

Workout #294 - Monday, 03 January 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Swim & Drill	1:57
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Desc	2:10
		///// Group Up \\\	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
450	5:40 PM	6 x 75 on 1:25 Desc	1:53
300	5:50 PM	4 x 75 on 1:45 FAST	2:20
50	5:58 PM	1 x 50 on 1:30 Loosen	3:00
300	6:01 PM	6 x 50 on 1:00 Desc	2:00
200	6:08 PM	4 x 50 on 1:10 FAST!	2:20
100	6:14 PM	1 x 100 on 5:00 Loosen	5:00
	6:19 PM	3,000 Meters	

Workout #291 - Tuesday, 04 January 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:55 Swim & Drill	1:58
400	5:13 PM	4 x 100 on 2:20 Kick, faster in the middle	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, evens faster	2:10
		///// Group Up \\\	
100	5:34 PM	4 x 25 on :40 Fast	2:40
1,400	5:38 PM	1x{3 x 100 on 1:55 Steady	1:55
		{1 x 100 on 1:40 Fast Pace	1:40
		{2 x 50 on 1:05 Desc	2:10
		{2 x 100 on 1:55 Steady	1:55
		{2 x 100 on 1:40 Fast Pace	1:40
		{2 x 50 on 1:05 Desc	2:10
		{1 x 100 on 1:55 Steady	1:55
		{3 x 100 on 1:40 Fast Pace	1:40
100	6:05 PM	1 x 100 on 5:00 Loosen	5:00
	6:10 PM	3,000 Meters	

Workout #287 - Wednesday, 05 January 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Swim & Drill	1:58
400	5:13 PM	8 x 50 on 1:15 Kick, Odds Faster	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Odds Faster	1:55
		///// Group Up \\\	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
1,200	5:39 PM	4 x 300 on 5:15 Desc	1:45
800	6:01 PM	4 x 200 on 3:20 Desc	1:40
400	6:16 PM	4 x 100 on 1:35 Desc	1:35
100	6:24 PM	1 x 100 on 5:00 Loosen	5:00
	6:29 PM	4,100 Meters	

Workout #284 - Thursday, 06 January 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim & Drill	1:55
400	5:13 PM	4 x 100 on 2:15 Kick, As desired	2:15
400	5:23 PM	4 x 100 on 1:55 Pull, As desired	1:55
		///// Group Up \\\	
100	5:32 PM	4 x 25 on :40 Fast	2:40
1,500	5:36 PM	2x{2 x 75 on 1:50 Fast	2:27
		{2 x 75 on 1:40 Fast	2:13
		{2 x 75 on 1:30 Fast	2:00
		{2 x 75 on 1:20 Fast	1:47
		{2 x 75 on 1:10 Fast	1:33
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,100 Meters	

Workout #279 - Monday, 10 January 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 2:00 Mix Swim and Drill	2:00
400	5:13 PM	4 x 100 on 2:15 Kick	2:15
400	5:23 PM	8 x 50 on 1:05 Pull	2:10
		~~~~~ group up! ~~~~~	
100	5:33 PM	4 x 25 on :40 Fast!	2:40
600	5:37 PM	6 x 100 on 1:50 Steady	1:50
100	5:49 PM	2 x 50 on 1:00 Best effort!	2:00
100	5:52 PM	1 x 100 on 2:00 Easy	2:00
600	5:55 PM	6 x 100 on 1:45 Desc	1:45
100	6:07 PM	1 x 100 on 2:00 Best Effort!	2:00
100	6:10 PM	1 x 100 on 5:00 Cool Down	5:00
	6:15 PM	3,100 Meters	

**Workout #277 - Tuesday, 11 January 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Mix Swim and Drill	1:53
400	5:13 PM	8 x 50 on 1:15 Kick	2:30
400	5:24 PM	4 x 100 on 1:50 Pull	1:50
		~~~~~ group up! ~~~~~	
100	5:33 PM	4 x 25 on :40 Fast!	2:40
1,500	5:37 PM	2x{3 x 50 on 1:00 Desc	2:00
		{4 x 150 on 2:35 last 50 very fast!	1:43
100	6:05 PM	1 x 100 on 5:00 Cool Down	5:00
	6:10 PM	3,100 Meters	

Workout #273 - Wednesday, 12 January 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Mix Swim and Drill	1:55
400	5:13 PM	4 x 100 on 2:00 Kick	2:00
400	5:22 PM	8 x 50 on 1:15 Pull	2:30
		++++ group up! +++++	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
500	5:39 PM	1 x 500 on 8:45 Strong and Steady	1:45
500	5:49 PM	5 x 100 on 1:45 Desc	1:45
500	5:59 PM	1 x 500 on 8:15 Strong and Steady	1:39
500	6:09 PM	2 x 250 on 4:10 build each	1:40
500	6:19 PM	1 x 500 on 8:10 Strong and Steady again	1:38
100	6:29 PM	1 x 100 on 5:00 Cool Down	5:00
	6:34 PM	4,200 Meters	

Workout #267 - Thursday, 13 January 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:45 Swim & Drill Mix	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, as desired	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, build	1:55
		***** Group Up *****	
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,600	5:37 PM	2x{4 x 50 on 1:05 Loosen	2:10
		{2 x 100 on 1:45 Desc	1:45
		{2 x 200 on 3:30 Strong and Steady	1:45
100	6:08 PM	1 x 100 on 5:00 Loosen	5:00
	6:13 PM	3,200 Meters	

Workout #265 - Monday, 17 January 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
500	5:00 PM	1 x 500 on 9:00 Mix swim & Drill	1:48
500	5:10 PM	1 x 500 on 9:00 Pull, mix speeds	1:48
400	5:20 PM	4 x 100 on 2:20 Kick, mix in a fast 25 on each	2:20
		***** Group Up *****	
100	5:31 PM	4 x 25 on :40 Speedy!	2:40
400	5:35 PM	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	5:45 PM	1 x 200 on 4:00 Loosen, Get Ready	2:00
600	5:50 PM	6 x 100 on 3:00 Test Yourself!!	3:00
300	6:09 PM	1 x 300 on 6:00 Cool down	2:00
	6:15 PM	3,000 Meters	

Workout #260 - Tuesday, 18 January 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim & Drill Mix	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Build	2:10
		***** Group Up *****	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
1,400	5:40 PM	2x{2 x 200 on 3:30 Desc	1:45
		{2 x 100 on 1:45 Desc	1:45
		{2 x 50 on 1:05 Desc	2:10
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,100 Meters	

Workout #256 - Wednesday, 19 January 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:55 Swim & Drill Mix	1:58
400	5:13 PM	4 x 100 on 2:15 Kick, Neg Split Efforts	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, Desc	2:10
		***** Group Up *****	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
1,600	5:39 PM	4 x 400 on 6:30 Move a faster 200 around	1:38
800	6:06 PM	4 x 200 on 3:30 Move a faster 100 around	1:45
100	6:21 PM	1 x 100 on 5:00 Loosen	5:00
	6:26 PM	4,100 Meters	

Workout #252 - Thursday, 20 January 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Swim & Drill Mix	1:57
400	5:13 PM	8 x 50 on 1:15 Kick, as desired	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, build	1:55
		***** Group Up *****	
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,400	5:37 PM	4x{1 x 50 on 1:30 Loosen	3:00
		{3 x 100 on 1:40 Fast	1:40
100	6:04 PM	1 x 100 on 5:00 Loosen	5:00
	6:09 PM	3,000 Meters	

Workout #240 - Wednesday, 26 January 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Swim & Drill Mix	1:52
400	5:13 PM	8 x 50 on 1:15 Kick, as desired	2:30
400	5:24 PM	4 x 100 on 2:00 Pull, build	2:00
		%%% Group Up %%%	
100	5:33 PM	4 x 25 on :40 Desc	2:40
600	5:37 PM	2 x 300 on 5:20 Build Each	1:47
600	5:49 PM	1 x 600 on 10:30	1:45
600	6:01 PM	2 x 300 on 5:10 build each	1:43
600	6:13 PM	1 x 600 on 10:00	1:40
100	6:24 PM	1 x 100 on 5:00 Loosen	5:00
	6:29 PM	4,000 Meters	

Workout #238 - Thursday, 27 January 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Swim & Drill Mix	1:50
400	5:12 PM	8 x 50 on 1:15 Kick, as desired	2:30
400	5:23 PM	8 x 50 on 1:05 Pull, build	2:10
		%%% Group Up %%%	
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,400	5:37 PM	2x{2 x 150 on 2:40 last 50 very fast	1:47
		{4 x 75 on 1:20 last 25 very fast	1:47
		{2 x 50 on 1:05 Fast	2:10
100	6:04 PM	1 x 100 on 5:00 Loosen	5:00
	6:09 PM	3,000 Meters	

Workout #232 - Monday, 31 January 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:55 Swim & Drill Mix	1:58
400	5:13 PM	8 x 50 on 1:15 Kick, Mix Efforts	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Mix Efforts	1:55
		***** Group Up *****	
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,500	5:37 PM	2x{2 x 150 on 2:40 Desc	1:47
		{6 x 75 on 1:30 Alt 1 Faster, 1 Easier	2:00
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,100 Meters	

Workout #228 - Tuesday, 01 February 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Swim & Drill Mix	1:58
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Desc	1:55
		***** Group Up *****	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
800	5:39 PM	4 x 200 on 3:30 Desc	1:45
200	5:54 PM	2 x 100 on 1:50 Desc, #1 Semi-Easy	1:50
400	5:59 PM	2 x 200 on 3:30 Desc	1:45
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,100 Meters	

Workout #226 - Wednesday, 02 February 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Swim & Drill Mix	1:57
400	5:13 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Desc	2:10
		***** Group Up *****	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
2,400	5:40 PM	3x{1 x 400 on 6:45 Neg Split, faster each round {4 x 100 on 1:50 Desc	1:41 1:50
100	6:24 PM	1 x 100 on 5:00 Loosen	5:00
	6:29 PM	4,100 Meters	

Workout #220 - Thursday, 03 February 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim & Drill Mix	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, Fast last 25	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Neg SPLIT	2:10
		***** Group Up *****	
100	5:34 PM	4 x 25 on :40 FAST	2:40
400	5:38 PM	4 x 100 on 1:35 Desc	1:35
100	5:46 PM	1 x 100 on 2:30 Loosen	2:30
400	5:50 PM	4 x 100 on 1:45 Desc	1:45
100	5:58 PM	1 x 100 on 2:30 Loosen	2:30
400	6:02 PM	4 x 100 on 1:55 Desc	1:55
100	6:11 PM	1 x 100 on 5:00 Loosen	5:00
	6:16 PM	3,000 Meters	

Workout #217 - Monday, 07 February 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Swim & Drill Mix	1:50
400	5:12 PM	8 x 50 on 1:20 Kick, as desired	2:40
400	5:24 PM	8 x 50 on 1:05 Pull, build	2:10
		%%% Group Up %%%	
100	5:34 PM	4 x 25 on :40 fast!!!	2:40
1,500	5:38 PM	2x{3 x 50 on 1:05 Desc 1-3	2:10
		{3 x 50 on 1:00 Desc 1-3	2:00
		{3 x 50 on :55 Desc 1-3	1:50
		{3 x 50 on :50 desc 1-3	1:40
		{3 x 50 on :45 each one fast	1:30
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,100 Meters	

Workout #214 - Tuesday, 08 February 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Swim & Drill Mix	1:52
400	5:13 PM	4 x 100 on 2:00 Kick, as desired	2:00
400	5:22 PM	8 x 50 on 1:10 Pull, build	2:20
		%%% Group Up %%%	
100	5:33 PM	4 x 25 on :40 fast!!!	2:40
600	5:37 PM	6 x 100 on 1:45 Desc 1-3, 4-6	1:45
500	5:49 PM	5 x 100 on 1:40 very fast last 25	1:40
400	5:59 PM	4 x 100 on 1:35 steady and fast	1:35
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,100 Meters	

Workout #208 - Wednesday, 09 February 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:30 Swim & Drill Mix	1:50
400	5:12 PM	8 x 50 on 1:20 Kick, as desired	2:40
400	5:24 PM	4 x 100 on 2:00 Pull, build	2:00
		%%% Group Up %%%	
200	5:33 PM	4 x 50 on 1:05	2:10
2,400	5:39 PM	2x{3 x 100 on 1:40 desc 1-3	1:40
		{3 x 300 on 5:15 Steady pace	1:45
100	6:22 PM	1 x 100 on 5:00 Loosen	5:00
	6:27 PM	4,100 Meters	

Workout #204 - Thursday, 10 February 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Swim & Drill Mix	1:50
400	5:12 PM	4 x 100 on 2:00 Kick, as desired	2:00
400	5:21 PM	4 x 100 on 1:50 Pull, build	1:50
		%%% Group Up %%%	
200	5:30 PM	4 x 50 on 1:05	2:10
600	5:36 PM	8 x 75 on 1:20 desc 1-4, 5-8	1:47
75	5:48 PM	3 x 25 on :40 fast!!!!	2:40
600	5:51 PM	8 x 75 on 1:15 faster, desc 1-4, 5-8	1:40
75	6:02 PM	3 x 25 on :40 fast!!!!	2:40
100	6:05 PM	1 x 100 on 5:00 Loosen	5:00
	6:10 PM	3,050 Meters	

Workout #202 - Monday, 14 February 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim & Drill Mix	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, Fast last 25	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Alt Easier / Faster	2:10
		***** Group Up *****	
100	5:34 PM	4 x 25 on :40 FAST	2:40
1,500	5:38 PM	3x{1 x 100 on 1:55 Steady	1:55
		{1 x 100 on 1:50 Steady	1:50
		{1 x 100 on 1:45 Steady	1:45
		{1 x 100 on 1:40 Steady	1:40
		{1 x 100 on 1:35 Steady	1:35
100	6:06 PM	1 x 100 on 5:00 Loosen	5:00
	6:11 PM	3,100 Meters	

Workout #196 - Tuesday, 15 February 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Swim & Drill Mix	1:57
400	5:13 PM	8 x 50 on 1:15 Kick, Mix Speeds	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Desc	1:55
		***** Group Up *****	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
1,400	5:39 PM	4x{1 x 50 on 1:20 Easy, OK to start early	2:40
		{1 x 150 on 2:40 Strong	1:47
		{3 x 50 on 1:05 Best Speed	2:10
100	6:09 PM	1 x 100 on 5:00 Loosen	5:00
	6:14 PM	3,100 Meters	

Workout #192 - Wednesday, 16 February 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:55 Swim & Drill Mix	1:58
400	5:13 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Desc	2:10
		***** Group Up *****	
100	5:34 PM	4 x 25 on :40 Fast	2:40
1,500	5:38 PM	3 x 500 on 8:45 Desc & Neg Split!	1:45
1,000	6:06 PM	10 x 100 on 1:50 Desc 1-5, 6-10	1:50
100	6:26 PM	1 x 100 on 5:00 Loosen	5:00
	6:31 PM	4,100 Meters	

Workout #189 - Monday, 21 February 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
500	5:00 PM	1 x 500 on 9:00 Mix swim & Drill	1:48
500	5:10 PM	1 x 500 on 9:00 Pull, mix speeds	1:48
400	5:20 PM	4 x 100 on 2:20 Kick, mix in a fast 25 on each	2:20
		***** Group Up *****	
100	5:31 PM	4 x 25 on :40 Speedy!	2:40
400	5:35 PM	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	5:45 PM	1 x 200 on 4:00 Loosen, Get Ready	2:00
600	5:50 PM	6 x 100 on 3:00 Test Yourself!!	3:00
300	6:09 PM	1 x 300 on 6:00 Cool down	2:00
	6:15 PM	3,000 Meters	

Workout #185 - Tuesday, 22 February 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim & Drill Mix	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, Mix Efforts	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Desc	2:10
		----- Group Up -----	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
400	5:40 PM	2 x 200 on 3:35 Desc	1:48
200	5:49 PM	2 x 100 on 1:50 Desc	1:50
200	5:54 PM	4 x 50 on 1:05 Desc	2:10
400	6:00 PM	2 x 200 on 3:25 Desc	1:42
200	6:08 PM	2 x 100 on 1:40 Desc	1:40
100	6:13 PM	1 x 100 on 5:00 Loosen	5:00
	6:18 PM	3,100 Meters	

Workout #179 - Wednesday, 23 February 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:55 Swim & Drill Mix	1:58
400	5:13 PM	4 x 100 on 2:15 Kick, Neg Split	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, Evens Fast	2:10
		----- Group Up -----	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
2,400	5:39 PM	2x{1 x 400 on 6:40 Neg Split	1:40
		{2 x 200 on 3:30 Desc	1:45
		{4 x 100 on 1:50 Desc	1:50
	6:21 PM	4,000 Meters	

Workout #176 - Thursday, 24 February 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Swim & Drill Mix	1:57
400	5:13 PM	8 x 50 on 1:15 Kick as desired	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Desc	1:55
		----- Group Up -----	
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,500	5:37 PM	1x{5 x 100 on 1:45 Desc	1:45
		{4 x 100 on 1:50 Desc	1:50
		{3 x 100 on 1:55 Desc	1:55
		{2 x 100 on 2:00 Desc	2:00
		{1 x 100 on 3:00 Last one fast one	3:00
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,100 Meters	

Workout #173 - Monday, 28 February 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:30 Swim & Drill Mix	1:50
400	5:12 PM	4 x 100 on 1:15 Kick as desired	1:15
400	5:18 PM	4 x 100 on 1:55 Pull, Desc	1:55
		~~~~~ Group Up ~~~~~	
100	5:27 PM	4 x 25 on :40 Desc	2:40
500	5:31 PM	5 x 100 on 1:45	1:45
450	5:41 PM	6 x 75 on 1:20	1:47
350	5:50 PM	7 x 50 on 1:00	2:00
200	5:58 PM	8 x 25 on :35 fast!!!!	2:20
100	6:04 PM	1 x 100 on 5:00 Loosen	5:00
	6:09 PM	3,100 Meters	

**Workout #170 - Tuesday, 01 March 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Swim & Drill Mix	1:50
400	5:12 PM	4 x 100 on 2:00 Kick as desired	2:00
400	5:21 PM	8 x 50 on 1:15 Pull, Desc	2:30
		~~~~ Group Up ~~~~	
200	5:32 PM	4 x 50 on 1:05 Desc	2:10
1,350	5:38 PM	3x{1 x 150 on 2:30 last 50 faster	1:40
		{2 x 75 on 1:20	1:47
		{3 x 50 on :55 fast and steady	1:50
100	6:03 PM	1 x 100 on 5:00 Loosen	5:00
	6:08 PM	3,050 Meters	

Workout #166 - Wednesday, 02 March 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:30 Swim & Drill Mix	1:45
400	5:12 PM	8 x 50 on 1:20 Kick as desired	2:40
400	5:24 PM	4 x 100 on 1:50 Pull, Desc	1:50
		~~~~ Group Up ~~~~	
100	5:33 PM	4 x 25 on :40 fast	2:40
600	5:37 PM	1 x 600 on 10:00 Build	1:40
600	5:48 PM	3 x 200 on 3:30 Desc 1-3	1:45
600	6:00 PM	2 x 300 on 4:45	1:35
600	6:11 PM	1 x 600 on 10:00 Build	1:40
100	6:22 PM	1 x 100 on 5:00 Loosen	5:00
	6:27 PM	4,000 Meters	

**Workout #163 - Thursday, 03 March 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:45 Swim & Drill Mix	1:45
400	5:12 PM	8 x 50 on 1:20 Kick as desired	2:40
400	5:24 PM	8 x 50 on 1:10 Pull, Desc	2:20
		~~~~ Group Up ~~~~	
100	5:35 PM	4 x 25 on :40 fast!	2:40
1,500	5:39 PM	2x{2 x 150 on 2:30 strong and steady	1:40
		{6 x 75 on 1:25 last 25 faster	1:53
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,100 Meters	

Workout #162 - Monday, 07 March 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:40 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:10 Kick, Mixed Efforts	2:20
400	5:23 PM	4 x 100 on 2:00 Pull, Desc	2:00
		~~~ Group Up ~~~	
100	5:32 PM	4 x 25 on :40 Fast!	2:40
1,500	5:36 PM	2x{6 x 75 on 1:40 Desc, 1-3, 4-6	2:13
		{3 x 75 on 1:35 Desc	2:07
		{1 x 75 on 1:30 Fast!	2:00
100	6:10 PM	1 x 100 on 5:00 Cool Down	5:00
	6:15 PM	3,100 Meters	

**Workout #159 - Tuesday, 08 March 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:30 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:10 Kick, Mixed Efforts	2:20
400	5:23 PM	4 x 100 on 2:00 Pull, Desc	2:00
		~~~ Group Up ~~~	
200	5:32 PM	4 x 50 on 1:05 Desc	2:10
600	5:38 PM	3 x 200 on 3:20 Desc	1:40
100	5:49 PM	1 x 100 on 2:00 Steady	2:00
400	5:52 PM	2 x 200 on 3:20 Desc	1:40
100	6:00 PM	1 x 100 on 2:00 Steady	2:00
200	6:03 PM	1 x 200 on 3:20 Fast!	1:40
100	6:08 PM	1 x 100 on 5:00 Cool Down	5:00
	6:13 PM	3,100 Meters	

Workout #156 - Wednesday, 09 March 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:23 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		~~~ Group Up ~~~	
200	5:32 PM	4 x 50 on 1:05 Desc	2:10
2,400	5:38 PM	2x{4 x 100 on 1:50 Desc	1:50
		{2 x 200 on 3:30 Desc	1:45
		{1 x 400 on 6:30 Go!!	1:38
100	6:21 PM	1 x 100 on 5:00 Cool Down	5:00
	6:26 PM	4,100 Meters	

**Workout #153 - Thursday, 10 March 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:23 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		~~~ Group Up ~~~	
100	5:32 PM	4 x 25 on :40 Fast!	2:40
400	5:36 PM	4 x 100 on 1:50 Desc	1:50
400	5:45 PM	4 x 100 on 1:45 Desc	1:45
300	5:53 PM	3 x 100 on 1:42 Desc	1:42
200	6:00 PM	2 x 100 on 1:40 Desc	1:40
50	6:05 PM	1 x 50 on 1:30 Loosen	3:00
100	6:08 PM	1 x 100 on 2:00 Fast!	2:00
100	6:11 PM	1 x 100 on 5:00 Cool Down	5:00
	6:16 PM	3,050 Meters	

Workout #149 - Monday, 14 March 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Swim & Drill	1:57
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Mix Paces	2:10
		///// Group Up \\\	
100	5:34 PM	4 x 25 on :40 Fast	2:40
300	5:38 PM	6 x 50 on :55 Desc 1-3 / 4-6	1:50
300	5:45 PM	4 x 75 on 1:25 Desc 1-2 / 3-4	1:53
200	5:52 PM	2 x 100 on 1:55 Desc 1-2	1:55
300	5:57 PM	4 x 75 on 1:30 Desc 1-2 / 3-4	2:00
300	6:04 PM	6 x 50 on 1:05 Desc 1-3 / 4-6	2:10
100	6:12 PM	1 x 100 on 5:00 Loosen	5:00
	6:17 PM	3,000 Meters	

Workout #145 - Tuesday, 15 March 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:55 Swim & Drill	1:58
400	5:13 PM	4 x 100 on 2:15 Kick, Neg Split	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, Desc	2:10
		///// Group Up \\\	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
1,350	5:39 PM	3x{1 x 50 on 1:15 Easy	2:30
		{4 x 100 on 1:50 Desc	1:50
100	6:06 PM	1 x 100 on 5:00 Loosen	5:00
	6:11 PM	3,050 Meters	

Workout #141 - Wednesday, 16 March 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Swim & Drill	1:58
400	5:13 PM	8 x 50 on 1:15 Kick, Odds Faster	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Neg Split	1:55
		///// Group Up \\\	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
1,200	5:39 PM	4 x 300 on 5:00 Desc or Neg Split	1:40
100	6:00 PM	2 x 50 on 1:05 Steady Pace	2:10
600	6:04 PM	2 x 300 on 5:15 Faster than Fastest Prior Set	1:45
100	6:16 PM	2 x 50 on 1:05 Steady	2:10
300	6:20 PM	1 x 300 on 6:00 Faster!	2:00
100	6:27 PM	1 x 100 on 5:00 Loosen	5:00
	6:32 PM	4,000 Meters	

Workout #138 - Thursday, 17 March 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim & Drill	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, Neg Split Efforts	2:20
400	5:24 PM	4 x 100 on 1:55 Pull, Build	1:55
		///// Group Up \\\	
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,500	5:37 PM	3x{2 x 100 on 1:45 Desc	1:45
		{2 x 75 on 1:25 Desc	1:53
		{2 x 50 on 1:00 Desc	2:00
		{2 x 25 on :35 Fast	2:20
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,100 Meters	

Workout #132 - Monday, 21 March 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:45 Swim & Drill Mix	1:45
400	5:12 PM	4 x 100 on 2:00 Kick as desired	2:00
400	5:21 PM	8 x 50 on 1:10 Pull, Desc	2:20
		oooo Group Up oooo	
200	5:32 PM	4 x 50 on 1:05 desc	2:10
1,600	5:38 PM	2x{4 x 25 on :40 fast!!!!	2:40
		{4 x 50 on 1:00 desc 1-4	2:00
		{4 x 100 on 1:40 strong and steady	1:40
		{1 x 100 on 2:30 recover	2:30
100	6:11 PM	1 x 100 on 5:00 Loosen	5:00
	6:16 PM	3,300 Meters	

Workout #128 - Tuesday, 22 March 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Swim & Drill Mix	1:50
400	5:12 PM	8 x 50 on 1:20 Kick as desired	2:40
400	5:24 PM	4 x 100 on 1:50 Pull, Desc	1:50
		oooo Group Up oooo	
100	5:33 PM	4 x 25 on :40 fast!	2:40
600	5:37 PM	4 x 150 on 2:35 building each	1:43
150	5:49 PM	2 x 75 on 1:15 fast	1:40
600	5:53 PM	4 x 150 on 2:30 desc 1-4	1:40
150	6:04 PM	2 x 75 on 1:10 fast!!!!	1:33
100	6:08 PM	1 x 100 on 5:00 Loosen	5:00
	6:13 PM	3,100 Meters	

Workout #124 - Wednesday, 23 March 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:30 Swim & Drill Mix	1:45
400	5:12 PM	4 x 100 on 2:00 Kick as desired	2:00
400	5:21 PM	8 x 50 on 1:15 Pull, Desc	2:30
		oooo Group Up oooo	
100	5:32 PM	4 x 25 on :40 fast!	2:40
2,500	5:36 PM	2x{5 x 100 on 1:45 desc 1-5	1:45
		{1 x 500 on 8:00 build	1:36
		{1 x 250 on 4:15	1:42
100	6:19 PM	1 x 100 on 5:00 Loosen	5:00
	6:24 PM	4,100 Meters	

Workout #120 - Thursday, 24 March 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:30 Drill & Swim	1:50
400	5:12 PM	8 x 50 on 1:30 Kick, Desc	3:00
400	5:25 PM	4 x 100 on 1:45 Pull, Mix Efforts	1:45
		%%%% Group Up %%%%	
100	5:33 PM	4 x 25 on :40 Fast	2:40
600	5:37 PM	3 x 200 on 3:30 build each	1:45
200	5:49 PM	2 x 100 on 1:45 faster pace	1:45
400	5:54 PM	2 x 200 on 3:25 build each	1:42
200	6:02 PM	2 x 100 on 1:45 faster pace	1:45
200	6:07 PM	1 x 200 on 3:20 strong effort	1:40
100	6:12 PM	1 x 100 on 5:00 cool down	5:00
	6:17 PM	3,200 Meters	

Workout #116 - Monday, 28 March 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
500	5:00 PM	1 x 500 on 9:00 Mix swim & Drill	1:48
500	5:10 PM	1 x 500 on 9:00 Pull, mix speeds	1:48
400	5:20 PM	4 x 100 on 2:20 Kick, mix in a fast 25 on each	2:20
		***** Group Up *****	
100	5:31 PM	4 x 25 on :40 Speedy!	2:40
400	5:35 PM	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	5:45 PM	1 x 200 on 4:00 Loosen, Get Ready	2:00
600	5:50 PM	6 x 100 on 3:00 Test Yourself!!	3:00
300	6:09 PM	1 x 300 on 6:00 Cool down	2:00
	6:15 PM	3,000 Meters	

Workout #112 - Tuesday, 29 March 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:10 Kick, Desc	2:20
400	5:23 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		~~~ Group Up ~~~	
100	5:32 PM	4 x 25 on :40 Fast!	2:40
1,200	5:36 PM	2x{4 x 50 on :55 Desc	1:50
		{2 x 100 on 1:45 Desc	1:45
		{1 x 200 on 3:30 Fast!	1:45
200	5:59 PM	1 x 200 on 3:30 1 more!!	1:45
100	6:04 PM	1 x 100 on 5:00 Cool Down	5:00
	6:09 PM	3,000 Meters	

**Workout #109 - Wednesday, 30 March 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:40 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:23 PM	8 x 50 on 1:05 Pull, Mixed Efforts	2:10
		~~~ Group Up ~~~	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
800	5:39 PM	2 x 400 on 6:40 Fast!	1:40
50	5:54 PM	1 x 50 on 1:30 Loosen	3:00
800	5:57 PM	4 x 200 on 3:30 Desc	1:45
50	6:12 PM	1 x 50 on 1:30 Loosen	3:00
600	6:15 PM	6 x 100 on 1:45 Desc 1-3, 4-6	1:45
100	6:27 PM	1 x 100 on 5:00 Cool Down	5:00
	6:32 PM	4,000 Meters	

Workout #108 - Thursday, 31 March 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:10 Kick, Mixed Efforts	2:20
400	5:23 PM	4 x 100 on 2:00 Pull, Desc	2:00
		~~~ Group Up ~~~	
200	5:32 PM	4 x 50 on 1:05 Desc	2:10
1,300	5:38 PM	2x{3 x 100 on 1:50 Desc	1:50
		{2 x 100 on 1:45 Fast!	1:45
		{1 x 50 on 1:30 Loosen	3:00
		{1 x 100 on 1:40 Fast!	1:40
100	6:04 PM	1 x 100 on 5:00 Cool Down	5:00
	6:09 PM	3,000 Meters	

**Workout #103 - Monday, 04 April 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Drill / Swim Mix	1:58
400	5:13 PM	4 x 100 on 2:15 Kick, faster in hte middle	2:15
400	5:23 PM	4 x 100 on 1:55 Pull, build	1:55
		+==+ Group Up +==+	
100	5:32 PM	4 x 25 on :40 Fast	2:40
1,500	5:36 PM	3x{1 x 200 on 3:30 Neg Split	1:45
		{2 x 100 on 1:50 Desc	1:50
		{4 x 25 on :35 Alt 1 Easier, 1 Faster	2:20
100	6:06 PM	1 x 100 on 5:00 Loosen	5:00
	6:11 PM	3,100 Meters	

**Workout #102 - Tuesday, 05 April 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Drill / Swim Mix	1:57
400	5:13 PM	4 x 100 on 2:15 Kick, Neg Split	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, Desc	2:10
		+==+ Group Up +==+	
100	5:33 PM	4 x 25 on :40 Fast	2:40
200	5:37 PM	4 x 50 on 1:05 Desc (yup, 25s & 50s)	2:10
300	5:43 PM	2 x 150 on 2:50 Desc	1:53
100	5:50 PM	2 x 50 on 1:00 Desc	2:00
300	5:53 PM	2 x 150 on 2:40 Desc	1:47
100	6:00 PM	2 x 50 on 1:00 Desc	2:00
300	6:03 PM	2 x 150 on 2:30 Desc	1:40
100	6:09 PM	2 x 50 on 1:00 Fast	2:00
100	6:12 PM	1 x 100 on 5:00 Loosen	5:00
	6:17 PM	3,000 Meters	

**Workout #98 - Wednesday, 06 April 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:55 Drill / Swim Mix	1:58
400	5:13 PM	8 x 50 on 1:20 Kick, Alt Easy, Fast	2:40
400	5:25 PM	4 x 100 on 1:55 Pull As desired	1:55
		+==+ Group Up +==+	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
2,400	5:40 PM	2x{1 x 600 on 10:30 Neg Split	1:45
		{6 x 100 on 1:45 Desc	1:45
100	6:23 PM	1 x 100 on 5:00 Loosen	5:00
	6:28 PM	4,100 Meters	

**Workout #95 - Thursday, 07 April 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Drill / Swim Mix	1:55
400	5:13 PM	8 x 50 on 1:20 Kick, Desc	2:40
400	5:25 PM	8 x 50 on 1:05 Pull Evens Faster	2:10
		+==+ Group Up +==+	
200	5:35 PM	4 x 50 on 1:05 Desc	2:10
600	5:41 PM	8 x 75 on 1:20 Desc	1:47
450	5:53 PM	6 x 75 on 1:30 Desc	2:00
300	6:03 PM	4 x 75 on 1:40 Desc	2:13
100	6:11 PM	1 x 100 on 5:00 Loosen	5:00
	6:16 PM	3,050 Meters	

**Workout #91 - Monday, 11 April 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:40 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:20 Kick, Evens Faster	2:40
400	5:24 PM	4 x 100 on 1:50 Pull, Build	1:50
		***** Group Up *****	
100	5:33 PM	4 x 25 on :40 fast	2:40
1,500	5:37 PM	2x{3 x 25 on :40 each one fast	2:40
		{4 x 75 on 1:40 Desc	2:13
		{3 x 25 on :40 fast!	2:40
		{4 x 75 on 1:30 Desc	2:00
100	6:12 PM	1 x 100 on 5:00 Loosen	5:00
	6:17 PM	3,100 Meters	

**Workout #90 - Tuesday, 12 April 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:30 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:20 Kick, Evens Faster	2:40
400	5:24 PM	4 x 100 on 1:50 Pull, Build	1:50
		) ( ) ( ) ( Group Up ) ( ) ( ) ( ) (	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
200	5:39 PM	4 x 50 on 1:00 Desc	2:00
800	5:44 PM	4 x 200 on 3:30 build each	1:45
200	5:59 PM	4 x 50 on 1:00 Desc	2:00
200	6:04 PM	1 x 200 on 3:30 Best Effort!	1:45
100	6:09 PM	1 x 100 on 5:00 Loosen	5:00
	6:14 PM	3,100 Meters	

**Workout #85 - Wednesday, 13 April 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:00 Kick, Evens Faster	2:00
400	5:21 PM	8 x 50 on 1:15 Pull, Build	2:30
		) ( ) ( ) ( ) ( Group Up ) ( ) ( ) ( ) ( ) (	
100	5:32 PM	4 x 25 on :40 fast	2:40
2,400	5:36 PM	2x{2 x 200 on 3:30 build each	1:45
		{1 x 400 on 7:00 strong and steady	1:45
		{4 x 100 on 1:50 Desc	1:50
100	6:20 PM	1 x 100 on 5:00 Loosen	5:00
	6:25 PM	4,000 Meters	

**Workout #84 - Thursday, 14 April 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:00 Kick, Evens Faster	2:00
400	5:21 PM	8 x 50 on 1:15 Pull, Build	2:30
		) ( ) ( ) ( ) ( Group Up ) ( ) ( ) ( ) ( ) (	
100	5:32 PM	4 x 25 on :40 fast	2:40
600	5:36 PM	6 x 100 on 1:45 desc 1-3, 4-6	1:45
200	5:48 PM	4 x 50 on 1:00 last 25 faster	2:00
600	5:53 PM	6 x 100 on 1:40 Desc 1-3, 4-6	1:40
100	6:04 PM	2 x 50 on 1:00 fast!!!!	2:00
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,100 Meters	

**Workout #80 - Monday, 18 April 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:10 Kick, Desc	2:20
400	5:23 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		+++ Group Up +++	
100	5:32 PM	4 x 25 on :40 Fast!	2:40
400	5:36 PM	8 x 50 on 1:15 Desc 1-4 5-8	2:30
100	5:47 PM	4 x 25 on :35 Fast!	2:20
300	5:51 PM	6 x 50 on 1:10 Desc 1-3, 4-6	2:20
100	5:59 PM	4 x 25 on :35 Fast!	2:20
200	6:03 PM	4 x 50 on 1:05 Desc	2:10
100	6:09 PM	4 x 25 on :35 Fast!	2:20
100	6:13 PM	2 x 50 on 1:00 Desc	2:00
100	6:16 PM	4 x 25 on :35 Fast!	2:20
100	6:20 PM	1 x 100 on 5:00 Cool Down	5:00
	6:25 PM	3,000 Meters	

**Workout #78 - Tuesday, 19 April 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:40 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:23 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		+++ Group Up +++	
100	5:32 PM	4 x 25 on :40 Fast!	2:40
1,400	5:36 PM	2x{4 x 50 on 1:00 Desc	2:00
		{3 x 100 on 1:45 Desc	1:45
		{2 x 100 on 1:40 Desc	1:40
100	6:03 PM	1 x 100 on 5:00 Cool Down	5:00
	6:08 PM	3,000 Meters	

**Workout #73 - Wednesday, 20 April 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:30 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:10 Kick, Mixed Efforts	2:20
400	5:23 PM	4 x 100 on 2:00 Pull, Desc	2:00
		+++ Group Up +++	
200	5:32 PM	4 x 50 on 1:05 Desc	2:10
900	5:38 PM	3 x 300 on 5:10 Fast!	1:43
300	5:55 PM	3 x 100 on 1:45 Desc	1:45
600	6:02 PM	2 x 300 on 5:00 Fast!	1:40
300	6:13 PM	3 x 100 on 1:50 Desc	1:50
300	6:20 PM	1 x 300 on 4:50 Fast!	1:37
100	6:26 PM	1 x 100 on 5:00 Cool Down	5:00
	6:31 PM	4,100 Meters	

**Workout #72 - Thursday, 21 April 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:23 PM	4 x 100 on 2:00 Pull, Mixed Efforts	2:00
		+++ Group Up +++	
100	5:32 PM	4 x 25 on :40 Fast!	2:40
1,500	5:36 PM	2x{6 x 75 on 1:20 Desc 1-3; 4-6	1:47
		{2 x 150 on 2:30 Desc	1:40
100	6:03 PM	1 x 100 on 5:00 Cool Down	5:00
	6:08 PM	3,100 Meters	

**Workout #69 - Monday, 25 April 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Drill & Swim	1:55
400	5:13 PM	4 x 100 on 2:15 Kick, Desc	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, Mix Efforts	2:10
		%%%% Group Up %%%%	
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,600	5:37 PM	4x{3 x 100 on 1:50 Desc to best effort	1:50
		{1 x 100 on 2:00 Easy, start early	2:00
	6:07 PM	3,100 Meters	

**Workout #64 - Tuesday, 26 April 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Drill & Swim	1:57
400	5:13 PM	8 x 50 on 1:15 Kick, Odds Faster	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Desc	1:55
		%%%% Group Up %%%%	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
1,300	5:39 PM	2x{2 x 150 on 2:30 Desc	1:40
		{2 x 100 on 1:50 Desc	1:50
		{2 x 50 on 1:00 Desc	2:00
		{2 x 25 on :35 Fast	2:20
100	6:04 PM	1 x 100 on 5:00 Loosen	5:00
	6:09 PM	3,000 Meters	

**Workout #61 - Wednesday, 27 April 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:55 Drill & Swim	1:58
400	5:13 PM	4 x 100 on 2:20 Kick, Build Each	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Evens Faster	2:10
		%%%% Group Up %%%%	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
500	5:40 PM	1 x 500 on 8:30 Neg Split	1:42
200	5:50 PM	4 x 50 on 1:00 Desc	2:00
400	5:55 PM	1 x 400 on 6:50 Neg Split	1:42
200	6:03 PM	4 x 50 on :55 Desc	1:50
300	6:08 PM	1 x 300 on 5:15 Neg Split	1:45
200	6:15 PM	4 x 50 on :55 Desc	1:50
200	6:20 PM	1 x 200 on 3:30 Neg Split	1:45
200	6:25 PM	4 x 50 on :50 Desc	1:40
100	6:30 PM	1 x 100 on 3:00 Last one, fast one!!!!	3:00
100	6:34 PM	1 x 100 on 5:00 Loosen	5:00
	6:39 PM	4,000 Meters	

**Workout #59 - Thursday, 28 April 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Drill & Swim	1:58
400	5:13 PM	8 x 50 on 1:20 Kick, as desired	2:40
400	5:25 PM	4 x 100 on 1:55 Pull, as desired	1:55
		%%%% Group Up %%%%	
100	5:34 PM	4 x 25 on :40 Fast	2:40
1,500	5:38 PM	1x{3 x 150 on 2:45 Steady	1:50
		{1 x 200 on 3:20 Fast Pace	1:40
		{2 x 150 on 2:45 Steady	1:50
		{1 x 200 on 3:20 Fast Pace	1:40
		{1 x 150 on 2:45 Steady	1:50
		{1 x 200 on 3:20 Fast Pace	1:40
100	6:06 PM	1 x 100 on 5:00 Loosen	5:00
	6:11 PM	3,100 Meters	

**Workout #57 - Monday, 02 May 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
500	5:00 PM	1 x 500 on 9:00 Mix swim & Drill	1:48
500	5:10 PM	1 x 500 on 9:00 Pull, mix speeds	1:48
400	5:20 PM	4 x 100 on 2:20 Kick, mix in a fast 25 on each	2:20
		***** Group Up *****	
100	5:31 PM	4 x 25 on :40 Speedy!	2:40
400	5:35 PM	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	5:45 PM	1 x 200 on 4:00 Loosen, Get Ready	2:00
600	5:50 PM	6 x 100 on 3:00 Test Yourself!!	3:00
300	6:09 PM	1 x 300 on 6:00 Cool down	2:00
	6:15 PM	3,000 Meters	

**Workout #54 - Tuesday, 03 May 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:10 Pull, mix speeds	2:20
400	5:23 PM	8 x 50 on 1:15 Kick	2:30
		<><><> Group Up <><><>	
100	5:34 PM	4 x 25 on :40 Speedy!	2:40
1,500	5:38 PM	3x{4 x 50 on 1:00 Desc 1-4	2:00
		{1 x 200 on 3:25 Strong and steady	1:42
		{1 x 100 on 2:00 recover	2:00
100	6:08 PM	1 x 100 on 5:00 Cool down	5:00
	6:13 PM	3,100 Meters	

**Workout #51 - Wednesday, 04 May 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:35 Mix Swim & Drill	1:48
400	5:12 PM	8 x 50 on 1:20 Kick, Evens Faster	2:40
400	5:24 PM	4 x 100 on 1:55 Pull, Build	1:55
		<><><> Group Up <><><>	
400	5:33 PM	8 x 50 on 1:05 Desc 1-4. 5-8	2:10
600	5:43 PM	3 x 200 on 3:20 Desc	1:40
800	5:54 PM	2 x 400 on 7:15 Desc	1:49
600	6:10 PM	3 x 200 on 3:20 Desc	1:40
100	6:21 PM	1 x 100 on 5:00 Loosen	5:00
	6:26 PM	3,900 Meters	

**Workout #306 - Thursday, 05 May 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:20 Kick, Mixed Efforts	2:40
400	5:24 PM	4 x 100 on 1:50 Pull, Desc	1:50
		Group Up	
100	5:33 PM	4 x 25 on :40 Desc	2:40
1,400	5:37 PM	2x{2 x 100 on 1:45	1:45
		{1 x 50 on 1:05 Neg Split	2:10
		{2 x 100 on 1:40	1:40
		{1 x 50 on 1:05	2:10
		{2 x 100 on 1:35 fast!!!!	1:35
100	6:03 PM	1 x 100 on 5:00 Cool Down	5:00
	6:08 PM	3,000 Meters	

**Workout #48 - Monday, 09 May 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:30 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:10 Kick, Desc	2:10
400	5:22 PM	4 x 100 on 2:00 Pull, Mixed Efforts	2:00
		*** Group Up ***	
1,600	5:31 PM	2x{4 x 25 on :40 Fast!	2:40
		{4 x 50 on 1:05 Desc	2:10
		{4 x 75 on 1:30 Desc	2:00
		{2 x 100 on 1:50 Desc	1:50
100	6:06 PM	1 x 100 on 5:00 Cool Down	5:00
	6:11 PM	3,100 Meters	

**Workout #43 - Tuesday, 10 May 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:10 Kick, Desc	2:10
400	5:22 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		\$\$\$ Group Up \$\$\$	
100	5:31 PM	4 x 25 on :40 Fast!	2:40
600	5:35 PM	4 x 150 on 2:25 Fast!	1:37
400	5:46 PM	4 x 100 on 1:40 Desc	1:40
300	5:54 PM	4 x 75 on 1:20 Desc	1:47
100	6:01 PM	2 x 50 on 1:00 Fast!	2:00
100	6:04 PM	1 x 100 on 5:00 Cool Down	5:00
	6:09 PM	3,000 Meters	

**Workout #40 - Wednesday, 11 May 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:40 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:10 Kick, Mixed Efforts	2:20
400	5:23 PM	4 x 100 on 2:00 Pull, Desc	2:00
		~~~ Group Up ~~~	
200	5:32 PM	4 x 50 on 1:05 Desc	2:10
2,400	5:38 PM	2x{1 x 600 on 9:30 Fast!	1:35
		{2 x 300 on 5:00 Desc	1:40
100	6:18 PM	1 x 100 on 5:00 Cool Down	5:00
	6:23 PM	4,100 Meters	

Workout #37 - Thursday, 12 May 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:10 Kick, Desc	2:20
400	5:23 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		&&& Group Up &&&	
100	5:32 PM	4 x 25 on :40 Fast!	2:40
225	5:36 PM	3 x 75 on 1:20 Desc	1:47
150	5:41 PM	1 x 150 on 2:25 Fast	1:37
150	5:45 PM	2 x 75 on 1:15 Desc	1:40
300	5:49 PM	2 x 150 on 2:30 Desc	1:40
75	5:55 PM	1 x 75 on 1:10 Desc	1:33
450	5:58 PM	3 x 150 on 2:35 Desc	1:43
150	6:07 PM	1 x 150 on 5:00 Cool Down	3:20
	6:12 PM	3,000 Meters	

Workout #35 - Monday, 16 May 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:55 Drill & Swim Mix	1:58
400	5:13 PM	8 x 50 on 1:15 Kick, Evens Faster	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Mix Efforts	1:55
		^v^v^ Group Up ^v^v^	
1,650	5:33 PM	3x{4 x 50 on 1:10 Fast	2:20
		{4 x 75 on 1:40 Fast	2:13
		{1 x 50 on 1:30 EZ	3:00
	6:12 PM	3,050 Meters	

Workout #33 - Tuesday, 17 May 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Drill & Swim Mix	1:58
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Desc	1:55
		^v^v^ Group Up ^v^v^	
100	5:33 PM	4 x 25 on :40 Fast	2:40
400	5:37 PM	2 x 200 on 3:40 Desc	1:50
400	5:46 PM	2 x 200 on 3:30 Desc	1:45
400	5:54 PM	2 x 200 on 3:20 Desc	1:40
200	6:02 PM	1 x 200 on 4:00 Last one, fast one	2:00
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,000 Meters	

Workout #28 - Wednesday, 18 May 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Drill & Swim Mix	1:57
400	5:13 PM	4 x 100 on 2:20 Kick, Neg Split	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Evens Faster	2:10
		^v^v^ Group Up ^v^v^	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
800	5:40 PM	2 x 400 on 6:35 Neg Split	1:39
400	5:55 PM	2 x 200 on 3:35 Desc	1:48
800	6:04 PM	2 x 400 on 6:40 Neg Split	1:40
400	6:19 PM	2 x 200 on 3:30 Desc	1:45
100	6:27 PM	1 x 100 on 5:00 Loosen	5:00
	6:32 PM	4,100 Meters	

Workout #25 - Thursday, 19 May 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Drill & Swim Mix	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Desc	2:10
		^v^v^ Group Up ^v^v^	
100	5:34 PM	4 x 25 on :40 Fast	2:40
1,500	5:38 PM	1x{3 x 100 on 1:50 Steady	1:50
		{1 x 100 on 1:40 Fast Pace	1:40
		{3 x 100 on 1:50 Steady	1:50
		{2 x 100 on 1:40 Fast Pace	1:40
		{3 x 100 on 1:50 Steady	1:50
		{3 x 100 on 1:40 Fast Pace	1:40
100	6:06 PM	1 x 100 on 5:00 Loosen	5:00
	6:11 PM	3,100 Meters	

Workout #332 - Monday, 23 May 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:40 Mix Swim & Drill	1:47
400	5:12 PM	8 x 50 on 1:20 Kick, Mixed Efforts	2:40
400	5:24 PM	8 x 50 on 1:10 Pull, Desc	2:20
		Group Up	
100	5:35 PM	4 x 25 on :40 Desc	2:40
1,400	5:39 PM	2x{6 x 50 on 1:05 desc 1-3, 4-6	2:10
		{1 x 100 on 1:45 fast!	1:45
		{4 x 50 on 1:00 desc	2:00
		{1 x 100 on 1:45 fast!!!!	1:45
100	6:08 PM	1 x 100 on 5:00 Cool Down	5:00
	6:13 PM	3,000 Meters	

Workout #335 - Tuesday, 24 May 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Mix Swim & Drill	1:52
400	5:13 PM	4 x 100 on 2:00 Kick, Mixed Efforts	2:00
400	5:22 PM	8 x 50 on 1:10 Pull, Desc	2:20
		Group Up	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
600	5:39 PM	3 x 200 on 3:30 build each	1:45
200	5:51 PM	2 x 100 on 1:40	1:40
400	5:56 PM	2 x 200 on 3:30 steady and strong	1:45
200	6:04 PM	4 x 50 on 1:05 desc	2:10
100	6:10 PM	1 x 100 on 5:00 Cool Down	5:00
	6:15 PM	3,100 Meters	

Workout #338 - Wednesday, 25 May 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:30 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:20 Kick, Mixed Efforts	2:40
400	5:24 PM	4 x 100 on 1:45 Pull, Desc	1:45
		Group Up	
100	5:32 PM	4 x 25 on :40 fast	2:40
2,400	5:36 PM	2x{2 x 300 on 5:15	1:45
		{3 x 100 on 1:45 desc	1:45
		{2 x 150 on 2:30	1:40
100	6:19 PM	1 x 100 on 5:00 Cool Down	5:00
	6:24 PM	4,000 Meters	

Workout #341 - Thursday, 26 May 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:00 Kick, Mixed Efforts	2:00
400	5:21 PM	4 x 100 on 1:50 Pull, Desc	1:50
		Group Up	
100	5:30 PM	4 x 25 on :40 Fast	2:40
450	5:34 PM	6 x 75 on 1:25	1:53
300	5:44 PM	2 x 150 on 2:50 strong and steady	1:53
450	5:51 PM	6 x 75 on 1:20	1:47
300	6:00 PM	2 x 150 on 2:50 strong and steady	1:53
100	6:07 PM	1 x 100 on 5:00 Cool Down	5:00
	6:12 PM	3,100 Meters	

Workout #24 - Monday, 30 May 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:10 Kick, Desc	2:10
400	5:22 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		*** Group Up ***	
100	5:31 PM	4 x 25 on :40 Fast!	2:40
200	5:35 PM	2 x 100 on 1:45 Fast!	1:45
300	5:40 PM	3 x 100 on 1:50 Desc	1:50
400	5:47 PM	4 x 100 on 1:55 Desc	1:55
500	5:56 PM	5 x 100 on 2:00 Desc	2:00
100	6:07 PM	1 x 100 on 5:00 Cool Down	5:00
	6:12 PM	3,000 Meters	

Workout #19 - Tuesday, 31 May 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:10 Kick, Mixed Efforts	2:20
400	5:23 PM	4 x 100 on 2:00 Pull, Desc	2:00
		%%% Group Up %%%	
200	5:32 PM	4 x 50 on 1:05 Desc	2:10
1,300	5:38 PM	2x{2 x 150 on 2:30 Desc	1:40
		{2 x 100 on 1:50 Desc	1:50
		{2 x 50 on 1:00 Desc	2:00
		{2 x 25 on :35 Fast!	2:20
100	6:03 PM	1 x 100 on 5:00 Cool Down	5:00
	6:08 PM	3,000 Meters	

Workout #16 - Wednesday, 01 June 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:40 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:10 Kick, Desc	2:10
400	5:22 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		*** Group Up ***	
200	5:31 PM	4 x 50 on 1:05 Desc	2:10
2,000	5:37 PM	2x{1 x 500 on 8:00 Fast!	1:36
		{2 x 250 on 4:10 Neg Split	1:40
500	6:11 PM	5 x 100 on 1:45 Desc	1:45
100	6:21 PM	1 x 100 on 5:00 Cool Down	5:00
	6:26 PM	4,200 Meters	

Workout #15 - Thursday, 02 June 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:30 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:10 Kick, Mixed Efforts	2:20
400	5:23 PM	4 x 100 on 2:00 Pull, Desc	2:00
		*** Group Up ***	
100	5:32 PM	4 x 25 on :40 Fast!	2:40
800	5:36 PM	4 x 200 on 3:20 Desc	1:40
400	5:51 PM	4 x 100 on 1:45 Desc	1:45
200	5:59 PM	4 x 50 on 1:00 Desc	2:00
100	6:04 PM	4 x 25 on :35 Fast!	2:20
100	6:08 PM	1 x 100 on 5:00 Cool Down	5:00
	6:13 PM	3,100 Meters	

Workout #11 - Monday, 06 June 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
500	5:00 PM	1 x 500 on 9:00 Mix swim & Drill	1:48
500	5:10 PM	1 x 500 on 9:00 Pull, mix speeds	1:48
400	5:20 PM	4 x 100 on 2:20 Kick, mix in a fast 25 on each	2:20
		***** Group Up *****	
100	5:31 PM	4 x 25 on :40 Speedy!	2:40
400	5:35 PM	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	5:45 PM	1 x 200 on 4:00 Loosen, Get Ready	2:00
600	5:50 PM	6 x 100 on 3:00 Test Yourself!!	3:00
300	6:09 PM	1 x 300 on 6:00 Cool down	2:00
	6:15 PM	3,000 Meters	

Workout #5 - Wednesday, 08 June 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:55 Mix Swim & Drill	1:58
400	5:13 PM	4 x 100 on 2:20 Kick, Neg Split	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Odds Faster	2:10
		***** Group Up *****	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
2,400	5:40 PM	2x{1 x 400 on 6:45 Neg Split	1:41
		{2 x 200 on 3:30 Desc	1:45
		{4 x 100 on 1:45 Desc	1:45
100	6:23 PM	1 x 100 on 5:00 Loosen	5:00
	6:28 PM	4,100 Meters	

Workout #1 - Thursday, 09 June 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Mix Swim & Drill	1:57
400	5:13 PM	8 x 50 on 1:20 Kick, Evens Faster	2:40
400	5:25 PM	4 x 100 on 1:55 Pull, Build	1:55
		***** Group Up *****	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
300	5:40 PM	3 x 100 on 1:55 Desc	1:55
300	5:47 PM	3 x 100 on 1:50 Desc	1:50
300	5:54 PM	3 x 100 on 1:45 Desc	1:45
300	6:01 PM	3 x 100 on 1:40 Desc	1:40
50	6:07 PM	1 x 50 on 1:15 EZ	2:30
100	6:10 PM	1 x 100 on 3:00 BEST EFFORT	3:00
100	6:14 PM	1 x 100 on 5:00 Loosen	5:00
	6:19 PM	3,050 Meters	

Workout #362 - Monday, 13 June 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:30 Swim \ Drill Mix	1:50
400	5:12 PM	4 x 100 on 2:00 Kick, Mix Efforts	2:00
400	5:21 PM	4 x 100 on 1:50 Pull, Desc	1:50
		::::: Group Up :::::	
200	5:30 PM	4 x 50 on 1:05 desc	2:10
1,400	5:36 PM	4x{4 x 25 on :35 desc to best effort	2:20
		{2 x 50 on 1:05 fast!!!!	2:10
		{4 x 25 on :35 desc to best effort	2:20
		{1 x 50 on 1:15 loosen	2:30
100	6:10 PM	1 x 100 on 5:00 Loosen	5:00
	6:15 PM	3,100 Meters	

Workout #365 - Tuesday, 14 June 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Swim \ Drill Mix	1:50
400	5:12 PM	4 x 100 on 2:15 Kick, Mix Efforts	2:15
400	5:22 PM	8 x 50 on 1:10 Pull, Desc	2:20
		::::: Group Up :::::	
100	5:33 PM	4 x 25 on :40 fast!!!!	2:40
450	5:37 PM	3 x 150 on 2:40 desc	1:47
150	5:46 PM	3 x 50 on 1:00 fast	2:00
450	5:50 PM	3 x 150 on 2:35 desc	1:43
150	5:59 PM	3 x 50 on 1:00 fast	2:00
450	6:03 PM	3 x 150 on 2:30 desc	1:40
100	6:12 PM	1 x 100 on 5:00 Cool Down	5:00
	6:17 PM	3,250 Meters	

Workout #368 - Wednesday, 15 June 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Swim \ Drill Mix	1:52
400	5:13 PM	8 x 50 on 1:15 Kick, Mix Efforts	2:30
400	5:24 PM	4 x 100 on 1:50 Pull, Desc	1:50
		:::::: Group Up :::::	
200	5:33 PM	4 x 50 on 1:05 desc	2:10
2,400	5:39 PM	2x{1 x 300 on 5:15 build	1:45
		{1 x 600 on 10:30 strong and steady	1:45
		{1 x 300 on 5:00	1:40
100	6:22 PM	1 x 100 on 5:00 Cool Down	5:00
	6:27 PM	4,100 Meters	

Workout #371 - Thursday, 16 June 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Swim \ Drill Mix	1:50
400	5:12 PM	8 x 50 on 1:15 Kick, Mix Efforts	2:30
400	5:23 PM	8 x 50 on 1:10 Pull, Desc	2:20
		:::::: Group Up :::::	
200	5:34 PM	4 x 50 on 1:05 desc	2:10
375	5:40 PM	5 x 75 on 1:15	1:40
300	5:48 PM	2 x 150 on 2:30 build each	1:40
375	5:54 PM	5 x 75 on 1:15 desc	1:40
300	6:02 PM	2 x 150 on 2:30 build each	1:40
100	6:08 PM	1 x 100 on 5:00 Cool Down	5:00
	6:13 PM	3,050 Meters	

Workout #396 - Thursday, 16 June 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Swim \ Drill Mix	1:50
400	5:12 PM	8 x 50 on 1:15 Kick, Mix Efforts	2:30
400	5:23 PM	8 x 50 on 1:10 Pull, Desc	2:20
		/\/\/\/\ Group Up /\/\/\/\	
200	5:34 PM	4 x 50 on 1:05 desc	2:10
450	5:40 PM	6 x 75 on 1:20 Desc 1-3, 4-6	1:47
450	5:49 PM	3 x 150 on 2:40 strong and steady	1:47
450	5:58 PM	6 x 75 on 1:25 Desc 1-3, 4-6	1:53
75	6:08 PM	3 x 25 on :35 fast!!!!	2:20
100	6:11 PM	1 x 100 on 5:00 Loosen	5:00
	6:16 PM	3,125 Meters	

Workout #300 - Monday, 20 June 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:40 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:10 Kick, Mixed Efforts	2:20
400	5:23 PM	4 x 100 on 2:00 Pull, Desc	2:00
		### Group Up ###	
100	5:32 PM	4 x 25 on :40 Fast!	2:40
300	5:36 PM	6 x 50 on 1:05 Fast!	2:10
600	5:44 PM	8 x 75 on 1:40 Fast!	2:13
100	5:59 PM	1 x 100 on 3:00 Easy	3:00
300	6:03 PM	6 x 50 on 1:10 Fast!	2:20
100	6:11 PM	4 x 25 on :40 Fast!	2:40
100	6:15 PM	1 x 100 on 5:00 Cool Down	5:00
	6:20 PM	3,000 Meters	

Workout #310 - Wednesday, 22 June 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:23 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		### Group Up ###	
200	5:32 PM	4 x 50 on 1:05 Desc	2:10
400	5:38 PM	1 x 400 on 6:30 Fast and Steady	1:38
800	5:46 PM	4 x 200 on 3:30 Desc	1:45
800	6:01 PM	2 x 400 on 6:40 Neg Split	1:40
400	6:16 PM	2 x 200 on 3:20 Neg Split	1:40
100	6:24 PM	1 x 100 on 5:00 Cool Down	5:00
	6:29 PM	4,100 Meters	

Workout #315 - Thursday, 23 June 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:23 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		*** Group Up ***	
100	5:32 PM	4 x 25 on :40 Fast!	2:40
1,400	5:36 PM	2x{4 x 100 on 1:40 Desc	1:40
		{2 x 100 on 1:45 Neg Split	1:45
		{1 x 100 on 2:30 Lengthen	2:30
100	6:03 PM	1 x 100 on 5:00 Cool Down	5:00
	6:08 PM	3,000 Meters	

Workout #349 - Tuesday, 28 June 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:55 Swim \ Drill Mix	1:58
400	5:13 PM	4 x 100 on 2:15 Kick, Neg Split	2:15
400	5:23 PM	8 x 50 on 1:05 Pull Odds Faster	2:10
		{ } { } { Group Up } { } { }	
200	5:33 PM	4 x 50 on 1:05 Fast	2:10
200	5:39 PM	2 x 100 on 1:35 Fast	1:35
400	5:44 PM	4 x 100 on 1:45 Desc	1:45
200	5:52 PM	2 x 100 on 1:35 Fast	1:35
400	5:57 PM	4 x 100 on 1:55 Desc	1:55
200	6:06 PM	2 x 100 on 1:35 Fast	1:35
100	6:11 PM	1 x 100 on 5:00 Loosen	5:00
	6:16 PM	3,100 Meters	

Workout #352 - Wednesday, 29 June 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Swim \ Drill Mix	1:58
400	5:13 PM	8 x 50 on 1:15 Kick, Odds Faster	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Build	1:55
		{ } { } { Group Up } { } { }	
100	5:33 PM	4 x 25 on :40 Fast	2:40
2,400	5:37 PM	2x{6 x 50 on 1:05 Desc 1-3, 4-6	2:10
		{1 x 300 on 5:20 Neg Split	1:47
		{1 x 300 on 5:05 Neg Split	1:42
		{1 x 300 on 4:50 Neg Split	1:37
100	6:22 PM	1 x 100 on 5:00 Loosen	5:00
	6:27 PM	4,000 Meters	

Workout #355 - Thursday, 30 June 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim \ Drill Mix	1:55
400	5:13 PM	4 x 100 on 2:15 Kick, Mix Efforts	2:15
400	5:23 PM	4 x 100 on 1:55 Pull, Desc	1:55
		{ } { } { Group Up } { } { }	
100	5:32 PM	4 x 25 on :40 Fast	2:40
200	5:36 PM	4 x 50 on 1:05 Desc	2:10
300	5:42 PM	4 x 75 on 1:30 Fast	2:00
100	5:49 PM	1 x 100 on 2:00 Easier	2:00
100	5:52 PM	4 x 25 on :30 Fast	2:00
200	5:55 PM	4 x 50 on 1:00 Desc	2:00
300	6:00 PM	4 x 75 on 1:20 Fast	1:47
100	6:07 PM	1 x 100 on 2:00 Easier	2:00
300	6:10 PM	4 x 75 on 1:15 Fast	1:40
100	6:16 PM	1 x 100 on 5:00 Loosen	5:00
	6:21 PM	3,200 Meters	

Workout #414 - Thursday, 07 July 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:30 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:10 Kick, Mixed Efforts	2:20
400	5:23 PM	4 x 100 on 2:00 Pull, Desc	2:00
		*** Group Up ***	
100	5:32 PM	4 x 25 on :40 Fast!	2:40
800	5:36 PM	4 x 200 on 3:20 Desc	1:40
400	5:51 PM	4 x 100 on 1:45 Desc	1:45
200	5:59 PM	4 x 50 on 1:00 Desc	2:00
100	6:04 PM	4 x 25 on :35 Fast!	2:20
100	6:08 PM	1 x 100 on 5:00 Cool Down	5:00
	6:13 PM	3,100 Meters	

Workout #399 - Monday, 11 July 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
500	5:00 PM	1 x 500 on 9:00 Mix swim & Drill	1:48
500	5:10 PM	1 x 500 on 9:00 Pull, mix speeds	1:48
400	5:20 PM	4 x 100 on 2:20 Kick, mix in a fast 25 on each	2:20
		/\ /\ /\ /\ Group Up /\ /\ /\ /\	
100	5:31 PM	4 x 25 on :40 Speedy!	2:40
400	5:35 PM	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	5:45 PM	1 x 200 on 4:00 Loosen, Get Ready	2:00
600	5:50 PM	6 x 100 on 3:00 Test Yourself!!	3:00
300	6:09 PM	1 x 300 on 6:00 Cool down	2:00
	6:15 PM	3,000 Meters	

Workout #402 - Tuesday, 12 July 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:15 kick, mixed efforts	2:30
400	5:23 PM	8 x 50 on 1:10 Pull, mixed efforts	2:20
		/\ /\ /\ /\ Group Up /\ /\ /\ /\	
100	5:34 PM	4 x 25 on :40 fast	2:40
200	5:38 PM	2 x 100 on 1:40 strong pace	1:40
800	5:43 PM	4 x 200 on 3:30 desc	1:45
200	5:58 PM	2 x 100 on 1:40 strong pace	1:40
200	6:03 PM	4 x 50 on 1:00 fast!!!!	2:00
100	6:08 PM	1 x 100 on 5:00 Cool down	5:00
	6:13 PM	3,000 Meters	

Workout #418 - Wednesday, 13 July 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Mix swim & Drill	1:52
400	5:13 PM	4 x 100 on 2:00 kick, mixed efforts	2:00
400	5:22 PM	8 x 50 on 1:10 Pull, mixed efforts	2:20
		\\/\\/\\/ Group Up \\\	
100	5:33 PM	4 x 25 on :40 fast	2:40
400	5:37 PM	1 x 400 on 7:10	1:48
400	5:46 PM	2 x 200 on 3:35 desc	1:48
400	5:55 PM	4 x 100 on 1:45 strong pace	1:45
400	6:03 PM	1 x 400 on 7:10 strong and steady	1:48
100	6:12 PM	1 x 100 on 5:00 Cool down	5:00
	6:17 PM	3,200 Meters	

Workout #421 - Thursday, 14 July 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Mix Swim & Drill	1:57
400	5:13 PM	8 x 50 on 1:20 Kick, Evens Faster	2:40
400	5:25 PM	4 x 100 on 1:55 Pull, Build	1:55
		***** Group Up *****	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
300	5:40 PM	3 x 100 on 1:55 Desc	1:55
300	5:47 PM	3 x 100 on 1:50 Desc	1:50
300	5:54 PM	3 x 100 on 1:45 Desc	1:45
300	6:01 PM	3 x 100 on 1:40 Desc	1:40
50	6:07 PM	1 x 50 on 1:15 EZ	2:30
100	6:10 PM	1 x 100 on 3:00 BEST EFFORT	3:00
100	6:14 PM	1 x 100 on 5:00 Loosen	5:00
	6:19 PM	3,050 Meters	

Workout #250 - Monday, 18 July 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:45 Swim & Drill Mix	1:55
400	5:13 PM	4 x 100 on 2:00 Kick, as desired	2:00
400	5:22 PM	4 x 100 on 1:50 Pull, build	1:50
		%%% Group Up %%%	
200	5:31 PM	4 x 50 on 1:05 Desc	2:10
1,200	5:37 PM	3x{6 x 25 on :35 Best Effort	2:20
		{1 x 50 on 1:10 recover	2:20
		{6 x 25 on :30 Best Effort	2:00
		{1 x 50 on 1:10 recover	2:20
100	6:05 PM	1 x 100 on 5:00 Loosen	5:00
	6:10 PM	2,900 Meters	

Workout #245 - Tuesday, 19 July 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Swim & Drill Mix	1:50
400	5:12 PM	4 x 100 on 2:10 Kick, as desired	2:10
400	5:22 PM	8 x 50 on 1:10 Pull, build	2:20
		%%% Group Up %%%	
100	5:33 PM	4 x 25 on :40 Desc	2:40
1,500	5:37 PM	2x{3 x 50 on 1:00 Steady	2:00
		{2 x 75 on 1:20 Build Each	1:47
		{3 x 150 on 2:35 Push last 50	1:43
100	6:05 PM	1 x 100 on 5:00 Loosen	5:00
	6:10 PM	3,100 Meters	

Workout #424 - Wednesday, 20 July 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Swim & Drill Mix	1:52
400	5:13 PM	8 x 50 on 1:15 Kick, as desired	2:30
400	5:24 PM	4 x 100 on 2:00 Pull, build	2:00
		%%% Group Up %%%	
100	5:33 PM	4 x 25 on :40 Desc	2:40
600	5:37 PM	2 x 300 on 5:20 Build Each	1:47
600	5:49 PM	1 x 600 on 10:30	1:45
600	6:01 PM	2 x 300 on 5:10 build each	1:43
600	6:13 PM	1 x 600 on 10:00	1:40
100	6:24 PM	1 x 100 on 5:00 Loosen	5:00
	6:29 PM	4,000 Meters	

Workout #427 - Thursday, 21 July 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Swim & Drill Mix	1:50
400	5:12 PM	8 x 50 on 1:15 Kick, as desired	2:30
400	5:23 PM	8 x 50 on 1:05 Pull, build	2:10
		%%% Group Up %%%	
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,400	5:37 PM	2x{2 x 150 on 2:40 last 50 very fast	1:47
		{4 x 75 on 1:20 last 25 very fast	1:47
		{2 x 50 on 1:05 Fast	2:10
100	6:04 PM	1 x 100 on 5:00 Loosen	5:00
	6:09 PM	3,000 Meters	

Workout #432 - Monday, 25 July 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Swim \ Drill Mix	1:50
400	5:12 PM	8 x 50 on 1:15 Kick, Mix Efforts	2:30
400	5:23 PM	8 x 50 on 1:10 Pull, Desc	2:20
		/\/\ /\ \ Group Up /\ \ /\ \	
200	5:34 PM	4 x 50 on 1:05 desc	2:10
450	5:40 PM	6 x 75 on 1:20 Desc 1-3, 4-6	1:47
450	5:49 PM	3 x 150 on 2:40 strong and steady	1:47
450	5:58 PM	6 x 75 on 1:25 Desc 1-3, 4-6	1:53
75	6:08 PM	3 x 25 on :35 fast!!!!	2:20
100	6:11 PM	1 x 100 on 5:00 Loosen	5:00
	6:16 PM	3,125 Meters	

Workout #7 - Tuesday, 26 July 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Mix Swim & Drill	1:55
400	5:13 PM	8 x 50 on 1:20 Kick, Desc	2:40
400	5:25 PM	8 x 50 on 1:05 Pull, Desc	2:10
		***** Group Up *****	
1,600	5:35 PM	4x{4 x 50 on 1:05 Desc	2:10
		{1 x 200 on 3:30 FAST	1:45
100	6:08 PM	1 x 100 on 5:00 Loosen	5:00
	6:13 PM	3,100 Meters	

Workout #440 - Wednesday, 27 July 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Mix swim and drill	1:53
400	5:13 PM	4 x 100 on 2:00 kick	2:00
400	5:22 PM	8 x 50 on 1:10 pull	2:20
		[][][][] Group Up [][][][]	
200	5:33 PM	4 x 50 on 1:05 desc	2:10
400	5:39 PM	4 x 100 on 1:40	1:40
100	5:47 PM	1 x 100 on 2:00 relax	2:00
1,600	5:50 PM	2x{1 x 200 on 3:30	1:45
		{1 x 400 on 7:00 build	1:45
		{1 x 200 on 3:25	1:42
	6:18 PM	3,700 Meters	

Workout #446 - Thursday, 28 July 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:23 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		*** Group Up ***	
100	5:32 PM	4 x 25 on :40 Fast	2:40
400	5:36 PM	4 x 100 on 2:00 Desc	2:00
200	5:45 PM	4 x 50 on 1:00 Desc	2:00
300	5:50 PM	3 x 100 on 2:00 Desc	2:00
200	5:57 PM	4 x 50 on 1:00 Desc	2:00
200	6:02 PM	2 x 100 on 2:00 Desc	2:00
100	6:07 PM	4 x 25 on :40 Fast	2:40
100	6:11 PM	1 x 100 on 5:00 Cool Down	5:00
	6:16 PM	3,000 Meters	

Workout #476 - Monday, 01 August 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Swim & Drill	1:57
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Mix Paces	2:10
		///// Group Up \\\	
100	5:34 PM	4 x 25 on :40 Fast	2:40
300	5:38 PM	6 x 50 on :55 Desc 1-3 / 4-6	1:50
300	5:45 PM	4 x 75 on 1:25 Desc 1-2 / 3-4	1:53
200	5:52 PM	2 x 100 on 1:55 Desc 1-2	1:55
300	5:57 PM	4 x 75 on 1:30 Desc 1-2 / 3-4	2:00
300	6:04 PM	6 x 50 on 1:05 Desc 1-3 / 4-6	2:10
100	6:12 PM	1 x 100 on 5:00 Loosen	5:00
	6:17 PM	3,000 Meters	

Workout #479 - Tuesday, 02 August 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:55 Swim & Drill	1:58
400	5:13 PM	4 x 100 on 2:15 Kick, Neg Split	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, Desc	2:10
		///// Group Up \\\	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
1,350	5:39 PM	3x{1 x 50 on 1:15 Easy	2:30
		{4 x 100 on 1:50 Desc	1:50
100	6:06 PM	1 x 100 on 5:00 Loosen	5:00
	6:11 PM	3,050 Meters	

Workout #482 - Wednesday, 03 August 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Swim & Drill	1:58
400	5:13 PM	8 x 50 on 1:15 Kick, Odds Faster	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Neg Split	1:55
		///// Group Up \\\	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
1,200	5:39 PM	4 x 300 on 5:00 Desc or Neg Split	1:40
100	6:00 PM	2 x 50 on 1:05 Steady Pace	2:10
600	6:04 PM	2 x 300 on 5:15 Faster than Fastest Prior Set	1:45
100	6:16 PM	2 x 50 on 1:05 Steady	2:10
300	6:20 PM	1 x 300 on 6:00 Faster!	2:00
100	6:27 PM	1 x 100 on 5:00 Loosen	5:00
	6:32 PM	4,000 Meters	

Workout #485 - Thursday, 04 August 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim & Drill	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, Neg Split Efforts	2:20
400	5:24 PM	4 x 100 on 1:55 Pull, Build	1:55
		///// Group Up \\\	
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,500	5:37 PM	3x{2 x 100 on 1:45 Desc	1:45
		{2 x 75 on 1:25 Desc	1:53
		{2 x 50 on 1:00 Desc	2:00
		{2 x 25 on :35 Fast	2:20
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,100 Meters	

Workout #405 - Monday, 08 August 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:23 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		*** Group Up ***	
100	5:32 PM	4 x 25 on :40 Fast	2:40
400	5:36 PM	4 x 100 on 2:00 Desc	2:00
200	5:45 PM	4 x 50 on 1:00 Desc	2:00
300	5:50 PM	3 x 100 on 2:00 Desc	2:00
200	5:57 PM	4 x 50 on 1:00 Desc	2:00
200	6:02 PM	2 x 100 on 2:00 Desc	2:00
100	6:07 PM	4 x 25 on :40 Fast	2:40
100	6:11 PM	1 x 100 on 5:00 Cool Down	5:00
	6:16 PM	3,000 Meters	

Workout #408 - Tuesday, 09 August 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:05 Kick, Mixed Efforts	2:10
400	5:22 PM	4 x 100 on 2:00 Pull, Desc	2:00
		*** Group Up ***	
200	5:31 PM	4 x 50 on 1:05 Desc	2:10
1,300	5:37 PM	2x{4 x 150 on 2:30 Desc	1:40
		{1 x 50 on 1:15 Steady	2:30
100	6:01 PM	1 x 100 on 5:00 Cool Down	5:00
	6:06 PM	3,000 Meters	

Workout #411 - Wednesday, 10 August 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:40 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:10 Kick, Desc	2:10
400	5:22 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		*** Group Up ***	
200	5:31 PM	4 x 50 on 1:05 Desc	2:10
2,000	5:37 PM	2x{1 x 500 on 8:00 Fast!	1:36
		{2 x 250 on 4:10 Neg Split	1:40
500	6:11 PM	5 x 100 on 1:45 Desc	1:45
100	6:21 PM	1 x 100 on 5:00 Cool Down	5:00
	6:26 PM	4,200 Meters	

Workout #303 - Thursday, 11 August 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:30 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:10 Kick, Mixed Efforts	2:20
400	5:23 PM	4 x 100 on 2:00 Pull, Desc	2:00
		v^v Group Up ^v^	
200	5:32 PM	4 x 50 on 1:05 Desc	2:10
1,500	5:38 PM	3x{2 x 100 on 1:40 Neg Split	1:40
		{1 x 200 on 3:20 Neg Split	1:40
		{1 x 100 on 2:30 1&2 Lengthen, 3 Cool Down	2:30
	6:06 PM	3,100 Meters	

Workout #488 - Monday, 15 August 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
500	5:00 PM	1 x 500 on 9:00 Mix swim & Drill	1:48
500	5:10 PM	1 x 500 on 9:00 Pull, mix speeds	1:48
400	5:20 PM	4 x 100 on 2:20 Kick, mix in a fast 25 on each ***** Group Up *****	2:20
100	5:31 PM	4 x 25 on :40 Speedy!	2:40
400	5:35 PM	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	5:45 PM	1 x 200 on 4:00 Loosen, Get Ready	2:00
600	5:50 PM	6 x 100 on 3:00 Test Yourself!!	3:00
300	6:09 PM	1 x 300 on 6:00 Cool down	2:00
	6:15 PM	3,000 Meters	

Workout #492 - Tuesday, 16 August 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:15 kick, mixed efforts	2:30
400	5:23 PM	8 x 50 on 1:10 Pull, mixed efforts /\/\//\ Group Up /\/\//\	2:20
100	5:34 PM	4 x 25 on :40 fast	2:40
200	5:38 PM	2 x 100 on 1:40 strong pace	1:40
800	5:43 PM	4 x 200 on 3:30 desc	1:45
200	5:58 PM	2 x 100 on 1:40 strong pace	1:40
200	6:03 PM	4 x 50 on 1:00 fast!!!!	2:00
100	6:08 PM	1 x 100 on 5:00 Cool down	5:00
	6:13 PM	3,000 Meters	

Workout #495 - Wednesday, 17 August 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:55 Mix Swim & Drill	1:58
400	5:13 PM	4 x 100 on 2:20 Kick, Neg Split	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Odds Faster ***** Group Up *****	2:10
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
2,400	5:40 PM	2x{1 x 400 on 6:45 Neg Split {2 x 200 on 3:30 Desc {4 x 100 on 1:45 Desc	1:41 1:45 1:45
100	6:23 PM	1 x 100 on 5:00 Loosen	5:00
	6:28 PM	4,100 Meters	

Workout #462 - Monday, 22 August 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:30 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:00 Kick, Mixed Efforts	2:00
400	5:21 PM	4 x 100 on 1:50 Pull, Desc	1:50
		v^v Group Up ^v^	
200	5:30 PM	4 x 50 on 1:05 Desc	2:10
1,400	5:36 PM	2x{2 x 100 on 1:40	1:40
		{4 x 50 on 1:00	2:00
		{8 x 25 on :30	2:00
		{2 x 50 on :55	1:50
100	6:04 PM	1 x 100 on 5:00 cool down	5:00
	6:09 PM	3,100 Meters	

Workout #465 - Tuesday, 23 August 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Swim \ Drill Mix	1:50
400	5:12 PM	4 x 100 on 2:15 Kick, Mix Efforts	2:15
400	5:22 PM	8 x 50 on 1:10 Pull, Desc	2:20
		:::::: Group Up :::::	
100	5:33 PM	4 x 25 on :40 fast!!!!	2:40
450	5:37 PM	3 x 150 on 2:40 desc	1:47
150	5:46 PM	3 x 50 on 1:00 fast	2:00
450	5:50 PM	3 x 150 on 2:35 desc	1:43
150	5:59 PM	3 x 50 on 1:00 fast	2:00
450	6:03 PM	3 x 150 on 2:30 desc	1:40
100	6:12 PM	1 x 100 on 5:00 Cool Down	5:00
	6:17 PM	3,250 Meters	

Workout #468 - Wednesday, 24 August 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Swim \ Drill Mix	1:52
400	5:13 PM	8 x 50 on 1:15 Kick, Mix Efforts	2:30
400	5:24 PM	4 x 100 on 1:50 Pull, Desc	1:50
		:::::: Group Up :::::	
200	5:33 PM	4 x 50 on 1:05 desc	2:10
1,500	5:39 PM	1x{2 x 300 on 5:15 build	1:45
		{1 x 600 on 10:30 strong and steady	1:45
		{1 x 300 on 5:00	1:40
100	6:06 PM	1 x 100 on 5:00 Cool Down	5:00
	6:11 PM	3,200 Meters	

Workout #471 - Thursday, 25 August 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:40 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:10 Kick, Mixed Efforts	2:20
400	5:23 PM	4 x 100 on 2:00 Pull, Desc	2:00
		### Group Up ###	
100	5:32 PM	4 x 25 on :40 Fast!	2:40
300	5:36 PM	6 x 50 on 1:05 Fast!	2:10
600	5:44 PM	8 x 75 on 1:40 Fast!	2:13
100	5:59 PM	1 x 100 on 3:00 Easy	3:00
300	6:03 PM	6 x 50 on 1:10 Fast!	2:20
100	6:11 PM	4 x 25 on :40 Fast!	2:40
100	6:15 PM	1 x 100 on 5:00 Cool Down	5:00
	6:20 PM	3,000 Meters	

Workout #508 - Monday, 29 August 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	5:11 PM	8 x 50 on 1:15 Kick, Mixed Efforts	2:30
400	5:21 PM	4 x 100 on 2:00 Pull, Desc	2:00
		+++ Group Up +++	
100	5:29 PM	4 x 25 on :40 Fast	2:40
300	5:32 PM	6 x 50 on 1:05 Desc 1-3, 4-6	2:10
600	5:39 PM	8 x 75 on 1:30 Desc 1-4, 5-8	2:00
500	5:51 PM	5 x 100 on 1:50 Desc	1:50
100	6:01 PM	1 x 100 on 5:00 Cool Down	5:00
	6:06 PM	3,000 Meters	

Workout #511 - Tuesday, 30 August 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:40 Mix Swim & Drill	1:53
400	5:12 PM	8 x 50 on 1:15 Kick, Mixed Efforts	2:30
400	5:22 PM	4 x 100 on 2:10 Pull, Desc	2:10
		*** Group Up ***	
200	5:31 PM	4 x 50 on 1:05 Desc	2:10
1,400	5:36 PM	2x{3 x 200 on 3:20 Fast	1:40
		{1 x 100 on 2:00 1. Steady, 2. Cool Down	2:00
	6:00 PM	3,000 Meters	

Workout #514 - Wednesday, 31 August 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	5:11 PM	4 x 100 on 2:30 Kick, Desc	2:30
400	5:21 PM	8 x 50 on 1:05 Pull, Mixed Efforts	2:10
		() () () Group Up () () ()	
400	5:30 PM	8 x 50 on 1:05 Desc	2:10
400	5:39 PM	1 x 400 on 6:30 Fast	1:38
400	5:46 PM	2 x 200 on 3:25 Desc	1:42
400	5:53 PM	4 x 100 on 1:45 Desc	1:45
100	6:00 PM	1 x 100 on 5:00 Cool Down	5:00
	6:05 PM	3,100 Meters	

Workout #517 - Thursday, 01 September 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:11 PM	4 x 100 on 2:15 Kick, Desc	2:15
400	5:20 PM	8 x 50 on 1:05 Pull, Mixed Efforts	2:10
		<><><> Group Up <><><>	
100	5:29 PM	4 x 25 on :40 Fast	2:40
1,500	5:32 PM	3x{2 x 100 on 1:45 Fast	1:45
		{2 x 100 on 1:40 Fast	1:40
		{1 x 100 on 2:30 1. Recovery 2. cool down	2:30
	6:00 PM	3,000 Meters	

Workout #346 - Monday, 05 September 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Swim \ Drill Mix	1:57
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	8 x 50 on 1:05 Pull Desc	2:10
		{{}}{ Group Up }{{}}	
1,600	5:34 PM	2x{6 x 50 on 1:00 Desc	2:00
		{4 x 75 on 1:25 Desc	1:53
		{2 x 100 on 1:50 Desc	1:50
100	6:06 PM	1 x 100 on 5:00 Loosen	5:00
	6:11 PM	3,100 Meters	

Workout #527 - Tuesday, 06 September 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
500	5:00 PM	1 x 500 on 9:00 Mix swim & Drill	1:48
500	5:10 PM	1 x 500 on 9:00 Pull, mix speeds	1:48
400	5:20 PM	4 x 100 on 2:20 Kick, mix in a fast 25 on each ***** Group Up *****	2:20
100	5:31 PM	4 x 25 on :40 Speedy!	2:40
400	5:35 PM	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	5:45 PM	1 x 200 on 4:00 Loosen, Get Ready	2:00
600	5:50 PM	6 x 100 on 3:00 Test Yourself!!	3:00
300	6:09 PM	1 x 300 on 6:00 Cool down	2:00
	6:15 PM	3,000 Meters	

Workout #530 - Wednesday, 07 September 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:30 mix swim and drill	1:50
400	5:12 PM	8 x 50 on 1:10 kick	2:20
400	5:23 PM	4 x 100 on 2:00 pull ??? Group Up ???	2:00
200	5:32 PM	4 x 50 on 1:05 desc	2:10
1,800	5:38 PM	2x{3 x 100 on 1:45 desc {2 x 150 on 2:45 {1 x 300 on 5:00 build	1:45 1:50 1:40
100	6:11 PM	1 x 100 on 5:00 cool down	5:00
	6:16 PM	3,500 Meters	

Workout #533 - Thursday, 08 September 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Swim \ Drill Mix	1:50
400	5:11 PM	8 x 50 on 1:15 Kick, Mix Efforts	2:30
400	5:21 PM	8 x 50 on 1:10 Pull, Desc /\//\//\ Group Up /\//\//\	2:20
200	5:31 PM	4 x 50 on 1:05 desc	2:10
450	5:36 PM	6 x 75 on 1:20 Desc 1-3, 4-6	1:47
450	5:44 PM	3 x 150 on 2:40 strong and steady	1:47
450	5:52 PM	6 x 75 on 1:25 Desc 1-3, 4-6	1:53
75	6:01 PM	3 x 25 on :35 fast!!!!	2:20
100	6:03 PM	1 x 100 on 5:00 Loosen	5:00
	6:08 PM	3,125 Meters	

Workout #541 - Monday, 12 September 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:11 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:21 PM	8 x 50 on 1:05 Pull, Mixed Efforts	2:10
		\/\/\/ 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	1:50
100	5:41 PM	4 x 25 on :30 Fast	2:00
400	5:43 PM	4 x 100 on 1:45 Desc	1:45
100	5:50 PM	4 x 25 on :35 Fast	2:20
400	5:53 PM	4 x 100 on 1:40 Desc	1:40
100	6:00 PM	1 x 100 on 5:00 Cool Down	5:00
	6:05 PM	3,000 Meters	

Workout #544 - Tuesday, 13 September 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	5:11 PM	8 x 50 on 1:10 Kick, Mixed Efforts	2:20
400	5:21 PM	4 x 100 on 2:05 Pull, Desc	2:05
		^ ^ ^ Group Up ^ ^ ^	
200	5:30 PM	4 x 50 on 1:05 Desc	2:10
1,350	5:35 PM	3x{2 x 150 on 2:30 Neg Split	1:40
		{1 x 150 on 2:50 Steady	1:53
100	5:59 PM	1 x 100 on 5:00 Cool Down	5:00
	6:04 PM	3,050 Meters	

Workout #547 - Wednesday, 14 September 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:40 Mix Swim & Drill	1:50
400	5:11 PM	4 x 100 on 2:30 Kick, Desc	2:30
400	5:21 PM	8 x 50 on 1:05 Pull, Mixed Efforts	2:10
		+ + + Group Up + + +	
200	5:30 PM	4 x 50 on 1:05 Desc	2:10
500	5:35 PM	5 x 100 on 1:45 Desc	1:45
500	5:44 PM	1 x 500 on 8:00 Fast	1:36
400	5:52 PM	4 x 100 on 1:50 Desc	1:50
100	6:00 PM	1 x 100 on 5:00 Cool Down	5:00
	6:05 PM	3,100 Meters	

Workout #550 - Thursday, 15 September 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:30 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:05 Kick, Mixed Efforts	2:10
400	5:22 PM	4 x 100 on 2:00 Pull, Desc XXX Group Up XXX	2:00
100	5:31 PM	4 x 25 on :40 Fast	2:40
1,500	5:35 PM	3x{2 x 100 on 1:45 Neg Split {1 x 200 on 3:20 Fast {1 x 100 on 1:50 1&2 Steady 3. Cool Down	1:45 1:40 1:50
	6:01 PM	3,000 Meters	

Workout #563 - Monday, 19 September 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Drill & Swim	1:55
400	5:13 PM	4 x 100 on 2:15 Kick, Desc	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, Mix Efforts %%%% Group Up %%%%	2:10
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,600	5:37 PM	4x{3 x 100 on 1:50 Desc to best effort {1 x 100 on 2:00 Easy, start early	1:50 2:00
	6:07 PM	3,100 Meters	

Workout #566 - Tuesday, 20 September 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Drill & Swim Mix	1:58
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Desc ^v^v^ Group Up ^v^v^	1:55
100	5:33 PM	4 x 25 on :40 Fast	2:40
400	5:37 PM	2 x 200 on 3:40 Desc	1:50
400	5:46 PM	2 x 200 on 3:30 Desc	1:45
400	5:54 PM	2 x 200 on 3:20 Desc	1:40
200	6:02 PM	1 x 200 on 4:00 Last one, fast one	2:00
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,000 Meters	

Workout #569 - Wednesday, 21 September 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 4:10 mix swim and drill	2:05
400	5:14 PM	4 x 100 on 2:10 kick	2:10
400	5:24 PM	8 x 50 on 1:15 pull	2:30
		===== GrOuP uP =====	
200	5:35 PM	4 x 50 on 1:05 desc	2:10
200	5:41 PM	1 x 200 on 3:45 fast	1:52
800	5:46 PM	2 x 400 on 7:10 build	1:48
200	6:02 PM	1 x 200 on 3:45 fast!	1:52
100	6:07 PM	1 x 100 on 5:00 cool down	5:00
	6:12 PM	2,900 Meters	

Workout #498 - Thursday, 22 September 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Mix Swim & Drill	1:57
400	5:13 PM	8 x 50 on 1:20 Kick, Evens Faster	2:40
400	5:25 PM	4 x 100 on 1:55 Pull, Build	1:55
		***** Group Up *****	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
300	5:40 PM	3 x 100 on 1:55 Desc	1:55
300	5:47 PM	3 x 100 on 1:50 Desc	1:50
300	5:54 PM	3 x 100 on 1:45 Desc	1:45
300	6:01 PM	3 x 100 on 1:40 Desc	1:40
50	6:07 PM	1 x 50 on 1:15 EZ	2:30
100	6:10 PM	1 x 100 on 3:00 BEST EFFORT	3:00
100	6:14 PM	1 x 100 on 5:00 Loosen	5:00
	6:19 PM	3,050 Meters	

Workout #557 - Monday, 26 September 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:30 Mix Swim & Drill	1:50
400	5:11 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:21 PM	4 x 100 on 2:10 Pull, Mixed Efforts	2:10
		<><><> Group Up <><><>	
100	5:30 PM	4 x 25 on :40 Fast	2:40
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
300	5:38 PM	4 x 75 on 1:30 Desc	2:00
400	5:44 PM	4 x 100 on 1:50 Fast	1:50
300	5:52 PM	4 x 75 on 1:25 Fast	1:53
200	5:58 PM	4 x 50 on 1:00 Fast	2:00
100	6:02 PM	1 x 100 on 5:00 Cool Down	5:00
	6:07 PM	3,000 Meters	

Workout #560 - Tuesday, 27 September 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	5:11 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:21 PM	8 x 50 on 1:05 Pull, Mixed Efforts	2:10
		V^V^V Group Up V^V^V	
200	5:30 PM	4 x 50 on 1:05 Desc	2:10
1,400	5:35 PM	2x{2 x 150 on 2:35 Desc	1:43
		{2 x 150 on 2:30 Desc	1:40
		{1 x 100 on 2:00 1. fast 2. cool down	2:00
6:00 PM		3,000 Meters	

Workout #577 - Wednesday, 28 September 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Mix Swim & Drill	1:52
400	5:12 PM	8 x 50 on 1:10 Kick, Mixed Efforts	2:20
400	5:22 PM	4 x 100 on 2:00 Pull, Desc	2:00
		+---+---+ Group Up +---+---+	
100	5:30 PM	4 x 25 on :40 Desc	2:40
600	5:33 PM	2 x 300 on 5:10 Neg Split	1:43
600	5:44 PM	1 x 600 on 10:00 Fast	1:40
300	5:54 PM	3 x 100 on 1:45 Desc	1:45
100	6:00 PM	1 x 100 on 5:00 Cool Down	5:00
6:05 PM		3,100 Meters	

Workout #580 - Thursday, 29 September 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:11 PM	8 x 50 on 1:10 Kick, Mixed Efforts	2:20
400	5:21 PM	8 x 50 on 1:05 Pull, Desc	2:10
		^-^-^ Group Up ^-^-^	
100	5:30 PM	4 x 25 on :40 Fast	2:40
1,200	5:33 PM	4x{2 x 75 on 1:20 Decs	1:47
		{1 x 150 on 2:40 Desc	1:47
300	5:55 PM	4 x 75 on 1:15 Fast	1:40
100	6:00 PM	1 x 100 on 5:00 Cool Down	5:00
6:05 PM		3,100 Meters	

Workout #595 - Monday, 03 October 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:40 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:10 Kick, Mixed Efforts	2:20
400	5:23 PM	4 x 100 on 2:00 Pull, Desc	2:00
		### Group Up ###	
100	5:32 PM	4 x 25 on :40 Fast!	2:40
300	5:36 PM	6 x 50 on 1:05 Fast!	2:10
600	5:44 PM	8 x 75 on 1:40 Fast!	2:13
100	5:59 PM	1 x 100 on 3:00 Easy	3:00
300	6:03 PM	6 x 50 on 1:10 Fast!	2:20
100	6:11 PM	4 x 25 on :40 Fast!	2:40
100	6:15 PM	1 x 100 on 5:00 Cool Down	5:00
	6:20 PM	3,000 Meters	

Workout #586 - Tuesday, 04 October 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Drill & Swim Mix	1:58
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Desc	1:55
		^v^v^ Group Up ^v^v^	
100	5:33 PM	4 x 25 on :40 Fast	2:40
400	5:37 PM	2 x 200 on 3:40 Desc	1:50
400	5:46 PM	2 x 200 on 3:30 Desc	1:45
400	5:54 PM	2 x 200 on 3:20 Desc	1:40
200	6:02 PM	1 x 200 on 4:00 Last one, fast one	2:00
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,000 Meters	

Workout #583 - Wednesday, 05 October 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 4:10 mix swim and drill	2:05
400	5:14 PM	4 x 100 on 2:10 kick	2:10
400	5:24 PM	8 x 50 on 1:15 pull	2:30
		===== GrOuP uP =====	
200	5:35 PM	4 x 50 on 1:05 desc	2:10
200	5:41 PM	1 x 200 on 3:45 fast	1:52
800	5:46 PM	2 x 400 on 7:10 build	1:48
200	6:02 PM	1 x 200 on 3:45 fast!	1:52
100	6:07 PM	1 x 100 on 5:00 cool down	5:00
	6:12 PM	2,900 Meters	

Workout #589 - Thursday, 06 October 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Drill & Swim	1:55
400	5:13 PM	4 x 100 on 2:15 Kick, Desc	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, Mix Efforts	2:10
		%%%% Group Up %%%%	
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,600	5:37 PM	4x{3 x 100 on 1:50 Desc to best effort	1:50
		{1 x 100 on 2:00 Easy, start early	2:00
	6:07 PM	3,100 Meters	

Workout #612 - Monday, 10 October 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Swim & Drill	1:57
400	5:12 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:22 PM	8 x 50 on 1:05 Pull, Mix Paces	2:10
		///// Group Up \\\	
100	5:31 PM	4 x 25 on :40 Fast	2:40
300	5:34 PM	6 x 50 on :55 Desc 1-3 / 4-6	1:50
300	5:40 PM	4 x 75 on 1:25 Desc 1-2 / 3-4	1:53
200	5:46 PM	2 x 100 on 1:55 Desc 1-2	1:55
300	5:50 PM	4 x 75 on 1:30 Desc 1-2 / 3-4	2:00
300	5:56 PM	6 x 50 on 1:05 Desc 1-3 / 4-6	2:10
100	6:03 PM	1 x 100 on 5:00 Loosen	5:00
	6:08 PM	3,000 Meters	

Workout #615 - Tuesday, 11 October 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:55 Swim & Drill	1:58
400	5:12 PM	4 x 100 on 2:15 Kick, Neg Split	2:15
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
1,350	5:35 PM	3x{1 x 50 on 1:15 Easy	2:30
		{4 x 100 on 1:50 Desc	1:50
100	6:01 PM	1 x 100 on 5:00 Loosen	5:00
	6:06 PM	3,050 Meters	

Workout #618 - Wednesday, 12 October 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Swim & Drill	1:58
400	5:12 PM	8 x 50 on 1:15 Kick, Odds Faster	2:30
400	5:22 PM	4 x 100 on 1:55 Pull, Neg Split	1:55
		///// Group Up \\\	
200	5:30 PM	4 x 50 on 1:05 Desc	2:10
900	5:35 PM	3 x 300 on 5:00 Desc or Neg Split	1:40
200	5:50 PM	4 x 50 on 1:05 Steady Pace	2:10
300	5:55 PM	1 x 300 on 5:15 Fast!	1:45
100	6:01 PM	1 x 100 on 5:00 Loosen	5:00
	6:06 PM	3,100 Meters	

Workout #621 - Thursday, 13 October 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim & Drill	1:55
400	5:12 PM	4 x 100 on 2:20 Kick, Neg Split Efforts	2:20
400	5:22 PM	4 x 100 on 1:55 Pull, Build	1:55
		///// Group Up \\\	
100	5:30 PM	4 x 25 on :40 Fast	2:40
1,500	5:33 PM	3x{2 x 100 on 1:45 Desc	1:45
		{2 x 75 on 1:25 Desc	1:53
		{2 x 50 on 1:00 Desc	2:00
		{2 x 25 on :35 Fast	2:20
100	6:02 PM	1 x 100 on 5:00 Loosen	5:00
	6:07 PM	3,100 Meters	

Workout #592 - Monday, 17 October 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:11 PM	4 x 100 on 2:15 Kick, Desc	2:15
400	5:20 PM	8 x 50 on 1:05 Pull, Mixed Efforts	2:10
		<><><> Group Up <><><>	
100	5:29 PM	4 x 25 on :40 Fast	2:40
1,500	5:32 PM	3x{2 x 100 on 1:45 Fast	1:45
		{2 x 100 on 1:40 Fast	1:40
		{1 x 100 on 2:30 1. Recovery 2. cool down	2:30
	6:00 PM	3,000 Meters	

Workout #598 - Tuesday, 18 October 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:05 Kick, Mixed Efforts	2:10
400	5:22 PM	4 x 100 on 2:00 Pull, Desc	2:00
		*** Group Up ***	
200	5:31 PM	4 x 50 on 1:05 Desc	2:10
1,300	5:37 PM	2x{4 x 150 on 2:30 Desc	1:40
		{1 x 50 on 1:15 Steady	2:30
100	6:01 PM	1 x 100 on 5:00 Cool Down	5:00
	6:06 PM	3,000 Meters	

Workout #601 - Wednesday, 19 October 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Mix Swim & Drill	1:52
400	5:13 PM	4 x 100 on 2:00 Kick, Mixed Efforts	2:00
400	5:22 PM	8 x 50 on 1:15 Pull, Desc	2:30
		^v^v^v^ Group Up ^v^v^v^	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
500	5:39 PM	1 x 500 on 8:45 strong and steady	1:45
500	5:49 PM	2 x 250 on 4:20 build each	1:44
500	5:59 PM	1 x 500 on 8:35 build	1:43
100	6:09 PM	1 x 100 on 5:00 Cool Down	5:00
	6:14 PM	3,200 Meters	

Workout #604 - Thursday, 20 October 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:15 kick, mixed efforts	2:30
400	5:23 PM	8 x 50 on 1:10 Pull, mixed efforts	2:20
		/\/\/\/\/\ Group Up /\/\/\/\/\	
100	5:34 PM	4 x 25 on :40 fast	2:40
200	5:38 PM	2 x 100 on 1:40 strong pace	1:40
800	5:43 PM	4 x 200 on 3:30 desc	1:45
200	5:58 PM	2 x 100 on 1:40 strong pace	1:40
200	6:03 PM	4 x 50 on 1:00 fast!!!!	2:00
100	6:08 PM	1 x 100 on 5:00 Cool down	5:00
	6:13 PM	3,000 Meters	

Workout #641 - Monday, 24 October 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
400	5:00 PM	1 x 400 on 8:00 Mix Swim & Drill	2:00
400	5:08 PM	1 x 400 on 8:00 Pull, mixed speeds	2:00
400	5:16 PM	4 x 100 on 2:45 Kick, mix in a fast 25 on each ^V^V^V Group Up ^V^V^V	2:45
100	5:27 PM	4 x 25 on :40 Fast!	2:40
400	5:30 PM	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	5:39 PM	1 x 200 on 4:00 Get Ready	2:00
600	5:43 PM	6 x 100 on 3:00 Test Yourself!!	3:00
500	6:01 PM	1 x 500 on 10:00 Cool Down	2:00
	6:11 PM	3,000 Meters	

Workout #644 - Tuesday, 25 October 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Mix Swim & Drill	1:55
400	5:12 PM	4 x 100 on 2:15 Kick, Desc	2:15
400	5:21 PM	4 x 100 on 1:55 Pull, Build ~::~~ Group Up ~::~~	1:55
100	5:29 PM	4 x 25 on :40 Fast	2:40
1,400	5:32 PM	4x{1 x 200 on 3:30 Build {1 x 100 on 1:45 Build {1 x 50 on :55 Fast	1:45 1:45 1:50
100	5:57 PM	1 x 100 on 5:00 Loosen	5:00
	6:02 PM	3,000 Meters	

Workout #647 - Wednesday, 26 October 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Mix Swim & Drill	1:55
400	5:12 PM	8 x 50 on 1:15 Kick, Mixed Efforts	2:30
400	5:22 PM	8 x 50 on 1:05 Pull, Desc *~::~* Group Up *~::~*	2:10
1,600	5:31 PM	2x{4 x 50 on 1:05 Desc {1 x 400 on 6:30 Neg Split {1 x 200 on 3:30 Neg Split	2:10 1:38 1:45
100	6:00 PM	1 x 100 on 5:00 Loosen	5:00
	6:05 PM	3,100 Meters	

Workout #650 - Thursday, 27 October 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Mix Swim & Drill	1:57
400	5:12 PM	8 x 50 on 1:15 Kick, evens faster	2:30
400	5:22 PM	4 x 100 on 2:10 Pull, Mixed efforts	2:10
		### Group Up ###	
100	5:31 PM	4 x 25 on :40 Fast	2:40
500	5:34 PM	5 x 100 on 2:00 Desc	2:00
500	5:44 PM	5 x 100 on 1:45 Desc	1:45
500	5:53 PM	5 x 100 on 1:35 Desc	1:35
100	6:01 PM	1 x 100 on 5:00 Loosen	5:00
	6:06 PM	3,100 Meters	

Workout #629 - Monday, 31 October 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:30 Mix Swim & Drill	1:50
400	5:11 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:21 PM	4 x 100 on 2:10 Pull, Mixed Efforts	2:10
		<><><> Group Up <><><>	
100	5:30 PM	4 x 25 on :40 Fast	2:40
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
300	5:38 PM	4 x 75 on 1:30 Desc	2:00
400	5:44 PM	4 x 100 on 1:50 Fast	1:50
300	5:52 PM	4 x 75 on 1:25 Fast	1:53
200	5:58 PM	4 x 50 on 1:00 Fast	2:00
100	6:02 PM	1 x 100 on 5:00 Cool Down	5:00
	6:07 PM	3,000 Meters	

Workout #632 - Tuesday, 01 November 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	5:11 PM	8 x 50 on 1:10 Kick, Mixed Efforts	2:20
400	5:21 PM	4 x 100 on 2:05 Pull, Desc	2:05
		^ ^ ^ Group Up ^ ^ ^	
200	5:30 PM	4 x 50 on 1:05 Desc	2:10
1,350	5:35 PM	3x{2 x 150 on 2:30 Neg Split	1:40
		{1 x 150 on 2:50 Steady	1:53
100	5:59 PM	1 x 100 on 5:00 Cool Down	5:00
	6:04 PM	3,050 Meters	

Workout #635 - Wednesday, 02 November 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Swim \ Drill Mix	1:52
400	5:13 PM	8 x 50 on 1:15 Kick, Mix Efforts	2:30
400	5:24 PM	4 x 100 on 1:50 Pull, Desc	1:50
		:::::: Group Up :::::	
200	5:33 PM	4 x 50 on 1:05 desc	2:10
1,500	5:39 PM	1x{2 x 300 on 5:15 build	1:45
		{1 x 600 on 10:30 strong and steady	1:45
		{1 x 300 on 5:00	1:40
100	6:06 PM	1 x 100 on 5:00 Cool Down	5:00
	6:11 PM	3,200 Meters	

Workout #638 - Thursday, 03 November 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:11 PM	8 x 50 on 1:10 Kick, Mixed Efforts	2:20
400	5:21 PM	8 x 50 on 1:05 Pull, Desc	2:10
		^-^-^ Group Up ^-^-^	
100	5:30 PM	4 x 25 on :40 Fast	2:40
1,200	5:33 PM	4x{2 x 75 on 1:20 Decs	1:47
		{1 x 150 on 2:40 Desc	1:47
300	5:55 PM	4 x 75 on 1:15 Fast	1:40
100	6:00 PM	1 x 100 on 5:00 Cool Down	5:00
	6:05 PM	3,100 Meters	

Workout #654 - Monday, 07 November 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:40 Mix Swim & Drill	1:50
400	5:11 PM	8 x 50 on 1:15 Kick, Mixed Efforts	2:30
400	5:21 PM	4 x 100 on 1:55 Pull, Desc	1:55
		- - - Group Up - - -	
100	5:29 PM	4 x 25 on :40 Fast	2:40
1,500	5:32 PM	1x{5 x 100 on 1:45 Last 25 Faster	1:45
		{4 x 100 on 1:50 Last 50 Faster	1:50
		{3 x 100 on 1:55 Last 75 Faster	1:55
		{2 x 100 on 2:00 1 Fast, 1 Easy	2:00
		{1 x 100 on 3:00 Last One Fast One	3:00
100	6:01 PM	1 x 100 on 5:00 Cool Down	5:00
	6:06 PM	3,100 Meters	

Workout #659 - Tuesday, 08 November 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:50 Mix Drill and Swim	1:57
400	5:12 PM	8 x 50 on 1:15 Kick, mix it up	2:30
400	5:22 PM	4 x 100 on 1:55 Pull	1:55
		- - - Group Up - - -	
200	5:30 PM	4 x 50 on 1:05 Desc	2:10
600	5:35 PM	3 x 200 on 3:10 Steady	1:35
100	5:45 PM	2 x 50 on 1:10 1 Max, 1 Easy	2:20
400	5:48 PM	2 x 200 on 3:15 Steady	1:38
100	5:55 PM	2 x 50 on 1:10 1 Max, 1 Easy	2:20
200	5:58 PM	1 x 200 on 3:20 Fast!	1:40
100	6:02 PM	1 x 100 on 5:00 Loosen	5:00
	6:07 PM	3,100 Meters	

Workout #663 - Wednesday, 09 November 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Mix Swim & Drill	1:53
400	5:12 PM	4 x 100 on 2:30 Kick, Neg Split	2:30
400	5:22 PM	8 x 50 on 1:00 Pull, last half faster	2:00
		*** Group Up ***	
400	5:30 PM	8 x 50 on 1:05 Desc	2:10
1,200	5:39 PM	1x{4 x 100 on 1:45 Desc {2 x 200 on 3:25 Desc {1 x 400 on 6:30 Neg Split	1:45 1:42 1:38
100	6:00 PM	1 x 100 on 5:00 Cool Down	5:00
	6:05 PM	3,100 Meters	

Workout #667 - Thursday, 10 November 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:11 PM	4 x 100 on 2:30 Kick, mixed efforts	2:30
400	5:21 PM	8 x 50 on 1:05 Pull, Desc	2:10
		*** Group Up ***	
100	5:30 PM	4 x 25 on :40 Fast	2:40
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
300	5:38 PM	3 x 100 on 1:55 Steady	1:55
100	5:44 PM	1 x 100 on 1:40 Fast Pace	1:40
200	5:46 PM	2 x 100 on 1:55 Steady	1:55
200	5:50 PM	2 x 100 on 1:40 Fast Pace	1:40
100	5:54 PM	1 x 100 on 1:55 Steady	1:55
300	5:56 PM	3 x 100 on 1:40 Fast Pace	1:40
100	6:01 PM	1 x 100 on 5:00 Loosen	5:00
	6:06 PM	3,000 Meters	

Workout #672 - Monday, 14 November 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:40 Mix Swim & Drill	1:47
400	5:12 PM	8 x 50 on 1:20 Kick, Mixed Efforts	2:40
400	5:24 PM	8 x 50 on 1:10 Pull, Desc	2:20
		Group Up	
100	5:35 PM	4 x 25 on :40 Desc	2:40
1,400	5:39 PM	2x{6 x 50 on 1:05 desc 1-3, 4-6	2:10
		{1 x 100 on 1:45 fast!	1:45
		{4 x 50 on 1:00 desc	2:00
		{1 x 100 on 1:45 fast!!!!	1:45
100	6:08 PM	1 x 100 on 5:00 Cool Down	5:00
	6:13 PM	3,000 Meters	

Workout #675 - Tuesday, 15 November 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Drill & Swim	1:55
400	5:13 PM	4 x 100 on 2:15 Kick, Desc	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, Mix Efforts	2:10
		%%%% Group Up %%%%	
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,600	5:37 PM	4x{3 x 100 on 1:50 Desc to best effort	1:50
		{1 x 100 on 2:00 Easy, start early	2:00
	6:07 PM	3,100 Meters	

Workout #678 - Wednesday, 16 November 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:30 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:20 Kick, Mixed Efforts	2:40
400	5:24 PM	4 x 100 on 1:45 Pull, Desc	1:45
		Group Up	
100	5:32 PM	4 x 25 on :40 fast	2:40
2,400	5:36 PM	2x{2 x 300 on 5:15	1:45
		{3 x 100 on 1:45 desc	1:45
		{2 x 150 on 2:30	1:40
100	6:19 PM	1 x 100 on 5:00 Cool Down	5:00
	6:24 PM	4,000 Meters	

Workout #681 - Thursday, 17 November 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:11 PM	8 x 50 on 1:10 Kick, Mixed Efforts	2:20
400	5:21 PM	8 x 50 on 1:05 Pull, Desc	2:10
		^-^-^ Group Up ^-^-^	
100	5:30 PM	4 x 25 on :40 Fast	2:40
1,200	5:33 PM	4x{2 x 75 on 1:20 Decs	1:47
		{1 x 150 on 2:40 Desc	1:47
300	5:55 PM	4 x 75 on 1:15 Fast	1:40
100	6:00 PM	1 x 100 on 5:00 Cool Down	5:00
	6:05 PM	3,100 Meters	

Workout #689 - Monday, 21 November 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Drill & Swim	1:55
400	5:13 PM	4 x 100 on 2:15 Kick, Desc	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, Mix Efforts	2:10
		%%%% Group Up %%%%	
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,600	5:37 PM	4x{3 x 100 on 1:50 Desc to best effort	1:50
		{1 x 100 on 2:00 Easy, start early	2:00
	6:07 PM	3,100 Meters	

Workout #692 - Tuesday, 22 November 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Swim & Drill	1:50
600	5:11 PM	4 x 150 on 3:15 Mix Swim & Drill	2:10
400	5:24 PM	8 x 50 on 1:10 Kick, Mixed Efforts	2:20
300	5:34 PM	6 x 50 on 1:15 Kick, Mixed Efforts	2:30
400	5:42 PM	4 x 100 on 2:05 Pull, Desc	2:05
400	5:51 PM	4 x 100 on 2:15 Pull, Desc	2:15
		^ ^ ^ Group Up ^ ^ ^	
		^ ^ ^ Group Up ^ ^ ^	
200	6:00 PM	4 x 50 on 1:05 Desc	2:10
200	6:05 PM	4 x 50 on 1:05 Desc	2:10
900	6:10 PM	3x{2 x 150 on 2:30 Neg Split	1:40
1,500	6:25 PM	3x{2 x 125 on 2:30 Neg Split	2:00
		{1 x 150 on 2:50 Steady	1:53
		{1 x 100 on 2:50 Steady	2:50
100	6:57 PM	1 x 100 on 5:00 Cool Down	5:00
100	7:02 PM	1 x 100 on 5:00 Cool Down	5:00
	7:07 PM	5,700 Meters	

Workout #695 - Wednesday, 23 November 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Mix Swim & Drill	1:52
400	5:13 PM	4 x 100 on 2:00 Kick, Mixed Efforts	2:00
400	5:22 PM	8 x 50 on 1:15 Pull, Desc	2:30
		^v^v^v^ Group Up ^v^v^v^	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
500	5:39 PM	1 x 500 on 8:45 strong and steady	1:45
500	5:49 PM	2 x 250 on 4:20 build each	1:44
500	5:59 PM	1 x 500 on 8:35 build	1:43
100	6:09 PM	1 x 100 on 5:00 Cool Down	5:00
	6:14 PM	3,200 Meters	

Workout #698 - Thursday, 24 November 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Mix Swim & Drill	1:55
400	5:12 PM	4 x 100 on 2:15 Kick, Desc	2:15
400	5:21 PM	4 x 100 on 1:55 Pull, Build	1:55
		~::~~ Group Up ~::~~	
100	5:29 PM	4 x 25 on :40 Fast	2:40
1,400	5:32 PM	4x{1 x 200 on 3:30 Build	1:45
		{1 x 100 on 1:45 Build	1:45
		{1 x 50 on :55 Fast	1:50
100	5:57 PM	1 x 100 on 5:00 Loosen	5:00
	6:02 PM	3,000 Meters	

Workout #701 - Monday, 28 November 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
500	5:00 PM	1 x 500 on 9:00 Mix Swim & Drill	1:48
500	5:09 PM	1 x 500 on 9:00 Pull, Mixed Efforts	1:48
400	5:18 PM	4 x 100 on 2:20 Kick, Mix in a fast 25 each	2:20
		*** Group Up ***	
100	5:28 PM	4 x 25 on :40 Speedy!	2:40
400	5:31 PM	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	5:40 PM	1 x 200 on 4:00 Loosen, Get Ready!	2:00
600	5:44 PM	6 x 100 on 3:00 Test Yourself!!	3:00
300	6:02 PM	1 x 300 on 6:00 Cool Down	2:00
	6:08 PM	3,000 Meters	

Workout #704 - Tuesday, 29 November 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:11 PM	8 x 50 on 1:05 Pull, Evens Faster	2:10
400	5:20 PM	8 x 50 on 1:15 Kick, Desc	2:30
		+++ Group Up +++	
1,800	5:30 PM	1x{3 x 100 on 1:45 Steady	1:45
		{1 x 200 on 3:40 Fast Pace	1:50
		{2 x 100 on 1:45 Steady	1:45
		{2 x 200 on 3:40 Fast Pace	1:50
		{1 x 100 on 1:45 Steady	1:45
		{3 x 200 on 3:40 Fast Pace	1:50
100	6:03 PM	1 x 100 on 5:00 Loosen	5:00
	6:08 PM	3,300 Meters	

Workout #707 - Wednesday, 30 November 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	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 #710 - Thursday, 01 December 2022
Masters - Blue Masters
0 seconds rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Mix Swim & Drill	1:53
400	5:12 PM	8 x 50 on 1:20 Kick, Desc	2:40
400	5:23 PM	4 x 100 on 1:55 Pull, Build	1:55
		~~~~~ Group Up ~~~~~	
100	5:31 PM	4 x 25 on :40 Fast	2:40
1,200	5:34 PM	1x{3 x 100 on 1:50 Steady	1:50
		{1 x 100 on 1:40 Fast Pace	1:40
		{2 x 100 on 1:50 Steady	1:50
		{2 x 100 on 1:40 Fast Pace	1:40
		{1 x 100 on 1:50 Steady	1:50
		{3 x 100 on 1:40 Fast Pace	1:40
100	5:55 PM	1 x 100 on 2:15 Easy	2:15
100	5:58 PM	1 x 100 on 3:00 Fast!	3:00
100	6:01 PM	1 x 100 on 5:00 Cool Down	5:00
	6:06 PM	3,000 Meters	

**Workout #716 - Monday, 05 December 2022**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:30 Mix Swim & Drill	1:50
400	5:11 PM	4 x 100 on 2:30 Kick, last 25 fast	2:30
400	5:21 PM	4 x 100 on 2:10 Pull, Desc	2:10
		+++ Group Up +++	
100	5:30 PM	4 x 25 on :40 Fast!	2:40
600	5:33 PM	4 x 150 on 2:35 Desc	1:43
100	5:44 PM	4 x 25 on :40 Fast!	2:40
400	5:47 PM	4 x 100 on 1:45 Desc	1:45
100	5:54 PM	4 x 25 on :40 Fast!	2:40
200	5:57 PM	4 x 50 on 1:05 Desc	2:10
100	6:02 PM	1 x 100 on 5:00 Loosen	5:00
	6:07 PM	3,000 Meters	

**Workout #719 - Tuesday, 06 December 2022**  
**Masters - Blue Masters**  
**0 seconds rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Drill & Swim	1:50
400	5:11 PM	4 x 100 on 2:30 Kick, Desc	2:30
400	5:21 PM	8 x 50 on 1:05 Pull, Desc	2:10
		+++ Group Up +++	
100	5:30 PM	4 x 25 on :40 Fast!	2:40
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
1,200	5:38 PM	8 x 150 on 2:45 2 Faster, 1 Easier	1:50
100	6:00 PM	1 x 100 on 5:00 Loosen	5:00
	6:05 PM	3,000 Meters	