull			3:40
		~GROUP UP~			
100	5:32 PM	4 x 25 on :40 fast!			2:40
250	5:35 PM	10 x 25 on 1:10 build			4:40
200	5:47 PM	4 x 50 on 1:50 desc 1-4			3:40
150	5:55 PM	6 x 25 on 1:00 build			4:00
100	6:01 PM	2 x 50 on 3:00 all out			6:00
100	6:07 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:12 PM	1,750 Meters			

**Workout #805 - Monday, 11 March 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
500	5:00 PM	4 x 125 on 3:00 swim			2:24
400	5:12 PM	8 x 50 on 1:10 kick			2:20
500	5:22 PM	10 x 50 on :55 pull			1:50
		~GROUP UP~			
100	5:32 PM	4 x 25 on :40 fast!			2:40
500	5:35 PM	10 x 50 on 1:10 build			2:20
300	5:47 PM	4 x 75 on 1:50 desc 1-4			2:27
300	5:55 PM	6 x 50 on 1:00 build			2:00
150	6:01 PM	2 x 75 on 3:00 all out			4:00
100	6:07 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:12 PM	2,850 Meters			

**Workout #843 - Tuesday, 12 March 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
600	5:00 PM	4 x 150 on 2:45 swim			1:50
400	5:11 PM	4 x 100 on 2:00 kick			2:00
500	5:19 PM	10 x 50 on :55 pull			1:50
		~GROUP UP~			
100	5:29 PM	4 x 25 on :40 fast			2:40
1,500	5:32 PM	3x{4 x 50 on 1:10 build			2:20
		{2 x 150 on 2:45 build by 50s			1:50
100	6:03 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:08 PM	3,200 Meters			

**Workout #845 - Tuesday, 12 March 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
300	5:00 PM	4 x 75 on 2:45 swim			3:40
300	5:11 PM	4 x 75 on 2:00 kick			2:40
250	5:19 PM	10 x 25 on :55 pull			3:40
		~GROUP UP~			
100	5:29 PM	4 x 25 on :40 fast			2:40
750	5:32 PM	3x{4 x 25 on 1:10 build			4:40
		{2 x 75 on 2:45 build by 50s			3:40
100	6:03 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:08 PM	1,800 Meters			

**Workout #844 - Tuesday, 12 March 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
500	5:00 PM	4 x 125 on 2:45 swim			2:12
400	5:11 PM	4 x 100 on 2:00 kick			2:00
500	5:19 PM	10 x 50 on :55 pull			1:50
		~GROUP UP~			
100	5:29 PM	4 x 25 on :40 fast			2:40
1,350	5:32 PM	3x{4 x 50 on 1:10 build			2:20
		{2 x 125 on 2:45 build by 50s			2:12
100	6:03 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:08 PM	2,950 Meters			

**Workout #846 - Wednesday, 13 March 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
800	5:00 PM	4 x 200 on 3:30 swim			1:45
300	5:14 PM	6 x 50 on 1:10 kick			2:20
400	5:21 PM	4 x 100 on 1:50 pull			1:50
		~GROUP UP~			
400	5:29 PM	8 x 50 on 1:10 build			2:20
600	5:39 PM	2 x 300 on 5:00 second 300 faster			1:40
600	5:49 PM	1 x 600 on 10:00 neg split			1:40
300	5:59 PM	1 x 300 on 5:10 threshold pace			1:43
600	6:05 PM	1 x 600 on 10:15 build by 100s			1:42
100	6:16 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:21 PM	4,100 Meters			

**Workout #848 - Wednesday, 13 March 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
400	5:00 PM	4 x 100 on 3:30 swim			3:30
150	5:14 PM	6 x 25 on 1:10 kick			4:40
100	5:21 PM	4 x 25 on 1:50 pull			7:20
		~GROUP UP~			
200	5:29 PM	8 x 25 on 1:10 build			4:40
300	5:39 PM	2 x 150 on 5:00 second 300 faster			3:20
300	5:49 PM	1 x 300 on 10:00 neg split			3:20
150	5:59 PM	1 x 150 on 5:10 threshold pace			3:27
300	6:05 PM	1 x 300 on 10:15 build by 100s			3:25
100	6:16 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:21 PM	2,000 Meters			

**Workout #847 - Wednesday, 13 March 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
600	5:00 PM	4 x 150 on 3:30 swim			2:20
300	5:14 PM	6 x 50 on 1:10 kick			2:20
300	5:21 PM	4 x 75 on 1:50 pull			2:27
		~GROUP UP~			
400	5:29 PM	8 x 50 on 1:10 build			2:20
500	5:39 PM	2 x 250 on 5:00 second 300 faster			2:00
500	5:49 PM	1 x 500 on 10:00 neg split			2:00
250	5:59 PM	1 x 250 on 5:10 threshold pace			2:04
500	6:05 PM	1 x 500 on 10:15 build by 100s			2:03
100	6:16 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:21 PM	3,450 Meters			

**Workout #789 - Thursday, 14 March 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 #791 - Thursday, 14 March 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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			

**Workout #790 - Thursday, 14 March 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 #792 - Monday, 18 March 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
800	5:00 PM	4 x 200 on 4:00 swim			2:00
300	5:16 PM	6 x 50 on 1:10 kick			2:20
400	5:23 PM	4 x 100 on 1:50 pull			1:50
		~GROUP UP~			
100	5:31 PM	4 x 25 on :40 fast!			2:40
2,000	5:34 PM	4x{4 x 50 on 1:00 build			2:00
		{4 x 75 on 1:20 build by 25s			1:47
100	6:12 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:17 PM	3,700 Meters			

**Workout #794 - Monday, 18 March 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
500	5:00 PM	4 x 125 on 4:00 swim			3:12
150	5:16 PM	6 x 25 on 1:10 kick			4:40
200	5:23 PM	4 x 50 on 1:50 pull			3:40
		~GROUP UP~			
100	5:31 PM	4 x 25 on :40 fast!			2:40
1,200	5:34 PM	4x{4 x 25 on 1:00 build			4:00
		{4 x 50 on 1:20 alt 50 & 25			2:40
100	6:12 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:17 PM	2,250 Meters			

**Workout #793 - Monday, 18 March 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
800	5:00 PM	4 x 200 on 4:00 swim			2:00
300	5:16 PM	6 x 50 on 1:10 kick			2:20
300	5:23 PM	4 x 75 on 1:50 pull			2:27
		~GROUP UP~			
100	5:31 PM	4 x 25 on :40 fast!			2:40
1,600	5:34 PM	4x{4 x 50 on 1:00 build			2:00
		{4 x 50 on 1:20 build by 25s			2:40
100	6:12 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:17 PM	3,200 Meters			

**Workout #759 - Tuesday, 19 March 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
800	5:00 PM	4 x 200 on 3:20 swim			1:40
400	5:14 PM	4 x 100 on 2:00 kick			2:00
300	5:22 PM	6 x 50 on 1:00 pull			2:00
		~GROUP UP~			
400	5:28 PM	8 x 50 on 1:10 desc 1-4, 5-8			2:20
1,000	5:38 PM	10 x 100 on 2:00 desc 1-4, 5-8, last two fast			2:00
100	5:58 PM	2 x 50 on 1:30 cruise			3:00
600	6:01 PM	6 x 100 on 2:00 desc 1-4 , last two fast			2:00
100	6:13 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:18 PM	3,700 Meters			

**Workout #761 - Tuesday, 19 March 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
400	5:00 PM	4 x 100 on 3:20 swim			3:20
200	5:14 PM	4 x 50 on 2:00 kick			4:00
150	5:22 PM	6 x 25 on 1:00 pull			4:00
		~GROUP UP~			
200	5:28 PM	8 x 25 on 1:10 desc 1-4, 5-8			4:40
500	5:38 PM	10 x 50 on 2:00 desc 1-4, 5-8, last two fast			4:00
50	5:58 PM	2 x 25 on 1:30 cruise			6:00
300	6:01 PM	6 x 50 on 2:00 desc 1-4 , last two fast			4:00
100	6:13 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:18 PM	1,900 Meters			

**Workout #760 - Tuesday, 19 March 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
600	5:00 PM	4 x 150 on 3:20 swim			2:13
400	5:14 PM	4 x 100 on 2:00 kick			2:00
300	5:22 PM	6 x 50 on 1:00 pull			2:00
		~GROUP UP~			
400	5:28 PM	8 x 50 on 1:10 desc 1-4, 5-8			2:20
750	5:38 PM	10 x 75 on 2:00 desc 1-4, 5-8, last two fast			2:40
100	5:58 PM	2 x 50 on 1:30 cruise			3:00
450	6:01 PM	6 x 75 on 2:00 desc 1-4 , last two fast			2:40
100	6:13 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:18 PM	3,100 Meters			

**Workout #774 - Wednesday, 20 March 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
800	5:00 PM	4 x 200 on 3:30 swim			1:45
400	5:14 PM	4 x 100 on 2:30 kick			2:30
300	5:24 PM	6 x 50 on 1:00 pull			2:00
		~GROUP UP~			
600	5:30 PM	6 x 100 on 1:55 desc 1-6			1:55
500	5:42 PM	2 x 250 on 4:30 second 250 faster			1:48
500	5:51 PM	1 x 500 on 9:00 build			1:48
500	6:00 PM	2 x 250 on 4:15 second 250 faster			1:42
600	6:09 PM	6 x 100 on 1:50 desc 1-6			1:50
100	6:20 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:25 PM	4,300 Meters			

**Workout #776 - Wednesday, 20 March 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
400	5:00 PM	4 x 100 on 3:30 swim			3:30
300	5:14 PM	4 x 75 on 2:30 kick			3:20
150	5:24 PM	6 x 25 on 1:00 pull			4:00
		~GROUP UP~			
300	5:30 PM	6 x 50 on 1:55 desc 1-6			3:50
250	5:42 PM	2 x 125 on 4:30 second 125 faster			3:36
300	5:51 PM	1 x 300 on 9:00 build			3:00
250	6:00 PM	2 x 125 on 4:15 second 125 faster			3:24
300	6:09 PM	6 x 50 on 1:50 desc 1-6			3:40
100	6:20 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:25 PM	2,350 Meters			

**Workout #775 - Wednesday, 20 March 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
600	5:00 PM	4 x 150 on 3:30 swim			2:20
400	5:14 PM	4 x 100 on 2:30 kick			2:30
300	5:24 PM	6 x 50 on 1:00 pull			2:00
		~GROUP UP~			
450	5:30 PM	6 x 75 on 1:55 desc 1-6			2:33
400	5:42 PM	2 x 200 on 4:30 second 200 faster			2:15
400	5:51 PM	1 x 400 on 9:00 build			2:15
400	6:00 PM	2 x 200 on 4:15 second 200 faster			2:08
450	6:09 PM	6 x 75 on 1:50 desc 1-6			2:27
100	6:20 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:25 PM	3,500 Meters			

**Workout #813 - Thursday, 21 March 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
500	5:00 PM	5 x 100 on 1:50 swim			1:50
500	5:10 PM	5 x 100 on 2:10 kick			2:10
500	5:21 PM	5 x 100 on 1:45 pull			1:45
		~GROUP UP~			
100	5:30 PM	4 x 25 on :40 fast!			2:40
2,000	5:33 PM	4x{5 x 75 on 1:25 50 build 25 fast			1:53
		{1 x 75 on 2:00 all out			2:40
		{1 x 50 on 1:30 cruise			3:00
100	6:16 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:21 PM	3,700 Meters			

**Workout #763 - Thursday, 21 March 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
400	5:00 PM	2 x 200 on 5:00 swim			2:30
300	5:10 PM	6 x 50 on 1:15 kick			2:30
450	5:18 PM	6 x 75 on 1:50 pull			2:27
		~GROUP UP~			
300	5:29 PM	4 x 75 on 2:00 build			2:40
500	5:37 PM	2 x 250 on 5:30 neg split			2:12
450	5:48 PM	6 x 75 on 1:55 build			2:33
250	6:00 PM	1 x 250 on 5:15 neg split			2:06
600	6:06 PM	8 x 75 on 1:50 hang on			2:27
100	6:21 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:26 PM	3,350 Meters			

**Workout #814 - Thursday, 21 March 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
375	5:00 PM	5 x 75 on 1:50 swim			2:27
500	5:10 PM	5 x 100 on 2:10 kick			2:10
375	5:21 PM	5 x 75 on 1:45 pull			2:20
		~GROUP UP~			
100	5:30 PM	4 x 25 on :40 fast!			2:40
2,000	5:33 PM	4x{5 x 75 on 1:25 alt 75 and 50			1:53
		{1 x 75 on 2:00 all out			2:40
		{1 x 50 on 1:30 cruise			3:00
100	6:16 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:21 PM	3,450 Meters			

**Workout #756 - Monday, 25 March 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
600	5:00 PM	4 x 150 on 2:45 swim			1:50
400	5:11 PM	8 x 50 on 1:15 kick			2:30
500	5:21 PM	10 x 50 on 1:00 pull			2:00
		~GROUP UP~			
100	5:31 PM	4 x 25 on :40 fast!!!			2:40
500	5:34 PM	10 x 50 on 1:10 build			2:20
200	5:46 PM	2 x 100 on 1:50 desc 1-2			1:50
400	5:50 PM	8 x 50 on 1:00 build			2:00
400	5:58 PM	4 x 100 on 2:00 desc 1-4			2:00
100	6:06 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:11 PM	3,200 Meters			

**Workout #758 - Monday, 25 March 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
300	5:00 PM	4 x 75 on 2:45 swim			3:40
200	5:11 PM	8 x 25 on 1:15 kick			5:00
250	5:21 PM	10 x 25 on 1:00 pull			4:00
		~GROUP UP~			
100	5:31 PM	4 x 25 on :40 fast!!!			2:40
250	5:34 PM	10 x 25 on 1:10 build			4:40
100	5:46 PM	2 x 50 on 1:50 desc 1-2			3:40
200	5:50 PM	8 x 25 on 1:00 build			4:00
200	5:58 PM	4 x 50 on 2:00 desc 1-4			4:00
100	6:06 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:11 PM	1,700 Meters			

**Workout #757 - Monday, 25 March 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
400	5:00 PM	4 x 100 on 2:45 swim			2:45
400	5:11 PM	8 x 50 on 1:15 kick			2:30
500	5:21 PM	10 x 50 on 1:00 pull			2:00
		~GROUP UP~			
100	5:31 PM	4 x 25 on :40 fast!!!			2:40
500	5:34 PM	10 x 50 on 1:10 build			2:20
150	5:46 PM	2 x 75 on 1:50 desc 1-2			2:27
400	5:50 PM	8 x 50 on 1:00 build			2:00
300	5:58 PM	4 x 75 on 2:00 desc 1-4			2:40
100	6:06 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:11 PM	2,850 Meters			

**Workout #771 - Tuesday, 26 March 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
600	5:00 PM	4 x 150 on 2:15 swim			1:30
300	5:09 PM	6 x 50 on 1:15 kick			2:30
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 desc 1-4, 5-8			2:20
600	5:38 PM	4 x 150 on 2:50 build by 50s			1:53
300	5:50 PM	6 x 50 on 1:00 desc 1-6			2:00
300	5:56 PM	2 x 150 on 2:45 build			1:50
100	6:02 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:07 PM	3,200 Meters			

**Workout #773 - Tuesday, 26 March 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
300	5:00 PM	4 x 75 on 2:15 swim			3:00
150	5:09 PM	6 x 25 on 1:15 kick			5:00
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 desc 1-4, 5-8			4:40
300	5:38 PM	4 x 75 on 2:50 build by 50s			3:47
150	5:50 PM	6 x 25 on 1:00 desc 1-6			4:00
150	5:56 PM	2 x 75 on 2:45 build			3:40
100	6:02 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:07 PM	1,650 Meters			

**Workout #772 - Tuesday, 26 March 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
400	5:00 PM	4 x 100 on 2:15 swim			2:15
300	5:09 PM	6 x 50 on 1:15 kick			2:30
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 desc 1-4, 5-8			2:20
500	5:38 PM	4 x 125 on 2:50 build by 50s			2:16
300	5:50 PM	6 x 50 on 1:00 desc 1-6			2:00
250	5:56 PM	2 x 125 on 2:45 build			2:12
100	6:02 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:07 PM	2,700 Meters			

**Workout #741 - Wednesday, 27 March 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 :50 pull			1:40
		~GROUP UP~			
100	5:29 PM	4 x 25 on :40 fast!			2:40
300	5:32 PM	6 x 50 on 1:10 desc 1-3, 4-6			2:20
150	5:39 PM	2 x 75 on 1:30 second 75 faster			2:00
200	5:42 PM	4 x 50 on 1:05 desc 1-4			2:10
300	5:47 PM	4 x 75 on 1:25 last two 75s faster			1:53
100	5:53 PM	2 x 50 on 1:00 desc 1-2			2:00
450	5:55 PM	6 x 75 on 1:20 last three 75s faster			1:47
100	6:03 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:08 PM	3,200 Meters			

**Workout #743 - Wednesday, 27 March 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 :50 pull			3:20
		~GROUP UP~			
100	5:29 PM	4 x 25 on :40 fast!			2:40
150	5:32 PM	6 x 25 on 1:10 desc 1-3, 4-6			4:40
100	5:39 PM	2 x 50 on 1:30 second 50 faster			3:00
100	5:42 PM	4 x 25 on 1:05 desc 1-4			4:20
200	5:47 PM	4 x 50 on 1:25 last two 50s faster			2:50
50	5:53 PM	2 x 25 on 1:00 desc 1-2			4:00
300	5:55 PM	6 x 50 on 1:20 last three 50s faster			2:40
100	6:03 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:08 PM	1,850 Meters			

**Workout #742 - Wednesday, 27 March 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 :50 pull			1:40
		~GROUP UP~			
100	5:29 PM	4 x 25 on :40 fast!			2:40
300	5:32 PM	6 x 50 on 1:10 desc 1-3, 4-6			2:20
150	5:39 PM	2 x 75 on 1:30 second 75 faster			2:00
200	5:42 PM	4 x 50 on 1:05 desc 1-4			2:10
300	5:47 PM	4 x 75 on 1:25 last two 75s faster			1:53
100	5:53 PM	2 x 50 on 1:00 desc 1-2			2:00
450	5:55 PM	6 x 75 on 1:20 last three 75s faster			1:47
100	6:03 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:08 PM	2,950 Meters			

**Workout #825 - Thursday, 28 March 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 #827 - Thursday, 28 March 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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			

**Workout #826 - Thursday, 28 March 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 #816 - Monday, 01 April 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 #818 - Monday, 01 April 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 #817 - Monday, 01 April 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 #807 - Tuesday, 02 April 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
800	5:00 PM	4 x 200 on 3:30 swim			1:45
400	5:14 PM	4 x 100 on 2:10 kick			2:10
300	5:23 PM	6 x 50 on :55 pull			1:50
		~GROUP UP~			
200	5:29 PM	4 x 50 on 1:10 build			2:20
2,200	5:34 PM	4x{4 x 100 on 1:50 desc 1-4			1:50
		{1 x 100 on 1:40 all out			1:40
		{1 x 50 on 2:00 recover			4:00
100	6:18 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:23 PM	4,000 Meters			

**Workout #809 - Tuesday, 02 April 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
400	5:00 PM	4 x 100 on 3:30 swim			3:30
200	5:14 PM	4 x 50 on 2:10 kick			4:20
150	5:23 PM	6 x 25 on :55 pull			3:40
		~GROUP UP~			
100	5:29 PM	4 x 25 on 1:10 build			4:40
1,200	5:34 PM	4x{4 x 50 on 1:50 desc 1-4			3:40
		{1 x 50 on 1:40 all out			3:20
		{1 x 50 on 2:00 recover			4:00
100	6:18 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:23 PM	2,150 Meters			

**Workout #808 - Tuesday, 02 April 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
600	5:00 PM	4 x 150 on 3:30 swim			2:20
400	5:14 PM	4 x 100 on 2:10 kick			2:10
150	5:23 PM	6 x 25 on :55 pull			3:40
		~GROUP UP~			
200	5:29 PM	4 x 50 on 1:10 build			2:20
1,600	5:34 PM	4x{4 x 75 on 1:50 desc 1-4			2:27
		{1 x 75 on 1:40 all out			2:13
		{1 x 25 on 2:00 recover			8:00
100	6:18 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:23 PM	3,050 Meters			

**Workout #834 - Wednesday, 03 April 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
800	5:00 PM	4 x 200 on 3:55 swim			1:58
400	5:16 PM	4 x 100 on 2:00 kick			2:00
300	5:24 PM	6 x 50 on :55 pull			1:50
		~GROUP UP~			
400	5:30 PM	8 x 50 on 1:10 build			2:20
2,400	5:40 PM	3x{2 x 200 on 3:50 desc 1-2			1:55
		{1 x 400 on 7:00 neg split			1:45
100	6:24 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:29 PM	4,400 Meters			

**Workout #836 - Wednesday, 03 April 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
400	5:00 PM	4 x 100 on 3:55 swim			3:55
200	5:16 PM	4 x 50 on 2:00 kick			4:00
150	5:24 PM	6 x 25 on :55 pull			3:40
		~GROUP UP~			
200	5:30 PM	8 x 25 on 1:10 build			4:40
1,200	5:40 PM	3x{2 x 100 on 3:50 desc 1-2			3:50
		{1 x 200 on 7:00 neg split			3:30
100	6:24 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:29 PM	2,250 Meters			

**Workout #835 - Wednesday, 03 April 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
600	5:00 PM	4 x 150 on 3:55 swim			2:37
400	5:16 PM	4 x 100 on 2:00 kick			2:00
150	5:24 PM	6 x 25 on :55 pull			3:40
		~GROUP UP~			
400	5:30 PM	8 x 50 on 1:10 build			2:20
1,800	5:40 PM	3x{2 x 150 on 3:50 desc 1-2			2:33
		{1 x 300 on 7:00 neg split			2:20
100	6:24 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:29 PM	3,450 Meters			

**Workout #765 - Thursday, 04 April 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
600	5:00 PM	6 x 100 on 1:50 swim			1:50
400	5:11 PM	4 x 100 on 2:15 kick			2:15
600	5:20 PM	6 x 100 on 2:00 pull			2:00
		~GROUP UP~			
200	5:32 PM	1 x 200 on 3:30 build			1:45
600	5:36 PM	8 x 75 on 1:25 desc 1-4, 5-8			1:53
200	5:48 PM	1 x 200 on 3:25 build			1:42
450	5:52 PM	6 x 75 on 1:20 desc 1-3, 4-6			1:47
200	6:00 PM	1 x 200 on 3:20 build			1:40
300	6:04 PM	4 x 75 on 1:15 desc 1-4			1:40
100	6:09 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:14 PM	3,650 Meters			

**Workout #767 - Thursday, 04 April 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
300	5:00 PM	6 x 50 on 1:50 swim			3:40
300	5:11 PM	4 x 75 on 2:15 kick			3:00
300	5:20 PM	6 x 50 on 2:00 pull			4:00
		~GROUP UP~			
100	5:32 PM	1 x 100 on 3:30 build			3:30
200	5:36 PM	8 x 25 on 1:25 desc 1-4, 5-8			5:40
100	5:48 PM	1 x 100 on 3:25 build			3:25
150	5:52 PM	6 x 25 on 1:20 desc 1-3, 4-6			5:20
100	6:00 PM	1 x 100 on 3:20 build			3:20
100	6:04 PM	4 x 25 on 1:15 desc 1-4			5:00
100	6:09 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:14 PM	1,750 Meters			

**Workout #766 - Thursday, 04 April 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
450	5:00 PM	6 x 75 on 1:50 swim			2:27
400	5:11 PM	4 x 100 on 2:15 kick			2:15
600	5:20 PM	6 x 100 on 2:00 pull			2:00
		~GROUP UP~			
150	5:32 PM	1 x 150 on 3:30 build			2:20
400	5:36 PM	8 x 50 on 1:25 desc 1-4, 5-8			2:50
150	5:48 PM	1 x 150 on 3:25 build			2:17
300	5:52 PM	6 x 50 on 1:20 desc 1-3, 4-6			2:40
150	6:00 PM	1 x 150 on 3:20 build			2:13
200	6:04 PM	4 x 50 on 1:15 desc 1-4			2:30
100	6:09 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:14 PM	2,900 Meters			

**Workout #768 - Monday, 08 April 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
600	5:00 PM	6 x 100 on 1:50 swim			1:50
400	5:11 PM	4 x 100 on 2:15 kick			2:15
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
400	5:33 PM	4 x 100 on 2:00 build			2:00
200	5:41 PM	1 x 200 on 4:00 cruise			2:00
400	5:45 PM	4 x 100 on 1:50 build			1:50
200	5:53 PM	1 x 200 on 4:00 cruise			2:00
100	5:57 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:02 PM	2,900 Meters			

**Workout #770 - Monday, 08 April 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
300	5:00 PM	6 x 50 on 1:50 swim			3:40
200	5:11 PM	4 x 50 on 2:15 kick			4:30
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
200	5:33 PM	4 x 50 on 2:00 build			4:00
100	5:41 PM	1 x 100 on 4:00 cruise			4:00
200	5:45 PM	4 x 50 on 1:50 build			3:40
100	5:53 PM	1 x 100 on 4:00 cruise			4:00
100	5:57 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:02 PM	1,550 Meters			

**Workout #769 - Monday, 08 April 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
450	5:00 PM	6 x 75 on 1:50 swim			2:27
300	5:11 PM	4 x 75 on 2:15 kick			3:00
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
300	5:33 PM	4 x 75 on 2:00 build			2:40
150	5:41 PM	1 x 150 on 4:00 cruise			2:40
300	5:45 PM	4 x 75 on 1:50 build			2:27
150	5:53 PM	1 x 150 on 4:00 cruise			2:40
100	5:57 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:02 PM	2,350 Meters			

**Workout #738 - Tuesday, 09 April 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
400	5:00 PM	2 x 200 on 3:40 swim			1:50
300	5:08 PM	6 x 50 on 1:10 kick			2:20
800	5:15 PM	8 x 100 on 1:40 pull			1:40
		~GROUP UP~			
400	5:29 PM	4 x 100 on 1:50 build			1:50
800	5:37 PM	4 x 200 on 3:20 desc 1-4			1:40
800	5:51 PM	2 x 400 on 6:45 neg split			1:41
600	6:05 PM	1 x 600 on 12:00 finish strong			2:00
100	6:17 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:22 PM	4,200 Meters			

**Workout #740 - Tuesday, 09 April 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
250	5:00 PM	2 x 125 on 3:40 swim			2:56
150	5:08 PM	6 x 25 on 1:10 kick			4:40
400	5:15 PM	8 x 50 on 1:40 pull			3:20
		~GROUP UP~			
200	5:29 PM	4 x 50 on 1:50 build			3:40
400	5:37 PM	4 x 100 on 3:20 desc 1-4			3:20
450	5:51 PM	2 x 225 on 6:45 neg split			3:00
400	6:05 PM	1 x 400 on 12:00 finish strong			3:00
100	6:17 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:22 PM	2,350 Meters			

**Workout #739 - Tuesday, 09 April 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
350	5:00 PM	2 x 175 on 3:40 swim			2:06
300	5:08 PM	6 x 50 on 1:10 kick			2:20
600	5:15 PM	8 x 75 on 1:40 pull			2:13
		~GROUP UP~			
300	5:29 PM	4 x 75 on 1:50 build			2:27
600	5:37 PM	4 x 150 on 3:20 desc 1-4			2:13
650	5:51 PM	2 x 325 on 6:45 neg split			2:05
500	6:05 PM	1 x 500 on 12:00 finish strong			2:24
100	6:17 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:22 PM	3,400 Meters			

**Workout #750 - Wednesday, 10 April 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
600	5:00 PM	4 x 150 on 2:45 swim			1:50
400	5:11 PM	4 x 100 on 2:30 kick			2:30
500	5:21 PM	10 x 50 on 1:00 pull			2:00
		~GROUP UP~			
400	5:31 PM	4 x 100 on 1:50 desc 1-4			1:50
400	5:39 PM	2 x 200 on 3:30 build			1:45
400	5:46 PM	1 x 400 on 6:50 neg split			1:42
800	5:53 PM	4 x 200 on 3:45 desc 1-4			1:52
800	6:08 PM	8 x 100 on 1:55 build			1:55
100	6:24 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:29 PM	4,400 Meters			

**Workout #752 - Wednesday, 10 April 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
300	5:00 PM	4 x 75 on 2:45 swim			3:40
200	5:11 PM	4 x 50 on 2:30 kick			5:00
250	5:21 PM	10 x 25 on 1:00 pull			4:00
		~GROUP UP~			
200	5:31 PM	4 x 50 on 1:50 desc 1-4			3:40
200	5:39 PM	2 x 100 on 3:30 build			3:30
200	5:46 PM	1 x 200 on 6:50 neg split			3:25
500	5:53 PM	4 x 125 on 3:45 desc 1-4			3:00
400	6:08 PM	8 x 50 on 1:55 build			3:50
100	6:24 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:29 PM	2,350 Meters			

**Workout #751 - Wednesday, 10 April 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
500	5:00 PM	4 x 125 on 2:45 swim			2:12
300	5:11 PM	4 x 75 on 2:30 kick			3:20
500	5:21 PM	10 x 50 on 1:00 pull			2:00
		~GROUP UP~			
300	5:31 PM	4 x 75 on 1:50 desc 1-4			2:27
300	5:39 PM	2 x 150 on 3:30 build			2:20
300	5:46 PM	1 x 300 on 6:50 neg split			2:17
700	5:53 PM	4 x 175 on 3:45 desc 1-4			2:09
600	6:08 PM	8 x 75 on 1:55 build			2:33
100	6:24 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:29 PM	3,600 Meters			

**Workout #837 - Thursday, 11 April 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
600	5:00 PM	4 x 150 on 3:00 swim			2:00
500	5:12 PM	10 x 50 on 1:00 kick			2:00
400	5:22 PM	4 x 100 on 1:50 pull			1:50
		~GROUP UP~			
100	5:30 PM	4 x 25 on :40 fast!!			2:40
400	5:33 PM	4 x 100 on 1:50 desc 1-4			1:50
800	5:41 PM	4 x 200 on 3:30 build			1:45
400	5:55 PM	1 x 400 on 7:15 neg split			1:49
100	6:03 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:08 PM	3,300 Meters			

**Workout #839 - Thursday, 11 April 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
400	5:00 PM	4 x 100 on 3:00 swim			3:00
250	5:12 PM	10 x 25 on 1:00 kick			4:00
200	5:22 PM	4 x 50 on 1:50 pull			3:40
		~GROUP UP~			
100	5:30 PM	4 x 25 on :40 fast!!			2:40
200	5:33 PM	4 x 50 on 1:50 desc 1-4			3:40
400	5:41 PM	4 x 100 on 3:30 build			3:30
200	5:55 PM	1 x 200 on 7:15 neg split			3:38
100	6:03 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:08 PM	1,850 Meters			

**Workout #838 - Thursday, 11 April 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
600	5:00 PM	4 x 150 on 3:00 swim			2:00
500	5:12 PM	10 x 50 on 1:00 kick			2:00
300	5:22 PM	4 x 75 on 1:50 pull			2:27
		~GROUP UP~			
100	5:30 PM	4 x 25 on :40 fast!!			2:40
300	5:33 PM	4 x 75 on 1:50 desc 1-4			2:27
600	5:41 PM	4 x 150 on 3:30 build			2:20
300	5:55 PM	1 x 300 on 7:15 neg split			2:25
100	6:03 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:08 PM	2,800 Meters			

**Workout #735 - Monday, 15 April 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 1:00 pull			2:00
		~GROUP UP~			
400	5:30 PM	8 x 50 on 1:00 desc 1-4, 5-8			2:00
600	5:38 PM	4 x 150 on 2:35 build by 50s			1:43
300	5:49 PM	6 x 50 on 1:10 desc 1-3, 4-6			2:20
300	5:56 PM	2 x 150 on 2:30 build by 50s			1:40
100	6:01 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:06 PM	3,200 Meters			

**Workout #737 - Monday, 15 April 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 1:00 pull			4:00
		~GROUP UP~			
200	5:30 PM	8 x 25 on 1:00 desc 1-4, 5-8			4:00
300	5:38 PM	4 x 75 on 2:35 build by 50s			3:27
150	5:49 PM	6 x 25 on 1:10 desc 1-3, 4-6			4:40
150	5:56 PM	2 x 75 on 2:30 build by 50s			3:20
100	6:01 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:06 PM	1,650 Meters			

**Workout #736 - Monday, 15 April 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
500	5:00 PM	4 x 125 on 2:45 swim			2:12
300	5:11 PM	4 x 75 on 2:10 kick			2:53
500	5:20 PM	10 x 50 on 1:00 pull			2:00
		~GROUP UP~			
400	5:30 PM	8 x 50 on 1:00 desc 1-4, 5-8			2:00
500	5:38 PM	4 x 125 on 2:35 build by 50s			2:04
300	5:49 PM	6 x 50 on 1:10 desc 1-3, 4-6			2:20
250	5:56 PM	2 x 125 on 2:30 build by 50s			2:00
100	6:01 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:06 PM	2,850 Meters			

**Workout #795 - Tuesday, 16 April 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
600	5:00 PM	2 x 300 on 5:00 swim			1:40
500	5:10 PM	10 x 50 on 1:10 kick			2:20
400	5:22 PM	4 x 100 on 1:50 pull			1:50
		~GROUP UP~			
400	5:30 PM	8 x 50 on 1:10 build			2:20
800	5:40 PM	4 x 200 on 3:30 desc 1-4			1:45
400	5:54 PM	4 x 100 on 1:45 build			1:45
100	6:01 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:06 PM	3,200 Meters			

**Workout #797 - Tuesday, 16 April 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
300	5:00 PM	2 x 150 on 5:00 swim			3:20
250	5:10 PM	10 x 25 on 1:10 kick			4:40
200	5:22 PM	4 x 50 on 1:50 pull			3:40
		~GROUP UP~			
200	5:30 PM	8 x 25 on 1:10 build			4:40
400	5:40 PM	4 x 100 on 3:30 desc 1-4			3:30
200	5:54 PM	4 x 50 on 1:45 build			3:30
100	6:01 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:06 PM	1,650 Meters			

**Workout #796 - Tuesday, 16 April 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
500	5:00 PM	2 x 250 on 5:00 swim			2:00
500	5:10 PM	10 x 50 on 1:10 kick			2:20
300	5:22 PM	4 x 75 on 1:50 pull			2:27
		~GROUP UP~			
400	5:30 PM	8 x 50 on 1:10 build			2:20
700	5:40 PM	4 x 175 on 3:30 desc 1-4			2:00
300	5:54 PM	4 x 75 on 1:45 build			2:20
100	6:01 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:06 PM	2,800 Meters			

**Workout #810 - Wednesday, 17 April 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 1:55 pull			1:55
		~GROUP UP~			
400	5:29 PM	8 x 50 on 1:00 alt cruise and speedy			2:00
600	5:37 PM	6 x 100 on 1:55 build			1:55
800	5:49 PM	4 x 200 on 4:00 desc 1-4			2:00
600	6:05 PM	2 x 300 on 5:30 neg split			1:50
400	6:16 PM	1 x 400 on 7:00 build			1:45
100	6:23 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:28 PM	4,400 Meters			

**Workout #812 - Wednesday, 17 April 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 1:55 pull			3:50
		~GROUP UP~			
200	5:29 PM	8 x 25 on 1:00 alt cruise and speedy			4:00
300	5:37 PM	6 x 50 on 1:55 build			3:50
500	5:49 PM	4 x 125 on 4:00 desc 1-4			3:12
350	6:05 PM	2 x 175 on 5:30 neg split			3:09
200	6:16 PM	1 x 200 on 7:00 build			3:30
100	6:23 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:28 PM	2,400 Meters			

**Workout #811 - Wednesday, 17 April 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
400	5:00 PM	2 x 200 on 5:00 swim			2:30
300	5:10 PM	6 x 50 on 1:10 kick			2:20
450	5:17 PM	6 x 75 on 1:55 pull			2:33
		~GROUP UP~			
400	5:29 PM	8 x 50 on 1:00 alt cruise and speedy			2:00
450	5:37 PM	6 x 75 on 1:55 build			2:33
700	5:49 PM	4 x 175 on 4:00 desc 1-4			2:17
500	6:05 PM	2 x 250 on 5:30 neg split			2:12
300	6:16 PM	1 x 300 on 7:00 build			2:20
100	6:23 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:28 PM	3,600 Meters			

**Workout #801 - Thursday, 18 April 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 :55 pull			1:50
		~GROUP UP~			
100	5:30 PM	4 x 25 on :40 fast!			2:40
800	5:33 PM	8 x 100 on 1:50 desc 1-8			1:50
50	5:48 PM	1 x 50 on 1:30 recover			3:00
600	5:50 PM	6 x 100 on 1:45 desc 1-6			1:45
100	6:01 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:06 PM	3,150 Meters			

**Workout #803 - Thursday, 18 April 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 :55 pull			3:40
		~GROUP UP~			
100	5:30 PM	4 x 25 on :40 fast!			2:40
400	5:33 PM	8 x 50 on 1:50 desc 1-8			3:40
50	5:48 PM	1 x 50 on 1:30 recover			3:00
300	5:50 PM	6 x 50 on 1:45 desc 1-6			3:30
100	6:01 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:06 PM	1,700 Meters			

**Workout #802 - Thursday, 18 April 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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
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
600	5:33 PM	8 x 75 on 1:50 desc 1-8			2:27
50	5:48 PM	1 x 50 on 1:30 recover			3:00
450	5:50 PM	6 x 75 on 1:45 desc 1-6			2:20
100	6:01 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:06 PM	2,400 Meters			

**Workout #744 - Monday, 22 April 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
400	5:00 PM	2 x 200 on 3:30 swim			1:45
300	5:07 PM	6 x 50 on 1:50 kick			3:40
800	5:18 PM	8 x 100 on 1:50 pull			1:50
		~GROUP UP~			
100	5:33 PM	4 x 25 on :40 fast!			2:40
300	5:36 PM	4 x 75 on 1:30 desc 1-4			2:00
100	5:42 PM	4 x 25 on :40 fast!			2:40
150	5:45 PM	2 x 75 on 1:20 desc 1-2			1:47
150	5:48 PM	6 x 25 on :40 fast!			2:40
300	5:52 PM	4 x 75 on 1:20 desc 1-4			1:47
200	5:58 PM	8 x 25 on :40 fast~			2:40
100	6:04 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:09 PM	2,900 Meters			

**Workout #746 - Monday, 22 April 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
200	5:00 PM	2 x 100 on 3:30 swim			3:30
150	5:07 PM	6 x 25 on 1:50 kick			7:20
400	5:18 PM	8 x 50 on 1:50 pull			3:40
		~GROUP UP~			
100	5:33 PM	4 x 25 on :40 fast!			2:40
200	5:36 PM	4 x 50 on 1:30 desc 1-4			3:00
100	5:42 PM	4 x 25 on :40 fast!			2:40
50	5:45 PM	2 x 25 on 1:20 desc 1-2			5:20
150	5:48 PM	6 x 25 on :40 fast!			2:40
100	5:52 PM	4 x 25 on 1:20 desc 1-4			5:20
200	5:58 PM	8 x 25 on :40 fast~			2:40
100	6:04 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:09 PM	1,750 Meters			

**Workout #745 - Monday, 22 April 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
300	5:00 PM	2 x 150 on 3:30 swim			2:20
300	5:07 PM	6 x 50 on 1:50 kick			3:40
600	5:18 PM	8 x 75 on 1:50 pull			2:27
		~GROUP UP~			
100	5:33 PM	4 x 25 on :40 fast!			2:40
200	5:36 PM	4 x 50 on 1:30 desc 1-4			3:00
100	5:42 PM	4 x 25 on :40 fast!			2:40
100	5:45 PM	2 x 50 on 1:20 desc 1-2			2:40
150	5:48 PM	6 x 25 on :40 fast!			2:40
200	5:52 PM	4 x 50 on 1:20 desc 1-4			2:40
200	5:58 PM	8 x 25 on :40 fast~			2:40
100	6:04 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:09 PM	2,350 Meters			

**Workout #759 - Tuesday, 23 April 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
800	5:00 PM	4 x 200 on 3:20 swim			1:40
400	5:14 PM	4 x 100 on 2:00 kick			2:00
300	5:22 PM	6 x 50 on 1:00 pull			2:00
		~GROUP UP~			
400	5:28 PM	8 x 50 on 1:10 desc 1-4, 5-8			2:20
1,000	5:38 PM	10 x 100 on 2:00 desc 1-4, 5-8, last two fast			2:00
100	5:58 PM	2 x 50 on 1:30 cruise			3:00
600	6:01 PM	6 x 100 on 2:00 desc 1-4 , last two fast			2:00
100	6:13 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:18 PM	3,700 Meters			

**Workout #761 - Tuesday, 23 April 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
400	5:00 PM	4 x 100 on 3:20 swim			3:20
200	5:14 PM	4 x 50 on 2:00 kick			4:00
150	5:22 PM	6 x 25 on 1:00 pull			4:00
		~GROUP UP~			
200	5:28 PM	8 x 25 on 1:10 desc 1-4, 5-8			4:40
500	5:38 PM	10 x 50 on 2:00 desc 1-4, 5-8, last two fast			4:00
50	5:58 PM	2 x 25 on 1:30 cruise			6:00
300	6:01 PM	6 x 50 on 2:00 desc 1-4 , last two fast			4:00
100	6:13 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:18 PM	1,900 Meters			

**Workout #760 - Tuesday, 23 April 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
600	5:00 PM	4 x 150 on 3:20 swim			2:13
400	5:14 PM	4 x 100 on 2:00 kick			2:00
300	5:22 PM	6 x 50 on 1:00 pull			2:00
		~GROUP UP~			
400	5:28 PM	8 x 50 on 1:10 desc 1-4, 5-8			2:20
750	5:38 PM	10 x 75 on 2:00 desc 1-4, 5-8, last two fast			2:40
100	5:58 PM	2 x 50 on 1:30 cruise			3:00
450	6:01 PM	6 x 75 on 2:00 desc 1-4 , last two fast			2:40
100	6:13 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:18 PM	3,100 Meters			

**Workout #846 - Wednesday, 24 April 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
800	5:00 PM	4 x 200 on 3:30 swim			1:45
300	5:14 PM	6 x 50 on 1:10 kick			2:20
400	5:21 PM	4 x 100 on 1:50 pull			1:50
		~GROUP UP~			
400	5:29 PM	8 x 50 on 1:10 build			2:20
600	5:39 PM	2 x 300 on 5:00 second 300 faster			1:40
600	5:49 PM	1 x 600 on 10:00 neg split			1:40
300	5:59 PM	1 x 300 on 5:10 threshold pace			1:43
600	6:05 PM	1 x 600 on 10:15 build by 100s			1:42
100	6:16 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:21 PM	4,100 Meters			

**Workout #848 - Wednesday, 24 April 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
400	5:00 PM	4 x 100 on 3:30 swim			3:30
150	5:14 PM	6 x 25 on 1:10 kick			4:40
100	5:21 PM	4 x 25 on 1:50 pull			7:20
		~GROUP UP~			
200	5:29 PM	8 x 25 on 1:10 build			4:40
300	5:39 PM	2 x 150 on 5:00 second 300 faster			3:20
300	5:49 PM	1 x 300 on 10:00 neg split			3:20
150	5:59 PM	1 x 150 on 5:10 threshold pace			3:27
300	6:05 PM	1 x 300 on 10:15 build by 100s			3:25
100	6:16 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:21 PM	2,000 Meters			

**Workout #847 - Wednesday, 24 April 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
600	5:00 PM	4 x 150 on 3:30 swim			2:20
300	5:14 PM	6 x 50 on 1:10 kick			2:20
300	5:21 PM	4 x 75 on 1:50 pull			2:27
		~GROUP UP~			
400	5:29 PM	8 x 50 on 1:10 build			2:20
500	5:39 PM	2 x 250 on 5:00 second 300 faster			2:00
500	5:49 PM	1 x 500 on 10:00 neg split			2:00
250	5:59 PM	1 x 250 on 5:10 threshold pace			2:04
500	6:05 PM	1 x 500 on 10:15 build by 100s			2:03
100	6:16 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:21 PM	3,450 Meters			

**Workout #813 - Thursday, 25 April 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
500	5:00 PM	5 x 100 on 1:50 swim			1:50
500	5:10 PM	5 x 100 on 2:10 kick			2:10
500	5:21 PM	5 x 100 on 1:45 pull			1:45
		~GROUP UP~			
100	5:30 PM	4 x 25 on :40 fast!			2:40
2,000	5:33 PM	4x{5 x 75 on 1:25 50 build 25 fast			1:53
		{1 x 75 on 2:00 all out			2:40
		{1 x 50 on 1:30 cruise			3:00
100	6:16 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:21 PM	3,700 Meters			

**Workout #763 - Thursday, 25 April 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
400	5:00 PM	2 x 200 on 5:00 swim			2:30
300	5:10 PM	6 x 50 on 1:15 kick			2:30
450	5:18 PM	6 x 75 on 1:50 pull			2:27
		~GROUP UP~			
300	5:29 PM	4 x 75 on 2:00 build			2:40
500	5:37 PM	2 x 250 on 5:30 neg split			2:12
450	5:48 PM	6 x 75 on 1:55 build			2:33
250	6:00 PM	1 x 250 on 5:15 neg split			2:06
600	6:06 PM	8 x 75 on 1:50 hang on			2:27
100	6:21 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:26 PM	3,350 Meters			

**Workout #814 - Thursday, 25 April 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
375	5:00 PM	5 x 75 on 1:50 swim			2:27
500	5:10 PM	5 x 100 on 2:10 kick			2:10
375	5:21 PM	5 x 75 on 1:45 pull			2:20
		~GROUP UP~			
100	5:30 PM	4 x 25 on :40 fast!			2:40
2,000	5:33 PM	4x{5 x 75 on 1:25 alt 75 and 50			1:53
		{1 x 75 on 2:00 all out			2:40
		{1 x 50 on 1:30 cruise			3:00
100	6:16 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:21 PM	3,450 Meters			

**Workout #804 - Monday, 29 April 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
600	5:00 PM	4 x 150 on 3:00 swim			2:00
400	5:12 PM	8 x 50 on 1:10 kick			2:20
500	5:22 PM	10 x 50 on :55 pull			1:50
		~GROUP UP~			
100	5:32 PM	4 x 25 on :40 fast!			2:40
500	5:35 PM	10 x 50 on 1:10 build			2:20
400	5:47 PM	4 x 100 on 1:50 desc 1-4			1:50
300	5:55 PM	6 x 50 on 1:00 build			2:00
200	6:01 PM	2 x 100 on 3:00 all out			3:00
100	6:07 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:12 PM	3,100 Meters			

**Workout #806 - Monday, 29 April 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
400	5:00 PM	4 x 100 on 3:00 swim			3:00
200	5:12 PM	8 x 25 on 1:10 kick			4:40
250	5:22 PM	10 x 25 on :55 pull			3:40
		~GROUP UP~			
100	5:32 PM	4 x 25 on :40 fast!			2:40
250	5:35 PM	10 x 25 on 1:10 build			4:40
200	5:47 PM	4 x 50 on 1:50 desc 1-4			3:40
150	5:55 PM	6 x 25 on 1:00 build			4:00
100	6:01 PM	2 x 50 on 3:00 all out			6:00
100	6:07 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:12 PM	1,750 Meters			

**Workout #805 - Monday, 29 April 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
500	5:00 PM	4 x 125 on 3:00 swim			2:24
400	5:12 PM	8 x 50 on 1:10 kick			2:20
500	5:22 PM	10 x 50 on :55 pull			1:50
		~GROUP UP~			
100	5:32 PM	4 x 25 on :40 fast!			2:40
500	5:35 PM	10 x 50 on 1:10 build			2:20
300	5:47 PM	4 x 75 on 1:50 desc 1-4			2:27
300	5:55 PM	6 x 50 on 1:00 build			2:00
150	6:01 PM	2 x 75 on 3:00 all out			4:00
100	6:07 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:12 PM	2,850 Meters			

**Workout #843 - Tuesday, 30 April 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
600	5:00 PM	4 x 150 on 2:45 swim			1:50
400	5:11 PM	4 x 100 on 2:00 kick			2:00
500	5:19 PM	10 x 50 on :55 pull			1:50
		~GROUP UP~			
100	5:29 PM	4 x 25 on :40 fast			2:40
1,500	5:32 PM	3x{4 x 50 on 1:10 build			2:20
		{2 x 150 on 2:45 build by 50s			1:50
100	6:03 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:08 PM	3,200 Meters			

**Workout #845 - Tuesday, 30 April 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
300	5:00 PM	4 x 75 on 2:45 swim			3:40
300	5:11 PM	4 x 75 on 2:00 kick			2:40
250	5:19 PM	10 x 25 on :55 pull			3:40
		~GROUP UP~			
100	5:29 PM	4 x 25 on :40 fast			2:40
750	5:32 PM	3x{4 x 25 on 1:10 build			4:40
		{2 x 75 on 2:45 build by 50s			3:40
100	6:03 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:08 PM	1,800 Meters			

**Workout #844 - Tuesday, 30 April 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
500	5:00 PM	4 x 125 on 2:45 swim			2:12
400	5:11 PM	4 x 100 on 2:00 kick			2:00
500	5:19 PM	10 x 50 on :55 pull			1:50
		~GROUP UP~			
100	5:29 PM	4 x 25 on :40 fast			2:40
1,350	5:32 PM	3x{4 x 50 on 1:10 build			2:20
		{2 x 125 on 2:45 build by 50s			2:12
100	6:03 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:08 PM	2,950 Meters			

**Workout #774 - Wednesday, 01 May 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
800	5:00 PM	4 x 200 on 3:30 swim			1:45
400	5:14 PM	4 x 100 on 2:30 kick			2:30
300	5:24 PM	6 x 50 on 1:00 pull			2:00
		~GROUP UP~			
600	5:30 PM	6 x 100 on 1:55 desc 1-6			1:55
500	5:42 PM	2 x 250 on 4:30 second 250 faster			1:48
500	5:51 PM	1 x 500 on 9:00 build			1:48
500	6:00 PM	2 x 250 on 4:15 second 250 faster			1:42
600	6:09 PM	6 x 100 on 1:50 desc 1-6			1:50
100	6:20 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:25 PM	4,300 Meters			

**Workout #776 - Wednesday, 01 May 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
400	5:00 PM	4 x 100 on 3:30 swim			3:30
300	5:14 PM	4 x 75 on 2:30 kick			3:20
150	5:24 PM	6 x 25 on 1:00 pull			4:00
		~GROUP UP~			
300	5:30 PM	6 x 50 on 1:55 desc 1-6			3:50
250	5:42 PM	2 x 125 on 4:30 second 125 faster			3:36
300	5:51 PM	1 x 300 on 9:00 build			3:00
250	6:00 PM	2 x 125 on 4:15 second 125 faster			3:24
300	6:09 PM	6 x 50 on 1:50 desc 1-6			3:40
100	6:20 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:25 PM	2,350 Meters			

**Workout #775 - Wednesday, 01 May 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
600	5:00 PM	4 x 150 on 3:30 swim			2:20
400	5:14 PM	4 x 100 on 2:30 kick			2:30
300	5:24 PM	6 x 50 on 1:00 pull			2:00
		~GROUP UP~			
450	5:30 PM	6 x 75 on 1:55 desc 1-6			2:33
400	5:42 PM	2 x 200 on 4:30 second 200 faster			2:15
400	5:51 PM	1 x 400 on 9:00 build			2:15
400	6:00 PM	2 x 200 on 4:15 second 200 faster			2:08
450	6:09 PM	6 x 75 on 1:50 desc 1-6			2:27
100	6:20 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:25 PM	3,500 Meters			

**Workout #789 - Thursday, 02 May 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 #791 - Thursday, 02 May 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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			

**Workout #790 - Thursday, 02 May 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 #756 - Monday, 06 May 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
600	5:00 PM	4 x 150 on 2:45 swim			1:50
400	5:11 PM	8 x 50 on 1:15 kick			2:30
500	5:21 PM	10 x 50 on 1:00 pull			2:00
		~GROUP UP~			
100	5:31 PM	4 x 25 on :40 fast!!!			2:40
500	5:34 PM	10 x 50 on 1:10 build			2:20
200	5:46 PM	2 x 100 on 1:50 desc 1-2			1:50
400	5:50 PM	8 x 50 on 1:00 build			2:00
400	5:58 PM	4 x 100 on 2:00 desc 1-4			2:00
100	6:06 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:11 PM	3,200 Meters			

**Workout #758 - Monday, 06 May 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
300	5:00 PM	4 x 75 on 2:45 swim			3:40
200	5:11 PM	8 x 25 on 1:15 kick			5:00
250	5:21 PM	10 x 25 on 1:00 pull			4:00
		~GROUP UP~			
100	5:31 PM	4 x 25 on :40 fast!!!			2:40
250	5:34 PM	10 x 25 on 1:10 build			4:40
100	5:46 PM	2 x 50 on 1:50 desc 1-2			3:40
200	5:50 PM	8 x 25 on 1:00 build			4:00
200	5:58 PM	4 x 50 on 2:00 desc 1-4			4:00
100	6:06 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:11 PM	1,700 Meters			

**Workout #757 - Monday, 06 May 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
400	5:00 PM	4 x 100 on 2:45 swim			2:45
400	5:11 PM	8 x 50 on 1:15 kick			2:30
500	5:21 PM	10 x 50 on 1:00 pull			2:00
		~GROUP UP~			
100	5:31 PM	4 x 25 on :40 fast!!!			2:40
500	5:34 PM	10 x 50 on 1:10 build			2:20
150	5:46 PM	2 x 75 on 1:50 desc 1-2			2:27
400	5:50 PM	8 x 50 on 1:00 build			2:00
300	5:58 PM	4 x 75 on 2:00 desc 1-4			2:40
100	6:06 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:11 PM	2,850 Meters			

**Workout #771 - Tuesday, 07 May 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
600	5:00 PM	4 x 150 on 2:15 swim			1:30
300	5:09 PM	6 x 50 on 1:15 kick			2:30
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 desc 1-4, 5-8			2:20
600	5:38 PM	4 x 150 on 2:50 build by 50s			1:53
300	5:50 PM	6 x 50 on 1:00 desc 1-6			2:00
300	5:56 PM	2 x 150 on 2:45 build			1:50
100	6:02 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:07 PM	3,200 Meters			

**Workout #773 - Tuesday, 07 May 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
300	5:00 PM	4 x 75 on 2:15 swim			3:00
150	5:09 PM	6 x 25 on 1:15 kick			5:00
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 desc 1-4, 5-8			4:40
300	5:38 PM	4 x 75 on 2:50 build by 50s			3:47
150	5:50 PM	6 x 25 on 1:00 desc 1-6			4:00
150	5:56 PM	2 x 75 on 2:45 build			3:40
100	6:02 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:07 PM	1,650 Meters			

**Workout #772 - Tuesday, 07 May 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
400	5:00 PM	4 x 100 on 2:15 swim			2:15
300	5:09 PM	6 x 50 on 1:15 kick			2:30
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 desc 1-4, 5-8			2:20
500	5:38 PM	4 x 125 on 2:50 build by 50s			2:16
300	5:50 PM	6 x 50 on 1:00 desc 1-6			2:00
250	5:56 PM	2 x 125 on 2:45 build			2:12
100	6:02 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:07 PM	2,700 Meters			

**Workout #741 - Wednesday, 08 May 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 :50 pull			1:40
		~GROUP UP~			
100	5:29 PM	4 x 25 on :40 fast!			2:40
300	5:32 PM	6 x 50 on 1:10 desc 1-3, 4-6			2:20
150	5:39 PM	2 x 75 on 1:30 second 75 faster			2:00
200	5:42 PM	4 x 50 on 1:05 desc 1-4			2:10
300	5:47 PM	4 x 75 on 1:25 last two 75s faster			1:53
100	5:53 PM	2 x 50 on 1:00 desc 1-2			2:00
450	5:55 PM	6 x 75 on 1:20 last three 75s faster			1:47
100	6:03 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:08 PM	3,200 Meters			

**Workout #743 - Wednesday, 08 May 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 :50 pull			3:20
		~GROUP UP~			
100	5:29 PM	4 x 25 on :40 fast!			2:40
150	5:32 PM	6 x 25 on 1:10 desc 1-3, 4-6			4:40
100	5:39 PM	2 x 50 on 1:30 second 50 faster			3:00
100	5:42 PM	4 x 25 on 1:05 desc 1-4			4:20
200	5:47 PM	4 x 50 on 1:25 last two 50s faster			2:50
50	5:53 PM	2 x 25 on 1:00 desc 1-2			4:00
300	5:55 PM	6 x 50 on 1:20 last three 50s faster			2:40
100	6:03 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:08 PM	1,850 Meters			

**Workout #742 - Wednesday, 08 May 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 :50 pull			1:40
		~GROUP UP~			
100	5:29 PM	4 x 25 on :40 fast!			2:40
300	5:32 PM	6 x 50 on 1:10 desc 1-3, 4-6			2:20
150	5:39 PM	2 x 75 on 1:30 second 75 faster			2:00
200	5:42 PM	4 x 50 on 1:05 desc 1-4			2:10
300	5:47 PM	4 x 75 on 1:25 last two 75s faster			1:53
100	5:53 PM	2 x 50 on 1:00 desc 1-2			2:00
450	5:55 PM	6 x 75 on 1:20 last three 75s faster			1:47
100	6:03 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:08 PM	2,950 Meters			

**Workout #825 - Thursday, 09 May 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 #827 - Thursday, 09 May 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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			

**Workout #826 - Thursday, 09 May 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 #792 - Monday, 13 May 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
800	5:00 PM	4 x 200 on 4:00 swim			2:00
300	5:16 PM	6 x 50 on 1:10 kick			2:20
400	5:23 PM	4 x 100 on 1:50 pull			1:50
		~GROUP UP~			
100	5:31 PM	4 x 25 on :40 fast!			2:40
2,000	5:34 PM	4x{4 x 50 on 1:00 build			2:00
		{4 x 75 on 1:20 build by 25s			1:47
100	6:12 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:17 PM	3,700 Meters			

**Workout #794 - Monday, 13 May 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
500	5:00 PM	4 x 125 on 4:00 swim			3:12
150	5:16 PM	6 x 25 on 1:10 kick			4:40
200	5:23 PM	4 x 50 on 1:50 pull			3:40
		~GROUP UP~			
100	5:31 PM	4 x 25 on :40 fast!			2:40
1,200	5:34 PM	4x{4 x 25 on 1:00 build			4:00
		{4 x 50 on 1:20 alt 50 & 25			2:40
100	6:12 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:17 PM	2,250 Meters			

**Workout #793 - Monday, 13 May 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
800	5:00 PM	4 x 200 on 4:00 swim			2:00
300	5:16 PM	6 x 50 on 1:10 kick			2:20
300	5:23 PM	4 x 75 on 1:50 pull			2:27
		~GROUP UP~			
100	5:31 PM	4 x 25 on :40 fast!			2:40
1,600	5:34 PM	4x{4 x 50 on 1:00 build			2:00
		{4 x 50 on 1:20 build by 25s			2:40
100	6:12 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:17 PM	3,200 Meters			

**Workout #807 - Tuesday, 14 May 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
800	5:00 PM	4 x 200 on 3:30 swim			1:45
400	5:14 PM	4 x 100 on 2:10 kick			2:10
300	5:23 PM	6 x 50 on :55 pull			1:50
		~GROUP UP~			
200	5:29 PM	4 x 50 on 1:10 build			2:20
2,200	5:34 PM	4x{4 x 100 on 1:50 desc 1-4			1:50
		{1 x 100 on 1:40 all out			1:40
		{1 x 50 on 2:00 recover			4:00
100	6:18 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:23 PM	4,000 Meters			

**Workout #809 - Tuesday, 14 May 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
400	5:00 PM	4 x 100 on 3:30 swim			3:30
200	5:14 PM	4 x 50 on 2:10 kick			4:20
150	5:23 PM	6 x 25 on :55 pull			3:40
		~GROUP UP~			
100	5:29 PM	4 x 25 on 1:10 build			4:40
1,200	5:34 PM	4x{4 x 50 on 1:50 desc 1-4			3:40
		{1 x 50 on 1:40 all out			3:20
		{1 x 50 on 2:00 recover			4:00
100	6:18 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:23 PM	2,150 Meters			

**Workout #808 - Tuesday, 14 May 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
600	5:00 PM	4 x 150 on 3:30 swim			2:20
400	5:14 PM	4 x 100 on 2:10 kick			2:10
150	5:23 PM	6 x 25 on :55 pull			3:40
		~GROUP UP~			
200	5:29 PM	4 x 50 on 1:10 build			2:20
1,600	5:34 PM	4x{4 x 75 on 1:50 desc 1-4			2:27
		{1 x 75 on 1:40 all out			2:13
		{1 x 25 on 2:00 recover			8:00
100	6:18 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:23 PM	3,050 Meters			

**Workout #834 - Wednesday, 15 May 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
800	5:00 PM	4 x 200 on 3:55 swim			1:58
400	5:16 PM	4 x 100 on 2:00 kick			2:00
300	5:24 PM	6 x 50 on :55 pull			1:50
		~GROUP UP~			
400	5:30 PM	8 x 50 on 1:10 build			2:20
2,400	5:40 PM	3x{2 x 200 on 3:50 desc 1-2			1:55
		{1 x 400 on 7:00 neg split			1:45
100	6:24 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:29 PM	4,400 Meters			

**Workout #836 - Wednesday, 15 May 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
400	5:00 PM	4 x 100 on 3:55 swim			3:55
200	5:16 PM	4 x 50 on 2:00 kick			4:00
150	5:24 PM	6 x 25 on :55 pull			3:40
		~GROUP UP~			
200	5:30 PM	8 x 25 on 1:10 build			4:40
1,200	5:40 PM	3x{2 x 100 on 3:50 desc 1-2			3:50
		{1 x 200 on 7:00 neg split			3:30
100	6:24 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:29 PM	2,250 Meters			

**Workout #835 - Wednesday, 15 May 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
600	5:00 PM	4 x 150 on 3:55 swim			2:37
400	5:16 PM	4 x 100 on 2:00 kick			2:00
150	5:24 PM	6 x 25 on :55 pull			3:40
		~GROUP UP~			
400	5:30 PM	8 x 50 on 1:10 build			2:20
1,800	5:40 PM	3x{2 x 150 on 3:50 desc 1-2			2:33
		{1 x 300 on 7:00 neg split			2:20
100	6:24 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:29 PM	3,450 Meters			

**Workout #722 - Thursday, 16 May 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
600	5:00 PM	3 x 200 on 3:50 Mix Drill & Swim			1:55
400	5:12 PM	8 x 50 on 1:15 Kick, Mixed Speeds			2:30
400	5:22 PM	4 x 100 on 1:55 Pull, Build Each			1:55
		+++ Group Up +++			
300	5:30 PM	6 x 50 on 1:05 Desc			2:10
1,200	5:37 PM	1x{4 x 150 on 2:40 Desc			1:47
		{1 x 600 on 10:15 Neg Split			1:42
100	5:58 PM	1 x 100 on 5:00 Loosen			5:00
	6:03 PM	3,000 Meters			

**Workout #724 - Thursday, 16 May 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
400	5:00 PM	2 x 200 on 6:10 Mix Drill & Swim			3:05
200	5:13 PM	4 x 50 on 1:45 Kick, Mixed Speeds			3:30
300	5:20 PM	3 x 100 on 3:10 Pull, Build Each			3:10
		+++ Group Up +++			
100	5:30 PM	4 x 25 on 1:05 Desc			4:20
1,200	5:35 PM	2x{4 x 75 on 2:40 Desc			3:33
		{1 x 300 on 10:15 Neg Split			3:25
100	6:17 PM	1 x 100 on 5:00 Loosen			5:00
	6:22 PM	2,300 Meters			

**Workout #723 - Thursday, 16 May 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
600	5:00 PM	3 x 200 on 4:10 Mix Drill & Swim			2:05
300	5:13 PM	6 x 50 on 1:15 Kick, Mixed Speeds			2:30
400	5:21 PM	4 x 100 on 2:10 Pull, Build Each			2:10
		+++ Group Up +++			
300	5:30 PM	6 x 50 on 1:05 Desc			2:10
1,000	5:37 PM	1x{4 x 125 on 2:40 Desc			2:08
		{1 x 500 on 10:15 Neg Split			2:03
100	5:58 PM	1 x 100 on 5:00 Loosen			5:00
	6:03 PM	2,700 Meters			

**Workout #768 - Monday, 20 May 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
600	5:00 PM	6 x 100 on 1:50 swim			1:50
400	5:11 PM	4 x 100 on 2:15 kick			2:15
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
400	5:33 PM	4 x 100 on 2:00 build			2:00
200	5:41 PM	1 x 200 on 4:00 cruise			2:00
400	5:45 PM	4 x 100 on 1:50 build			1:50
200	5:53 PM	1 x 200 on 4:00 cruise			2:00
100	5:57 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:02 PM	2,900 Meters			

**Workout #770 - Monday, 20 May 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
300	5:00 PM	6 x 50 on 1:50 swim			3:40
200	5:11 PM	4 x 50 on 2:15 kick			4:30
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
200	5:33 PM	4 x 50 on 2:00 build			4:00
100	5:41 PM	1 x 100 on 4:00 cruise			4:00
200	5:45 PM	4 x 50 on 1:50 build			3:40
100	5:53 PM	1 x 100 on 4:00 cruise			4:00
100	5:57 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:02 PM	1,550 Meters			

**Workout #769 - Monday, 20 May 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
450	5:00 PM	6 x 75 on 1:50 swim			2:27
300	5:11 PM	4 x 75 on 2:15 kick			3:00
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
300	5:33 PM	4 x 75 on 2:00 build			2:40
150	5:41 PM	1 x 150 on 4:00 cruise			2:40
300	5:45 PM	4 x 75 on 1:50 build			2:27
150	5:53 PM	1 x 150 on 4:00 cruise			2:40
100	5:57 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:02 PM	2,350 Meters			

**Workout #738 - Tuesday, 21 May 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
400	5:00 PM	2 x 200 on 3:40 swim			1:50
300	5:08 PM	6 x 50 on 1:10 kick			2:20
800	5:15 PM	8 x 100 on 1:40 pull			1:40
		~GROUP UP~			
400	5:29 PM	4 x 100 on 1:50 build			1:50
800	5:37 PM	4 x 200 on 3:20 desc 1-4			1:40
800	5:51 PM	2 x 400 on 6:45 neg split			1:41
600	6:05 PM	1 x 600 on 12:00 finish strong			2:00
100	6:17 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:22 PM	4,200 Meters			

**Workout #740 - Tuesday, 21 May 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
250	5:00 PM	2 x 125 on 3:40 swim			2:56
150	5:08 PM	6 x 25 on 1:10 kick			4:40
400	5:15 PM	8 x 50 on 1:40 pull			3:20
		~GROUP UP~			
200	5:29 PM	4 x 50 on 1:50 build			3:40
400	5:37 PM	4 x 100 on 3:20 desc 1-4			3:20
450	5:51 PM	2 x 225 on 6:45 neg split			3:00
400	6:05 PM	1 x 400 on 12:00 finish strong			3:00
100	6:17 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:22 PM	2,350 Meters			

**Workout #739 - Tuesday, 21 May 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
350	5:00 PM	2 x 175 on 3:40 swim			2:06
300	5:08 PM	6 x 50 on 1:10 kick			2:20
600	5:15 PM	8 x 75 on 1:40 pull			2:13
		~GROUP UP~			
300	5:29 PM	4 x 75 on 1:50 build			2:27
600	5:37 PM	4 x 150 on 3:20 desc 1-4			2:13
650	5:51 PM	2 x 325 on 6:45 neg split			2:05
500	6:05 PM	1 x 500 on 12:00 finish strong			2:24
100	6:17 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:22 PM	3,400 Meters			

**Workout #810 - Wednesday, 22 May 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 1:55 pull			1:55
		~GROUP UP~			
400	5:29 PM	8 x 50 on 1:00 alt cruise and speedy			2:00
600	5:37 PM	6 x 100 on 1:55 build			1:55
800	5:49 PM	4 x 200 on 4:00 desc 1-4			2:00
600	6:05 PM	2 x 300 on 5:30 neg split			1:50
400	6:16 PM	1 x 400 on 7:00 build			1:45
100	6:23 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:28 PM	4,400 Meters			

**Workout #812 - Wednesday, 22 May 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 1:55 pull			3:50
		~GROUP UP~			
200	5:29 PM	8 x 25 on 1:00 alt cruise and speedy			4:00
300	5:37 PM	6 x 50 on 1:55 build			3:50
500	5:49 PM	4 x 125 on 4:00 desc 1-4			3:12
350	6:05 PM	2 x 175 on 5:30 neg split			3:09
200	6:16 PM	1 x 200 on 7:00 build			3:30
100	6:23 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:28 PM	2,400 Meters			

**Workout #811 - Wednesday, 22 May 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
400	5:00 PM	2 x 200 on 5:00 swim			2:30
300	5:10 PM	6 x 50 on 1:10 kick			2:20
450	5:17 PM	6 x 75 on 1:55 pull			2:33
		~GROUP UP~			
400	5:29 PM	8 x 50 on 1:00 alt cruise and speedy			2:00
450	5:37 PM	6 x 75 on 1:55 build			2:33
700	5:49 PM	4 x 175 on 4:00 desc 1-4			2:17
500	6:05 PM	2 x 250 on 5:30 neg split			2:12
300	6:16 PM	1 x 300 on 7:00 build			2:20
100	6:23 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:28 PM	3,600 Meters			

**Workout #765 - Thursday, 23 May 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
600	5:00 PM	6 x 100 on 1:50 swim			1:50
400	5:11 PM	4 x 100 on 2:15 kick			2:15
600	5:20 PM	6 x 100 on 2:00 pull			2:00
		~GROUP UP~			
200	5:32 PM	1 x 200 on 3:30 build			1:45
600	5:36 PM	8 x 75 on 1:25 desc 1-4, 5-8			1:53
200	5:48 PM	1 x 200 on 3:25 build			1:42
450	5:52 PM	6 x 75 on 1:20 desc 1-3, 4-6			1:47
200	6:00 PM	1 x 200 on 3:20 build			1:40
300	6:04 PM	4 x 75 on 1:15 desc 1-4			1:40
100	6:09 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:14 PM	3,650 Meters			

**Workout #767 - Thursday, 23 May 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
300	5:00 PM	6 x 50 on 1:50 swim			3:40
300	5:11 PM	4 x 75 on 2:15 kick			3:00
300	5:20 PM	6 x 50 on 2:00 pull			4:00
		~GROUP UP~			
100	5:32 PM	1 x 100 on 3:30 build			3:30
200	5:36 PM	8 x 25 on 1:25 desc 1-4, 5-8			5:40
100	5:48 PM	1 x 100 on 3:25 build			3:25
150	5:52 PM	6 x 25 on 1:20 desc 1-3, 4-6			5:20
100	6:00 PM	1 x 100 on 3:20 build			3:20
100	6:04 PM	4 x 25 on 1:15 desc 1-4			5:00
100	6:09 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:14 PM	1,750 Meters			

**Workout #766 - Thursday, 23 May 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
=====	=====	=====	=====	=====	=====
450	5:00 PM	6 x 75 on 1:50 swim			2:27
400	5:11 PM	4 x 100 on 2:15 kick			2:15
600	5:20 PM	6 x 100 on 2:00 pull			2:00
		~GROUP UP~			
150	5:32 PM	1 x 150 on 3:30 build			2:20
400	5:36 PM	8 x 50 on 1:25 desc 1-4, 5-8			2:50
150	5:48 PM	1 x 150 on 3:25 build			2:17
300	5:52 PM	6 x 50 on 1:20 desc 1-3, 4-6			2:40
150	6:00 PM	1 x 150 on 3:20 build			2:13
200	6:04 PM	4 x 50 on 1:15 desc 1-4			2:30
100	6:09 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:14 PM	2,900 Meters			

**Workout #816 - Monday, 27 May 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 #818 - Monday, 27 May 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 #817 - Monday, 27 May 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 #783 - Tuesday, 28 May 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 #785 - Tuesday, 28 May 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 #784 - Tuesday, 28 May 2024**  
**Masters - White Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	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 #762 - Wednesday, 29 May 2024**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
600	5:00 PM	2 x 300 on 5:00 swim			1:40
300	5:10 PM	6 x 50 on 1:15 kick			2:30
600	5:18 PM	6 x 100 on 1:50 pull			1:50
		~GROUP UP~			
400	5:29 PM	4 x 100 on 2:00 build			2:00
600	5:37 PM	2 x 300 on 5:30 neg split			1:50
600	5:48 PM	6 x 100 on 1:55 build			1:55
300	6:00 PM	1 x 300 on 5:15 neg split			1:45
800	6:06 PM	8 x 100 on 1:50 hang on			1:50
100	6:21 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:26 PM	4,300 Meters			

**Workout #764 - Wednesday, 29 May 2024**  
**Masters - Red Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
300	5:00 PM	2 x 150 on 5:00 swim			3:20
150	5:10 PM	6 x 25 on 1:15 kick			5:00
300	5:18 PM	6 x 50 on 1:50 pull			3:40
		~GROUP UP~			
200	5:29 PM	4 x 50 on 2:00 build			4:00
350	5:37 PM	2 x 175 on 5:30 neg split			3:09
300	5:48 PM	6 x 50 on 1:55 build			3:50
150	6:00 PM	1 x 150 on 5:15 neg split			3:30
400	6:06 PM	8 x 50 on 1:50 hang on			3:40
100	6:21 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:26 PM	2,250 Meters			

**Workout #1019 - Wednesday, 29 May 2024**  
**Masters - White Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	WORK	STK	PACE
400	5:00 PM	2 x 200 on 5:00 swim			2:30
300	5:11 PM	6 x 50 on 1:15 kick			2:30
450	5:20 PM	6 x 75 on 1:50 pull			2:27
		~~~GROUP UP~~~			
300	5:32 PM	4 x 75 on 2:00 build			2:40
500	5:41 PM	2 x 250 on 5:30 neg split			2:12
450	5:53 PM	6 x 75 on 1:55 build			2:33
250	6:06 PM	1 x 250 on 5:15 neg split			2:06
600	6:13 PM	8 x 75 on 1:50 hang on			2:27
100	6:29 PM	1 x 100 on 5:00 loosen			5:00
	6:34 PM	3,350 Meters			

Workout #837 - Thursday, 30 May 2024
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
600	5:00 PM	4 x 150 on 3:00 swim			2:00
500	5:12 PM	10 x 50 on 1:00 kick			2:00
400	5:22 PM	4 x 100 on 1:50 pull			1:50
		~GROUP UP~			
100	5:30 PM	4 x 25 on :40 fast!!			2:40
400	5:33 PM	4 x 100 on 1:50 desc 1-4			1:50
800	5:41 PM	4 x 200 on 3:30 build			1:45
400	5:55 PM	1 x 400 on 7:15 neg split			1:49
100	6:03 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:08 PM	3,300 Meters			

Workout #839 - Thursday, 30 May 2024
Masters - Red Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
400	5:00 PM	4 x 100 on 3:00 swim			3:00
250	5:12 PM	10 x 25 on 1:00 kick			4:00
200	5:22 PM	4 x 50 on 1:50 pull			3:40
		~GROUP UP~			
100	5:30 PM	4 x 25 on :40 fast!!			2:40
200	5:33 PM	4 x 50 on 1:50 desc 1-4			3:40
400	5:41 PM	4 x 100 on 3:30 build			3:30
200	5:55 PM	1 x 200 on 7:15 neg split			3:38
100	6:03 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:08 PM	1,850 Meters			

Workout #838 - Thursday, 30 May 2024
Masters - White Masters
0 seconds rest between sets

Meters	Time	Set Description	WORK	STK	PACE
600	5:00 PM	4 x 150 on 3:00 swim			2:00
500	5:12 PM	10 x 50 on 1:00 kick			2:00
300	5:22 PM	4 x 75 on 1:50 pull			2:27
		~GROUP UP~			
100	5:30 PM	4 x 25 on :40 fast!!			2:40
300	5:33 PM	4 x 75 on 1:50 desc 1-4			2:27
600	5:41 PM	4 x 150 on 3:30 build			2:20
300	5:55 PM	1 x 300 on 7:15 neg split			2:25
100	6:03 PM	1 x 100 on 5:00 LOOSEN			5:00
	6:08 PM	2,800 Meters			