

Workout #1437 - Monday, 30 December 2019
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|----------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 2 x 300 on 5:45 Swim and drill | 1:55 |
| 400 | 8 x 50 on 1:15 Kick, mix efforts | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, Desc | 1:55 |
| ===== Group Up ===== | | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 300 | 6 x 50 on 1:05 Desc | 2:10 |
| 200 | 2 x 100 on 1:50 Strong and Fast | 1:50 |
| 300 | 6 x 50 on 1:10 Desc | 2:20 |
| 200 | 2 x 100 on 1:50 Strong and Fast | 1:50 |
| 300 | 6 x 50 on 1:15 Desc | 2:30 |
| 200 | 2 x 100 on 1:50 Strong and Fast | 1:50 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:22 PM 3,100 Meters | | |

Workout #1434 - Tuesday, 31 December 2019
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 3 x 200 on 3:45 Swim and Drill | 1:52 |
| 400 | 8 x 50 on 1:15 Kick, Desc | 2:30 |
| 400 | 8 x 50 on 1:05 Pull, Odds Stronger | 2:10 |
| ===== Group Up ===== | | |
| 300 | 6 x 50 on 1:05 Desc | 2:10 |
| 1,200 | 2x{3 x 100 on 1:50 Desc | 1:50 |
| | {2 x 100 on 1:45 Desc | 1:45 |
| | {1 x 100 on 1:40 Fast | 1:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:10 PM 3,000 Meters | | |

Workout #1429 - Wednesday, 01 January 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|--------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 6 x 100 on 1:55 Mix drill and swim | 1:55 |
| 400 | 4 x 100 on 2:15 Kick, last 25 faster | 2:15 |
| 400 | 4 x 100 on 1:55 Pull, Build | 1:55 |
| ===== Group Up ===== | | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 1,200 | 4 x 300 on 5:15 Desc | 1:45 |
| 800 | 4 x 200 on 3:25 Desc | 1:42 |
| 400 | 4 x 100 on 1:40 Desc | 1:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:26 PM 4,000 Meters | | |

Workout #1426 - Thursday, 02 January 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|------------------------------------|-------|
| Meters | Set Description | PACE |
| ===== | ===== | ===== |
| 600 | 4 x 150 on 2:45 Mix drill and swim | 1:50 |
| 400 | 4 x 100 on 2:15 Kick, mix efforts | 2:15 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| | ===== Group Up ===== | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 1,500 | 2x{4 x 75 on 1:30 Build | 2:00 |
| | {4 x 75 on 1:40 Hold best speed | 2:13 |
| | {1 x 50 on 1:15 Easy, start early | 2:30 |
| | {1 x 100 on 2:15 Fast | 2:15 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:15 PM 3,100 Meters | | |

Workout #1425 - Monday, 06 January 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|---------------------------------------|-------|
| Meters | Set Description | PACE |
| ===== | ===== | ===== |
| 600 | 3 x 200 on 3:45 Drill & Swim | 1:52 |
| 400 | 4 x 100 on 2:15 Kick, faster middle | 2:15 |
| 500 | 10 x 50 on 1:05 Pull, alt easy/strong | 2:10 |
| | ~~~~~ Group Up ~~~~~ | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,100 | 2x{1 x 100 on 2:15 Easy | 2:15 |
| | {6 x 75 on 2:00 Hold best speed | 2:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:20 PM 3,000 Meters | | |

Workout #1420 - Tuesday, 07 January 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|------------------------------------|-------|
| Meters | Set Description | PACE |
| ===== | ===== | ===== |
| 600 | 3 x 200 on 3:50 Mix swim and drill | 1:55 |
| 400 | 8 x 50 on 1:15 Kick, Evens Fast | 2:30 |
| 400 | 8 x 50 on 1:05 Pull, desc | 2:10 |
| | ~~~~~ Group Up ~~~~~ | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 900 | 6 x 150 on 2:45 Desc | 1:50 |
| 600 | 4 x 150 on 2:55 Faster | 1:57 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:16 PM 3,200 Meters | | |

Workout #1417 - Wednesday, 08 January 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|---|------|
| Meters | Set Description | PACE |
| 600 | 2 x 300 on 5:45 Drill and Swim Mix | 1:55 |
| 400 | 4 x 100 on 2:15 Kick, change effort at 25 | 2:15 |
| 400 | 4 x 100 on 1:55 Pull, Build | 1:55 |
| | ~~~~~ Group Up ~~~~~ | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,000 | 2 x 500 on 8:30 Build | 1:42 |
| 1,000 | 4 x 250 on 4:30 Desc | 1:48 |
| 500 | 5 x 100 on 1:50 Desc | 1:50 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:31 PM 4,200 Meters | |

Workout #1416 - Thursday, 09 January 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 2 x 300 on 5:45 Mix drill/swim | 1:55 |
| 400 | 8 x 50 on 1:15 Kick, Mix efforts | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, Desc | 1:55 |
| | ~~~~~ Group Up ~~~~~ | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 800 | 4 x 200 on 3:30 Desc | 1:45 |
| 400 | 2 x 200 on 3:20 Desc | 1:40 |
| 200 | 1 x 200 on 3:10 Last one, fast one | 1:35 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:10 PM 3,000 Meters | |

Workout #1412 - Monday, 13 January 2020
Masters - Blue Masters
1 minute rest between sets

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

Workout #1408 - Tuesday, 14 January 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|--------------------------------|------|
| 600 | 6 x 100 on 1:55 swim and drill | 1:55 |
| 400 | 4 x 100 on 2:15 Kick, Desc | 2:15 |
| 400 | 4 x 100 on 1:55 Pull, build | 1:55 |
| | ##### Group Up ##### | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 1,400 | 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 | 1 x 100 on 5:00 Loosen | 5:00 |

6:07 PM 3,000 Meters

Workout #1407 - Wednesday, 15 January 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|------------------------------------|------|
| 600 | 3 x 200 on 3:50 Swim and drill mix | 1:55 |
| 400 | 8 x 50 on 1:15 Kick, mix efforts | 2:30 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| | ##### Group Up ##### | |
| 2,500 | 2x{4 x 50 on 1:05 Desc | 2:10 |
| | {1 x 400 on 6:30 Neg Split | 1:38 |
| | {1 x 300 on 5:00 Neg Split | 1:40 |
| | {1 x 200 on 3:30 Neg Split | 1:45 |
| | {1 x 100 on 1:45 Fast | 1:45 |
| | {1 x 50 on 1:15 Faster | 2:30 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |

6:25 PM 4,000 Meters

Workout #1404 - Thursday, 16 January 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|-----------------------------------|------|
| 600 | 2 x 300 on 5:55 Swim and drill | 1:58 |
| 400 | 8 x 50 on 1:15 Kick, evens faster | 2:30 |
| 400 | 8 x 50 on 1:05 Pull, evens faster | 2:10 |
| | ##### Group Up ##### | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 500 | 5 x 100 on 2:00 Desc | 2:00 |
| 500 | 5 x 100 on 1:45 Desc | 1:45 |
| 500 | 5 x 100 on 1:35 Desc | 1:35 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |

6:13 PM 3,100 Meters

Workout #1401 - Monday, 20 January 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|----------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 4 x 150 on 2:45 Drill & Swim | 1:50 |
| 400 | 4 x 100 on 2:15 Kick, Desc | 2:15 |
| 400 | 8 x 50 on 1:05 Pull, Mix Efforts | 2:10 |
| | ----- Group Up ----- | |
| 300 | 6 x 50 on 1:05 Desc | 2:10 |
| 1,400 | 2x{1 x 100 on 2:15 Loosen | 2:15 |
| | {4 x 25 on :40 Fast | 2:40 |
| | {4 x 50 on 1:10 Fast | 2:20 |
| | {4 x 75 on 1:30 Fast | 2:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:18 PM 3,200 Meters | | |

Workout #1398 - Tuesday, 21 January 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|---|------|
| Meters | Set Description | PACE |
| 600 | 6 x 100 on 1:50 Mix drill and swim | 1:50 |
| 400 | 8 x 50 on 1:15 Kick, Faster last 25 | 2:30 |
| 400 | 4 x 100 on 1:50 Pull, MIX Efforts | 1:50 |
| | ----- Group Up ----- | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 1,500 | 10 x 150 on 2:40 Move a faster 50 through the set | 1:47 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:09 PM 3,100 Meters | | |

Workout #1395 - Wednesday, 22 January 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|-----------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 3 x 200 on 3:45 Swim/drill mix | 1:52 |
| 400 | 4 x 100 on 2:15 Kick, desc | 2:15 |
| 400 | 8 x 50 on 1:05 Pull, Evens Faster | 2:10 |
| | ----- Group Up ----- | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 2,400 | 2x{2 x 300 on 5:15 Desc | 1:45 |
| | {1 x 600 on 10:15 Neg Split | 1:42 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:27 PM 4,100 Meters | | |

Workout #1391 - Thursday, 23 January 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|-------------------------------------|------|
| 600 | 4 x 150 on 2:50 swim and drill | 1:53 |
| 400 | 8 x 50 on 1:15 Kick, mix efforts | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, faster 2nd 50 | 1:55 |
| | ----- Group Up ----- | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,300 | 2x{6 x 75 on 1:45 Hold a fast pace | 2:20 |
| | {4 x 50 on 1:15 One easy, one fast | 2:30 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:16 PM 3,000 Meters | |

Workout #1449 - Monday, 27 January 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|------------------------------------|------|
| 600 | 4 x 150 on 2:45 Swim and drill mix | 1:50 |
| 400 | 8 x 50 on 1:15 Kick, mix it up | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, Desc | 1:55 |
| | ----- Group Up ----- | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 1,500 | 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 Best of the day | 3:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:11 PM 3,100 Meters | |

Workout #1446 - Tuesday, 28 January 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|--------------------------------|------|
| 600 | 4 x 150 on 2:55 drill and swim | 1:57 |
| 400 | 4 x 100 on 2:15 Kick, build | 2:15 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| | ----- Group Up ----- | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,400 | 1x{3 x 200 on 3:10 Steady | 1:35 |
| | {2 x 50 on 1:10 1 Max, 1 Easy | 2:20 |
| | {2 x 200 on 3:15 Steady | 1:38 |
| | {2 x 50 on 1:10 1 Max, 1 Easy | 2:20 |
| | {1 x 200 on 3:20 Fast! | 1:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:09 PM 3,100 Meters | |

Workout #1443 - Wednesday, 29 January 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|---------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 6 x 100 on 1:55 Swim and drill mix | 1:55 |
| 400 | 8 x 50 on 1:15 Kick, last half faster | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, Neg Split | 1:55 |
| ----- Group Up ----- | | |
| 400 | 8 x 50 on 1:05 Desc | 2:10 |
| 400 | 4 x 100 on 1:45 Desc | 1:45 |
| 400 | 2 x 200 on 3:25 Desc | 1:42 |
| 400 | 1 x 400 on 6:30 Neg Split | 1:38 |
| 400 | 2 x 200 on 3:25 Desc | 1:42 |
| 400 | 4 x 100 on 1:45 Desc | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:28 PM 3,900 Meters | | |

Workout #1439 - Thursday, 30 January 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|-----------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 3 x 200 on 3:45 Swim and drill | 1:52 |
| 400 | 4 x 100 on 2:15 Kick, mix efforts | 2:15 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| ----- Group Up ----- | | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 200 | 4 x 50 on 1:10 Desc | 2:20 |
| 1,200 | 1x{3 x 100 on 1:55 Steady | 1:55 |
| | {1 x 100 on 1:40 Fast Pace | 1:40 |
| | {2 x 100 on 1:55 Steady | 1:55 |
| | {2 x 100 on 1:40 Fast Pace | 1:40 |
| | {1 x 100 on 1:55 Steady | 1:55 |
| | {3 x 100 on 1:40 Fast Pace | 1:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:11 PM 3,000 Meters | | |

Workout #1489 - Monday, 03 February 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|----------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 2 x 300 on 5:50 Swim & Drill | 1:57 |
| 400 | 8 x 50 on 1:15 Kick, Mix Efforts | 2:30 |
| 400 | 4 x 100 on 1:50 Pull, Desc | 1:50 |
| ***** Group Up ***** | | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 300 | 6 x 50 on 1:10 Desc to Very Fast | 2:20 |
| 400 | 4 x 100 on 1:50 Desc, #1 is Easy | 1:50 |
| 300 | 6 x 50 on 1:05 Desc | 2:10 |
| 400 | 4 x 100 on 1:55 Desc, #1 is Easy | 1:55 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:16 PM 3,000 Meters | | |

Workout #1492 - Tuesday, 04 February 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|-----------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 3 x 200 on 3:50 Drill and Swim | 1:55 |
| 400 | 4 x 100 on 1:50 Pull, Mix efforts | 1:50 |
| 400 | 4 x 100 on 2:15 Kick, Odds Faster | 2:15 |
| | ==== Group Up ===== | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 800 | 8 x 100 on 1:45 Desc | 1:45 |
| 400 | 4 x 100 on 1:55 Desc | 1:55 |
| 200 | 2 x 100 on 2:05 Desc | 2:05 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:13 PM 3,100 Meters | |

Workout #1495 - Wednesday, 05 February 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 2 x 300 on 5:55 Swim and Drill Mix | 1:58 |
| 400 | 8 x 50 on 1:15 Kick, Desc | 2:30 |
| 400 | 8 x 50 on 1:05 Pull, Evens Faster | 2:10 |
| | ;;;; Group Up ;;;; | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,200 | 4 x 300 on 5:15 Alt Mod/Fast | 1:45 |
| 100 | 2 x 50 on 1:05 Desc | 2:10 |
| 600 | 2 x 300 on 5:15 Both Strong | 1:45 |
| 100 | 2 x 50 on 1:05 Desc | 2:10 |
| 300 | 1 x 300 on 5:15 Fast! | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:34 PM 4,000 Meters | |

Workout #1498 - Thursday, 06 February 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 4 x 150 on 2:55 Drill & Swim | 1:57 |
| 400 | 4 x 100 on 2:15 Kick, last 25 fast | 2:15 |
| 400 | 8 x 50 on 1:05 Pull, Evens Faster | 2:10 |
| | ##### Group Up ##### | |
| 100 | 4 x 25 on :45 Fast! | 3:00 |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 300 | 4 x 75 on 1:25 Desc | 1:53 |
| 400 | 4 x 100 on 1:45 Desc | 1:45 |
| 300 | 4 x 75 on 1:30 Desc | 2:00 |
| 200 | 4 x 50 on 1:10 Fast! | 2:20 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:16 PM 3,000 Meters | |

Workout #1537 - Monday, 10 February 2020
Masters - Blue Masters
1 minute rest between sets

| Meters | Set Description | PACE |
|----------------------|------------------------------------|------|
| 5:00 PM Start | | |
| 600 | 4 x 150 on 3:00 Swim and Drill | 2:00 |
| 800 | 2x{ 2 x 100 on 2:15 Kick, Desc | 2:15 |
| | { 2 x 100 on 1:55 Pull, Build Each | 1:55 |
| | ----- Group Up ----- | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 100 | 1 x 100 on 2:00 Easy | 2:00 |
| 300 | 4 x 75 on 2:00 Fast | 2:40 |
| 100 | 1 x 100 on 2:00 Easy | 2:00 |
| 300 | 4 x 75 on 1:45 Fast | 2:20 |
| 100 | 1 x 100 on 2:00 Easy | 2:00 |
| 300 | 4 x 75 on 1:30 Fast | 2:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:19 PM 3,000 Meters | | |

Workout #1534 - Tuesday, 11 February 2020
Masters - Blue Masters
1 minute rest between sets

| Meters | Set Description | PACE |
|----------------------|----------------------------------|------|
| 5:00 PM Start | | |
| 600 | 6 x 100 on 1:55 Drill & Swim | 1:55 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| 400 | 8 x 50 on 1:15 Kick, Mix Efforts | 2:30 |
| | %%%%%%%% Group Up %%%%%%%%% | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,350 | 1x{ 3 x 150 on 3:00 Steady | 2:00 |
| | { 1 x 150 on 2:40 Fast Pace | 1:47 |
| | { 2 x 150 on 3:00 Steady | 2:00 |
| | { 1 x 150 on 2:40 Fast Pace | 1:47 |
| | { 1 x 150 on 3:00 Steady | 2:00 |
| | { 1 x 150 on 2:40 Fast Pace | 1:47 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:12 PM 3,050 Meters | | |

Workout #1531 - Wednesday, 12 February 2020
Masters - Blue Masters
1 minute rest between sets

| Meters | Set Description | PACE |
|----------------------|--------------------------------------|------|
| 5:00 PM Start | | |
| 600 | 3 x 200 on 3:45 Swim/Drill Mix | 1:52 |
| 400 | 4 x 100 on 2:15 Kick, faster last 25 | 2:15 |
| 400 | 4 x 100 on 1:50 Pull, Evens Faster | 1:50 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 1,000 | 2 x 500 on 8:50 Neg Split | 1:46 |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,000 | 2 x 500 on 9:00 Desc | 1:48 |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:31 PM 4,000 Meters | | |

Workout #1528 - Thursday, 13 February 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 2 x 300 on 5:55 Swim / Drill Mix | 1:58 |
| 400 | 8 x 50 on 1:05 Pull, Mix Efforts | 2:10 |
| 400 | 8 x 50 on 1:15 Kick, faster 2nd 25 | 2:30 |
| | ==== Group Up ===== | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 800 | 4 x 200 on 3:30 Desc & Neg Split | 1:45 |
| 400 | 4 x 100 on 1:50 Desc | 1:50 |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:13 PM 3,000 Meters | |

Workout #1525 - Monday, 17 February 2020
Masters - Blue Masters
1 minute rest between sets

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

Workout #1522 - Tuesday, 18 February 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|-------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 6 x 100 on 1:55 Drill & Swim | 1:55 |
| 400 | 8 x 50 on 1:15 Kick, Desc | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, Neg Split | 1:55 |
| |)))) Group Up (((((| |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 400 | 2 x 200 on 3:40 Desc | 1:50 |
| 400 | 2 x 200 on 3:30 Desc | 1:45 |
| 400 | 2 x 200 on 3:20 Desc | 1:40 |
| 200 | 1 x 200 on 4:00 Last one, fast one! | 2:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:14 PM 3,100 Meters | |

Workout #1519 - Wednesday, 19 February 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|---|------|
| 600 | 3 x 200 on 3:45 Drill & Swim | 1:52 |
| 400 | 8 x 50 on 1:05 Pull, 1 Faster, 2 Easier | 2:10 |
| 400 | 8 x 50 on 1:15 Kick, Desc | 2:30 |
| | OoOoO Group Up OoOoO | |
| 100 | 4 x 25 on :40 Desc | 2:40 |
| 1,200 | 3 x 400 on 6:45 Desc | 1:41 |
| 800 | 4 x 200 on 3:30 Desc | 1:45 |
| 500 | 5 x 100 on 1:50 Desc | 1:50 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:31 PM 4,100 Meters | |

Workout #1515 - Thursday, 20 February 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|----------------------------------|------|
| 600 | 2 x 300 on 5:55 Drill/Swim Mix | 1:58 |
| 400 | 4 x 100 on 2:15 Kick, Some Fast! | 2:15 |
| 400 | 8 x 50 on 1:05 Pull, Mix Efforts | 2:10 |
| | XxXxX Group Up XxXxX | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,200 | 1x{3 x 100 on 1:55 Steady | 1:55 |
| | {1 x 100 on 1:45 Fast Pace | 1:45 |
| | {2 x 100 on 1:55 Steady | 1:55 |
| | {2 x 100 on 1:45 Fast Pace | 1:45 |
| | {1 x 100 on 1:55 Steady | 1:55 |
| | {3 x 100 on 1:45 Fast Pace | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:11 PM 3,000 Meters | |

Workout #1559 - Monday, 24 February 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|---|------|
| 600 | 3 x 200 on 3:50 Swim & Drill | 1:55 |
| 400 | 4 x 100 on 2:15 Kick, Alt Easier/Faster | 2:15 |
| 400 | 8 x 50 on 1:05 Pull, Neg Split or Desc | 2:10 |
| | %%% Group Up %%% | |
| 300 | 6 x 50 on 1:05 Desc | 2:10 |
| 1,200 | 2x{4 x 75 on 1:40 1-3 Fast, #4 Easy | 2:13 |
| | {4 x 50 on 1:10 1-3 Fast, #4 Easy | 2:20 |
| | {4 x 25 on :45 1-3 Fast, #4 Easy | 3:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:16 PM 3,000 Meters | |

Workout #1556 - Tuesday, 25 February 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|--|------|
| Meters | Set Description | PACE |
| 600 | 6 x 100 on 1:50 Swim/Drill Mix | 1:50 |
| 400 | 4 x 100 on 2:15 Kick, faster in the middle | 2:15 |
| 400 | 4 x 100 on 1:50 Pull, Build | 1:50 |
| | ///// Group Up \\\ | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 1,600 | 4x{2 x 150 on 2:40 Desc | 1:47 |
| | {2 x 50 on 1:05 Fast | 2:10 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:11 PM 3,200 Meters | | |

Workout #1553 - Wednesday, 26 February 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|--------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 3 x 200 on 3:50 Swim and drill | 1:55 |
| 400 | 8 x 50 on 1:15 Kick, Desc | 2:30 |
| 400 | 4 x 100 on 1:50 Pull, Desc | 1:50 |
| | @@@@ Group Up @@@@ | |
| 600 | 1 x 600 on 10:30 Neg Split | 1:45 |
| 1,200 | 6 x 200 on 3:30 Desc 1-3 | 1:45 |
| 600 | 6 x 100 on 1:45 Desc 1-3 / 4-6 | 1:45 |
| 300 | 6 x 50 on 1:05 Desc 1-3 / 4-6 | 2:10 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:32 PM 4,200 Meters | | |

Workout #1549 - Thursday, 27 February 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|-----------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 6 x 100 on 1:50 Swim & Drill | 1:50 |
| 400 | 8 x 50 on 1:15 Mix Efforts | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, lat 25 fast | 1:55 |
| | ##### Group Up ##### | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 1,500 | 6x{2 x 75 on 1:35 Fast | 2:07 |
| | {2 x 25 on :45 Fast | 3:00 |
| | {1 x 50 on 1:30 Easy | 3:00 |
| 6:13 PM 3,000 Meters | | |

Workout #1609 - Monday, 02 March 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 2 x 300 on 5:55 Drill & Swim | 1:58 |
| 400 | 8 x 50 on 1:15 Kick, Desc | 2:30 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| | ===== Group Up ===== | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,350 | 3x{1 x 50 on 1:30 Loosen | 3:00 |
| | {1 x 100 on 1:45 Fast | 1:45 |
| | {1 x 100 on 1:50 Fast | 1:50 |
| | {1 x 100 on 1:55 Fast | 1:55 |
| | {1 x 100 on 2:00 Fast | 2:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:13 PM 3,050 Meters | | |

Workout #1606 - Tuesday, 03 March 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 6 x 100 on 1:50 Swim/Drill Mix | 1:50 |
| 400 | 8 x 50 on 1:05 Pull, Evens Faster | 2:10 |
| 400 | 8 x 50 on 1:15 Kick, Mix Efforts | 2:30 |
| | ----- Group Up ----- | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 400 | 2 x 200 on 3:40 Desc | 1:50 |
| 400 | 2 x 200 on 3:30 Desc | 1:45 |
| 400 | 2 x 200 on 3:20 Desc | 1:40 |
| 200 | 1 x 200 on 4:00 Last one, fast one | 2:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:12 PM 3,000 Meters | | |

Workout #1602 - Wednesday, 04 March 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|--------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 3 x 200 on 3:50 Drill & Swim | 1:55 |
| 400 | 4 x 100 on 2:15 Kick, last 25 Faster | 2:15 |
| 400 | 4 x 100 on 1:55 Pull, Build | 1:55 |
| | ***** Group Up ***** | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 200 | 2 x 100 on 1:50 Desc | 1:50 |
| 800 | 2 x 400 on 7:00 Desc | 1:45 |
| 200 | 2 x 100 on 1:50 Desc | 1:50 |
| 600 | 2 x 300 on 5:15 Desc | 1:45 |
| 200 | 2 x 100 on 1:50 Desc | 1:50 |
| 400 | 2 x 200 on 3:30 Desc | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:33 PM 4,100 Meters | | |

Workout #1600 - Thursday, 05 March 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|-----------------------------------|-------|
| Meters | Set Description | PACE |
| ===== | ===== | ===== |
| 600 | 6 x 100 on 1:55 Drill & Swim | 1:55 |
| 400 | 4 x 100 on 2:15 Kick, mix efforts | 2:15 |
| 400 | 4 x 100 on 1:55 Pull, Mix efforts | 1:55 |
| | +++++ Group Up +++++ | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 1,600 | 2x{2 x 100 on 1:50 Desc | 1:50 |
| | {2 x 100 on 1:45 Desc | 1:45 |
| | {2 x 100 on 1:40 Desc | 1:40 |
| | {2 x 100 on 2:00 1 easy, 1 Fast | 2:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:11 PM 3,200 Meters | | |

Workout #1596 - Monday, 09 March 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|------------------------------------|-------|
| Meters | Set Description | PACE |
| ===== | ===== | ===== |
| 600 | 6 x 100 on 1:55 Drill & Swim | 1:55 |
| 400 | 8 x 50 on 1:15 Kick, Desc | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, Build | 1:55 |
| | ##### Group Up ##### | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 1,200 | 2x{6 x 50 on 1:05 Desc | 2:10 |
| | {4 x 50 on 1:10 1 Easier, 1 Faster | 2:20 |
| | {2 x 50 on 1:15 1 Easier, 1 Faster | 2:30 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:17 PM 3,000 Meters | | |

Workout #1593 - Tuesday, 10 March 2020
Masters - Blue Masters
1 minute 15 seconds rest between sets

| 5:00 PM Start | | |
|----------------------|------------------------------------|-------|
| Meters | Set Description | PACE |
| ===== | ===== | ===== |
| 600 | 2 x 300 on 5:55 Drill and Swim | 1:58 |
| 400 | 4 x 100 on 2:15 Kick, Evens Faster | 2:15 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| | ----- Group Up ----- | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 1,200 | 2x{6 x 100 on 1:50 Desc 1-3, 4-6 | 1:50 |
| 100 | 1 x 100 on 2:15 Easy | 2:15 |
| 100 | 1 x 100 on 3:00 Best Effort | 3:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:17 PM 3,000 Meters | | |

Workout #1591 - Wednesday, 11 March 2020
Masters - Blue Masters
1 minute 15 seconds rest between sets

| Meters | Set Description | PACE |
|----------------------|-----------------------------------|------|
| 5:00 PM Start | | |
| 1,600 | 2x{2 x 200 on 4:00 Swim And Drill | 2:00 |
| | {2 x 100 on 2:15 Kick, Desc | 2:15 |
| | {2 x 100 on 2:05 Pull Desc | 2:05 |
| | ***** Group UP ***** | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,200 | 4 x 300 on 5:20 Desc | 1:47 |
| 600 | 4 x 150 on 2:40 Desc | 1:47 |
| 300 | 4 x 75 on 1:20 Desc | 1:47 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:28 PM 4,000 Meters | | |

Workout #1587 - Thursday, 12 March 2020
Masters - Blue Masters
1 minute 15 seconds rest between sets

| Meters | Set Description | PACE |
|----------------------|-----------------------------------|------|
| 5:00 PM Start | | |
| 600 | 4 x 150 on 2:50 Drill & Swim | 1:53 |
| 400 | 8 x 50 on 1:15 Kick, evens faster | 2:30 |
| 400 | 8 x 50 on 1:05 Pull, odds faster | 2:10 |
| | <<<<< Group Up >>>>> | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 450 | 6 x 75 on 1:30 Desc | 2:00 |
| 450 | 6 x 75 on 1:40 Desc | 2:13 |
| 450 | 6 x 75 on 1:50 Desc | 2:27 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:22 PM 3,050 Meters | | |

Workout #1619 - Monday, 16 March 2020
Masters - Blue Masters
1 minute rest between sets

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

Workout #1622 - Tuesday, 17 March 2020
Masters - Blue Masters
1 minute 15 seconds rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|----------------------------------|------|
| 600 | 6 x 100 on 1:55 Drill and Swim | 1:55 |
| 400 | 8 x 50 on 1:15 Kick, Mix Efforts | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, Desc | 1:55 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 FAST | 2:40 |
| 1,600 | 2x{3 x 200 on 3:30 Desc | 1:45 |
| | {2 x 100 on 1:55 Both FAST!!!! | 1:55 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:13 PM 3,200 Meters | |

Workout #1625 - Wednesday, 18 March 2020
Masters - Blue Masters
1 minute 15 seconds rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|------------------------------------|------|
| 600 | 3 x 200 on 3:55 Drill & Swim | 1:58 |
| 400 | 4 x 100 on 1:55 Pull, Build | 1:55 |
| 400 | 4 x 100 on 2:30 Kick, Last 25 Fast | 2:30 |
| | ----- Group Up ----- | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 400 | 4 x 100 on 1:45 Desc | 1:45 |
| 800 | 2 x 400 on 6:50 Neg Split | 1:42 |
| 400 | 4 x 100 on 1:50 Desc | 1:50 |
| 800 | 2 x 400 on 7:00 Neg Split | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:34 PM 4,100 Meters | |

Workout #1628 - Thursday, 19 March 2020
Masters - Blue Masters
1 minute 15 seconds rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|--------------------------------------|------|
| 300 | 1 x 300 on 5:45 Mix Swim and Drill | 1:55 |
| 400 | 8 x 50 on 1:15 Kick, Desc | 2:30 |
| 300 | 1 x 300 on 5:45 Mix Drill & Swim | 1:55 |
| 400 | 4 x 100 on 1:55 Pull, Desc | 1:55 |
| | ===== Group Up ===== | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 1,500 | 1x{5 x 100 on 2:00 Steady Effort | 2:00 |
| | {4 x 100 on 1:55 75 Steady + 25 Fast | 1:55 |
| | {3 x 100 on 1:50 50 Steady + 50 Fast | 1:50 |
| | {2 x 100 on 1:45 25 Steady + 75 Fast | 1:45 |
| | {1 x 100 on 3:00 Best Effort | 3:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:15 PM 3,100 Meters | |

Workout #1631 - Monday, 23 March 2020
Masters - Blue Masters
1 minute 15 seconds rest between sets

| 5:00 PM Start | | |
|---------------|--------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 4 x 150 on 2:55 Swim and Drill | 1:57 |
| 400 | 4 x 100 on 2:15 Kick | 2:15 |
| 400 | 8 x 50 on 1:05 Pull | 2:10 |
| | ##### Group Up ##### | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 400 | 8 x 50 on 1:00 Desc | 2:00 |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 300 | 6 x 50 on 1:00 Desc | 2:00 |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 200 | 4 x 50 on 1:00 Desc | 2:00 |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 100 | 2 x 50 on 1:00 Desc | 2:00 |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:27 PM 3,000 Meters | |

Workout #1634 - Tuesday, 24 March 2020
Masters - Blue Masters
1 minute 15 seconds rest between sets

| 5:00 PM Start | | |
|---------------|--|------|
| Meters | Set Description | PACE |
| 600 | 2 x 300 on 5:55 Mix drill & swim | 1:58 |
| 400 | 8 x 50 on 1:05 Pull, mix efforts | 2:10 |
| 400 | 4 x 100 on 2:15 Kick, faster in the middle | 2:15 |
| | @@@@@ Group Up @@@@@ | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 600 | 4 x 150 on 2:50 Desc | 1:53 |
| 450 | 3 x 150 on 2:45 Desc | 1:50 |
| 300 | 2 x 150 on 2:40 Desc | 1:47 |
| 150 | 1 x 150 on 4:00 Last one, fast one | 2:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:22 PM 3,200 Meters | |

Workout #1637 - Wednesday, 25 March 2020
Masters - Blue Masters
1 minute 15 seconds rest between sets

| 5:00 PM Start | | |
|---------------|----------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 3 x 200 on 3:55 Swim & Drill | 1:58 |
| 400 | 8 x 50 on 1:15 Kick, desc | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, build each | 1:55 |
| | +++++ Group Up +++++ | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 600 | 1 x 600 on 10:45 Neg Split | 1:48 |
| 600 | 2 x 300 on 5:30 Desc | 1:50 |
| 600 | 1 x 600 on 10:45 Neg Split | 1:48 |
| 600 | 3 x 200 on 3:40 Desc | 1:50 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:33 PM 4,000 Meters | |

Workout #1640 - Thursday, 26 March 2020
Masters - Blue Masters
1 minute 15 seconds rest between sets

| 5:00 PM Start | | |
|---------------|--------------------------------|-------|
| Meters | Set Description | PACE |
| ===== | ===== | ===== |
| 600 | 6 x 100 on 1:55 Drill and Swim | 1:55 |
| 400 | 8 x 50 on 1:15 Kick, Desc | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, Desc | 1:55 |
| | ^^^^^ Group Up ^^^^^ | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 600 | 8 x 75 on 1:25 Desc | 1:53 |
| 450 | 6 x 75 on 1:20 Desc | 1:47 |
| 300 | 4 x 75 on 1:15 Desc | 1:40 |
| 150 | 2 x 75 on 2:00 FAST | 2:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:19 PM 3,100 Meters | |

Workout #1666 - Monday, 30 March 2020
Masters - Blue Masters
1 minute 15 seconds rest between sets

| 5:00 PM Start | | |
|---------------|-----------------------------------|-------|
| Meters | Set Description | PACE |
| ===== | ===== | ===== |
| 600 | 6 x 100 on 1:50 drill and swim | 1:50 |
| 400 | 8 x 50 on 1:15 Kick, evens faster | 2:30 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| | ----- Group Up ----- | |
| 150 | 6 x 25 on :40 Alt 1 Mod, 1 Fast | 2:40 |
| 300 | 6 x 50 on 1:10 Alt 1 Mod, 1 Fast | 2:20 |
| 450 | 6 x 75 on 1:30 Alt 1 Mod, 1 Fast | 2:00 |
| 600 | 6 x 100 on 1:40 1 Mod, 1 Fast | 1:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:18 PM 3,000 Meters | |

Workout #1663 - Tuesday, 31 March 2020
Masters - Blue Masters
1 minute 15 seconds rest between sets

| 5:00 PM Start | | |
|---------------|----------------------------------|-------|
| Meters | Set Description | PACE |
| ===== | ===== | ===== |
| 600 | 3 x 200 on 3:45 swim and drill | 1:52 |
| 400 | 4 x 100 on 2:15 Kick, mix speeds | 2:15 |
| 400 | 4 x 100 on 1:55 Pull, Desc | 1:55 |
| | ===== Group Up ===== | |
| 1,500 | 2x{3 x 50 on 1:05 Desc | 2:10 |
| | {4 x 150 on 2:40 Desc | 1:47 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:08 PM 3,000 Meters | |

Workout #1662 - Wednesday, 01 April 2020
Masters - Blue Masters
1 minute 15 seconds rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|----------------------------------|------|
| 600 | 4 x 150 on 2:55 Drill and swim | 1:57 |
| 400 | 8 x 50 on 1:05 Pull, mix efforts | 2:10 |
| 400 | 8 x 50 on 1:15 Kick, Desc | 2:30 |
| | ----- Group Up ----- | |
| 100 | 4 x 25 on :40 FAST | 2:40 |
| 2,400 | 2x{1 x 600 on 11:15 Neg Split | 1:52 |
| | {4 x 150 on 2:40 Desc | 1:47 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:30 PM 4,000 Meters | |

Workout #1658 - Thursday, 02 April 2020
Masters - Blue Masters
1 minute 15 seconds rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|------------------------------------|------|
| 600 | 2 x 300 on 5:55 Drill and swim | 1:58 |
| 400 | 4 x 100 on 2:15 Kick, last 25 fast | 2:15 |
| 400 | 4 x 100 on 1:55 Pull, Desc | 1:55 |
| | +++++ Group Up +++++ | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 1,500 | 2x{4 x 100 on 1:45 Desc | 1:45 |
| | {4 x 75 on 1:45 Hold best pace | 2:20 |
| | {1 x 50 on 1:30 Loosen | 3:00 |
| | 6:09 PM 3,000 Meters | |

Workout #1691 - Monday, 06 April 2020
Masters - Blue Masters
1 minute 15 seconds rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|---------------------------------------|------|
| 600 | 3 x 200 on 3:45 Drill & Swim | 1:52 |
| 400 | 8 x 50 on 1:15 Kick, Desc | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, Neg Split | 1:55 |
| | ***** Group Up ***** | |
| 300 | 6 x 50 on 1:05 Desc | 2:10 |
| 400 | 4 x 100 on 1:45 Desc, #4 Great Effort | 1:45 |
| 400 | 4 x 100 on 1:50 Desc, #4 Great Effort | 1:50 |
| 400 | 4 x 100 on 1:55 Desc, #4 Great Effort | 1:55 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:14 PM 3,000 Meters | |

Workout #1689 - Tuesday, 07 April 2020
Masters - Blue Masters
1 minute 15 seconds rest between sets

| 5:00 PM Start | | |
|----------------------|------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 4 x 150 on 2:45 Mix drill and swim | 1:50 |
| 400 | 4 x 100 on 2:20 Kick, mix efforts | 2:20 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| | ===== Group Up ===== | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 1,400 | 2x{3 x 200 on 3:40 Desc | 1:50 |
| | {2 x 50 on 1:10 # Fast, # 2 Easy | 2:20 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:11 PM 3,000 Meters | | |

Workout #1686 - Wednesday, 08 April 2020
Masters - Blue Masters
1 minute 15 seconds rest between sets

| 5:00 PM Start | | |
|----------------------|---|------|
| Meters | Set Description | PACE |
| 600 | 2 x 300 on 6:00 MIx swimming and drilling | 2:00 |
| 400 | 8 x 50 on 1:15 Kick, Evens faster | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, Neg Split | 1:55 |
| | ///// Group Up \\\ | |
| 300 | 6 x 50 on 1:05 Desc | 2:10 |
| 800 | 2 x 400 on 6:50 Neg Split | 1:42 |
| 400 | 4 x 100 on 1:45 Desc | 1:45 |
| 600 | 2 x 300 on 5:00 Neg Split | 1:40 |
| 400 | 4 x 100 on 1:45 Desc | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:33 PM 4,000 Meters | | |

Workout #1682 - Thursday, 09 April 2020
Masters - Blue Masters
1 minute 15 seconds rest between sets

| 5:00 PM Start | | |
|----------------------|------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 6 x 100 on 1:55 Drill/Swim Mix | 1:55 |
| 400 | 4 x 100 on 1:50 Pull, Desc | 1:50 |
| 400 | 4 x 100 on 2:15 Kick, Desc | 2:15 |
| | ~~~~~ Group Up ~~~~~ | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 800 | 8 x 100 on 1:50 2 Faster, 1 Easier | 1:50 |
| 400 | 4 x 100 on 1:45 1 Faster, 1 Easier | 1:45 |
| 200 | 2 x 100 on 1:40 Both Fast | 1:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:12 PM 3,000 Meters | | |

Workout #1705 - Monday, 13 April 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|--------------------------------|-------|
| Meters | Set Description | PACE |
| ===== | ===== | ===== |
| 600 | 6 x 100 on 1:55 Swim and drill | 1:55 |
| 400 | 8 x 50 on 1:05 Pull, desc | 2:10 |
| 400 | 8 x 50 on 1:15 Kick, desc | 2:30 |
| | ===== Group Up ===== | |
| 1,650 | 3x{1 x 50 on 1:30 Easy | 3:00 |
| | {2 x 100 on 1:55 Fast! | 1:55 |
| | {2 x 75 on 1:35 Fast! | 2:07 |
| | {2 x 50 on 1:10 Fast! | 2:20 |
| | {2 x 25 on :40 Fast! | 2:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:17 PM 3,150 Meters | | |

Workout #1708 - Tuesday, 14 April 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|-------------------------------------|-------|
| Meters | Set Description | PACE |
| ===== | ===== | ===== |
| 600 | 3 x 200 on 3:50 Swim and drill | 1:55 |
| 400 | 4 x 100 on 1:55 Pull, desc | 1:55 |
| 400 | 8 x 50 on 1:15 Kick, desc | 2:30 |
| | ===== Group Up ===== | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 1,400 | 1x{4 x 100 on 1:45 Steady | 1:45 |
| | {1 x 100 on 1:35 Fast Pace | 1:35 |
| | {3 x 100 on 1:45 Steady | 1:45 |
| | {1 x 100 on 1:35 Fast Pace | 1:35 |
| | {2 x 100 on 1:45 Steady | 1:45 |
| | {1 x 100 on 1:35 Fast Pace | 1:35 |
| | {1 x 100 on 1:45 Steady | 1:45 |
| | {1 x 100 on 2:00 Last one, fast one | 2:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:08 PM 3,000 Meters | | |

Workout #1711 - Wednesday, 15 April 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|------------------------------------|-------|
| Meters | Set Description | PACE |
| ===== | ===== | ===== |
| 600 | 4 x 150 on 2:50 Swim and drill | 1:53 |
| 400 | 8 x 50 on 1:05 Pull, desc | 2:10 |
| 400 | 4 x 100 on 2:20 Kick, desc | 2:20 |
| | ===== Group Up ===== | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,200 | 4 x 300 on 5:15 Desc | 1:45 |
| 200 | 4 x 50 on 1:05 Fast Pace | 2:10 |
| 600 | 2 x 300 on 5:25 Desc | 1:48 |
| 200 | 4 x 50 on 1:05 Fast Pace | 2:10 |
| 300 | 1 x 300 on 5:35 Last one, fast one | 1:52 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:38 PM 4,200 Meters | | |

Workout #1714 - Thursday, 16 April 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|--|------|
| 600 | 2 x 300 on 5:45 Swim and drill | 1:55 |
| 400 | 4 x 100 on 1:55 Pull, desc | 1:55 |
| 400 | 4 x 100 on 2:20 Kick, desc | 2:20 |
| | ===== Group Up ===== | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,300 | 2x{1 x 200 on 3:45 Loosen | 1:52 |
| | {6 x 75 on 2:00 Best effort you can hold | 2:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |

6:17 PM 3,000 Meters

Workout #1717 - Monday, 20 April 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|--------------------------------|------|
| 600 | 2 x 300 on 5:45 Swim and drill | 1:55 |
| 400 | 4 x 100 on 1:55 Pull, desc | 1:55 |
| 400 | 4 x 100 on 2:20 Kick, desc | 2:20 |
| | ===== Group Up ===== | |
| 100 | 4 x 25 on :40 Desc | 2:40 |
| 1,500 | 3x{3 x 75 on 1:30 Desc | 2:00 |
| | {1 x 75 on 1:30 FAST! | 2:00 |
| | {3 x 50 on 1:05 Desc | 2:10 |
| | {1 x 50 on 1:15 FAST | 2:30 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |

6:15 PM 3,100 Meters

Workout #1720 - Tuesday, 21 April 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|--------------------------------|------|
| 600 | 3 x 200 on 3:50 Swim and drill | 1:55 |
| 400 | 8 x 50 on 1:05 Pull, desc | 2:10 |
| 400 | 4 x 100 on 2:20 Kick, desc | 2:20 |
| | ===== Group Up ===== | |
| 100 | 4 x 25 on :40 Desc | 2:40 |
| 1,450 | 1x{2 x 150 on 2:35 Desc | 1:43 |
| | {3 x 125 on 2:15 Desc | 1:48 |
| | {4 x 100 on 1:55 Desc | 1:55 |
| | {5 x 75 on 1:30 Desc | 2:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |

6:12 PM 3,050 Meters

Workout #1723 - Wednesday, 22 April 2020
Masters - Blue Masters
1 minute rest between sets

| Meters | Set Description | PACE |
|----------------------|--------------------------------|------|
| 5:00 PM Start | | |
| 600 | 4 x 150 on 2:50 Swim and drill | 1:53 |
| 400 | 8 x 50 on 1:05 Pull, desc | 2:10 |
| 400 | 8 x 50 on 1:15 Kick, desc | 2:30 |
| ===== Group Up ===== | | |
| 1,000 | 2 x 500 on 8:45 Neg Split | 1:45 |
| 500 | 2 x 250 on 4:30 Desc | 1:48 |
| 500 | 4 x 125 on 2:20 Desc | 1:52 |
| 600 | 8 x 75 on 1:25 Desc | 1:53 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:32 PM 4,100 Meters | | |

Workout #1726 - Thursday, 23 April 2020
Masters - Blue Masters
1 minute rest between sets

| Meters | Set Description | PACE |
|----------------------|------------------------------------|------|
| 5:00 PM Start | | |
| 600 | 6 x 100 on 1:55 Swim and drill | 1:55 |
| 400 | 4 x 100 on 1:55 Pull, desc | 1:55 |
| 400 | 8 x 50 on 1:15 Kick, desc | 2:30 |
| ===== Group Up ===== | | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 800 | 4 x 200 on 3:40 Desc | 1:50 |
| 400 | 2 x 200 on 3:30 Desc | 1:45 |
| 200 | 1 x 200 on 3:20 Last one, fast one | 1:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:11 PM 3,000 Meters | | |

Workout #1729 - Monday, 27 April 2020
Masters - Blue Masters
1 minute rest between sets

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

Workout #1732 - Tuesday, 28 April 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|-------------------------------------|------|
| 600 | 6 x 100 on 1:55 Swim and drill | 1:55 |
| 400 | 8 x 50 on 1:05 Pull, desc | 2:10 |
| 400 | 8 x 50 on 1:15 Kick, desc | 2:30 |
| | ==== Group Up ===== | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 1,500 | 3x{2 x 200 on 3:30 Desc | 1:45 |
| | {2 x 50 on 1:05 1 very fast, 1 easy | 2:10 |
| | 6:06 PM 3,000 Meters | |

Workout #1735 - Wednesday, 29 April 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|--|------|
| 600 | 2 x 300 on 5:45 Swim and drill | 1:55 |
| 400 | 4 x 100 on 1:50 Pull, desc | 1:50 |
| 400 | 4 x 100 on 2:20 Kick, desc | 2:20 |
| | ==== Group Up ===== | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 1,600 | 4 x 400 on 6:45 Aim to Desc and Neg Split | 1:41 |
| 800 | 8 x 100 on 1:45 Alt One Easier, One Faster | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:25 PM 4,000 Meters | |

Workout #1738 - Thursday, 30 April 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|--------------------------------|------|
| 600 | 3 x 200 on 3:45 Swim and drill | 1:52 |
| 400 | 8 x 50 on 1:05 Pull, desc | 2:10 |
| 400 | 4 x 100 on 2:20 Kick, desc | 2:20 |
| | ==== Group Up ===== | |
| 300 | 6 x 50 on 1:05 Desc | 2:10 |
| 1,200 | 1x{3 x 100 on 1:55 Steady | 1:55 |
| | {1 x 100 on 1:45 Fast Pace | 1:45 |
| | {2 x 100 on 1:55 Steady | 1:55 |
| | {2 x 100 on 1:45 Fast Pace | 1:45 |
| | {1 x 100 on 1:55 Steady | 1:55 |
| | {3 x 100 on 1:45 Fast Pace | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:10 PM 3,000 Meters | |

Workout #1744 - Monday, 04 May 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|--|------|
| 600 | 6 x 100 on 1:52 Swim and drill | 1:52 |
| 400 | 4 x 100 on 2:20 Kick, desc | 2:20 |
| 400 | 8 x 50 on 1:05 Pull, desc | 2:10 |
| | ===== Group Up ===== | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,400 | 4x{6 x 25 on :45 Desc 1-3, #3 & #6 Best Effort | 3:00 |
| | {3 x 50 on 1:10 Desc 1-3 | 2:20 |
| | {1 x 50 on 1:30 Easy | 3:00 |
| | 6:18 PM 3,000 Meters | |

Workout #1745 - Tuesday, 05 May 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|--------------------------------------|------|
| 600 | 3 x 200 on 3:44 Swim and drill | 1:52 |
| 400 | 4 x 100 on 1:50 Pull, desc | 1:50 |
| 400 | 8 x 50 on 1:15 Kick, desc | 2:30 |
| | ===== Group Up ===== | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 300 | 2 x 150 on 2:40 Desc | 1:47 |
| 300 | 2 x 150 on 2:35 Desc | 1:43 |
| 300 | 2 x 150 on 2:30 Desc | 1:40 |
| 300 | 2 x 150 on 2:25 Desc | 1:37 |
| 300 | 2 x 150 on 3:00 1 Easy, 1 Max Effort | 2:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:15 PM 3,100 Meters | |

Workout #1746 - Wednesday, 06 May 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|--------------------------------|------|
| 600 | 2 x 300 on 5:40 Swim and drill | 1:53 |
| 400 | 8 x 50 on 1:15 Kick, desc | 2:30 |
| 400 | 8 x 50 on 1:05 Pull, desc | 2:10 |
| | ===== Group Up ===== | |
| 1,200 | 4 x 300 on 5:15 Desc 1-4 | 1:45 |
| 300 | 6 x 50 on 1:00 Steady Pace | 2:00 |
| 1,200 | 4 x 300 on 5:30 Desc | 1:50 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:31 PM 4,200 Meters | |

Workout #1748 - Thursday, 07 May 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|---------------------------------|------|
| 600 | 3 x 200 on 3:40 Swim and drill | 1:50 |
| 400 | 8 x 50 on 1:05 Pull, desc | 2:10 |
| 200 | 4 x 50 on 2:15 Kick, desc | 4:30 |
| | ===== Group Up ===== | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 1,600 | 4x{1 x 100 on 3:00 Loosen | 3:00 |
| | {4 x 75 on 2:00 All Best Effort | 2:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |

6:26 PM 3,000 Meters

Workout #1747 - Monday, 11 May 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|--------------------------------|------|
| 600 | 3 x 200 on 3:40 Swim and drill | 1:50 |
| 400 | 8 x 50 on 1:05 Pull, desc | 2:10 |
| 400 | 8 x 50 on 1:10 Kick, desc | 2:20 |
| | ===== Group Up ===== | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 1,600 | 4x{2 x 50 on 1:15 Fast | 2:30 |
| | {2 x 100 on 2:30 Fast | 2:30 |
| | {1 x 100 on 2:30 Steady / Easy | 2:30 |

6:17 PM 3,100 Meters

Workout #1749 - Tuesday, 12 May 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|---|------|
| 600 | 2 x 300 on 5:30 Swim and drill | 1:50 |
| 400 | 4 x 100 on 2:20 Kick, desc | 2:20 |
| 400 | 8 x 50 on 1:05 Pull, desc | 2:10 |
| | ===== Group Up ===== | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,400 | 7 x 200 on 3:40 See Note | 1:50 |
| | By 2s: Steady, Fast, Faster, Last one Fastest | |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |

6:11 PM 3,100 Meters

Workout #1750 - Wednesday, 13 May 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|--------------------------------|------|
| 600 | 4 x 150 on 2:45 Swim and drill | 1:50 |
| 400 | 8 x 50 on 1:15 Kick, desc | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, desc | 1:55 |
| | ===== Group Up ===== | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 2,400 | 3x{1 x 400 on 6:30 Neg Split | 1:38 |
| | {4 x 100 on 1:45 Desc | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |

6:25 PM 4,100 Meters

Workout #1751 - Thursday, 14 May 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|--------------------------------|------|
| 600 | 6 x 100 on 1:50 Swim and drill | 1:50 |
| 400 | 4 x 100 on 2:20 Kick, desc | 2:20 |
| 400 | 4 x 100 on 1:55 Pull, desc | 1:55 |
| | ===== Group Up ===== | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 1,200 | 2x{3 x 100 on 1:40 free | 1:40 |
| | {2 x 100 on 1:45 free | 1:45 |
| | {1 x 100 on 1:50 free | 1:50 |
| 100 | 1 x 100 on 2:30 Loosen | 2:30 |
| 100 | 1 x 100 on 2:00 Best Effort | 2:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |

6:10 PM 3,000 Meters

Workout #1752 - Monday, 18 May 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|----------------------------------|------|
| 600 | 2 x 300 on 5:30 Swim and drill | 1:50 |
| 400 | 8 x 50 on 1:10 Kick, mix efforts | 2:20 |
| 400 | 4 x 100 on 1:55 Pull, desc | 1:55 |
| | ===== Group Up ===== | |
| 1,600 | 4x{4 x 50 on 1:05 Desc | 2:10 |
| | {2 x 50 on 1:10 Both Faster | 2:20 |
| | {1 x 50 on 1:15 Very Fast! | 2:30 |
| | {1 x 50 on 1:30 Easy | 3:00 |

6:10 PM 3,000 Meters

Workout #1753 - Tuesday, 19 May 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|-----------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 4 x 150 on 2:45 Swim and drill | 1:50 |
| 400 | 4 x 100 on 2:20 Kick, mix efforts | 2:20 |
| 400 | 8 x 50 on 1:05 Pull, desc | 2:10 |
| ===== Group Up ===== | | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 400 | 4 x 100 on 1:50 Desc | 1:50 |
| 400 | 4 x 100 on 1:45 Desc | 1:45 |
| 400 | 4 x 100 on 1:40 Desc | 1:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:07 PM 2,800 Meters | | |

Workout #1754 - Wednesday, 20 May 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|-----------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 6 x 100 on 1:55 Swim and drill | 1:55 |
| 400 | 8 x 50 on 1:15 Kick, Evens Faster | 2:30 |
| 400 | 8 x 50 on 1:05 Pull, Evens Faster | 2:10 |
| ===== Group Up ===== | | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 2,400 | 4x{1 x 300 on 5:30 Neg Split | 1:50 |
| | {3 x 100 on 1:45 Desc | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:29 PM 4,100 Meters | | |

Workout #1755 - Thursday, 21 May 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 3 x 200 on 3:50 Swim and drill | 1:55 |
| 400 | 4 x 100 on 2:20 Kick, Evens Faster | 2:20 |
| 400 | 8 x 50 on 1:05 Pull, Evens Faster | 2:10 |
| ===== Group Up ===== | | |
| 150 | 6 x 25 on :40 Fast | 2:40 |
| 300 | 6 x 50 on 1:05 Desc 1-3, 4-6 | 2:10 |
| 450 | 6 x 75 on 1:20 Desc 1-3, 4-6 | 1:47 |
| 600 | 6 x 100 on 1:45 Desc 1-3, 4-6 | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:13 PM 3,000 Meters | | |

Workout #1756 - Monday, 25 May 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|----------------------|-----------------------------------|------|
| 600 | 4 x 150 on 2:55 Swim and drill | 1:57 |
| 400 | 8 x 50 on 1:15 Kick, mixed | 2:30 |
| 400 | 8 x 50 on 1:05 Pull, Evens Faster | 2:10 |
| ===== Group Up ===== | | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 450 | 6 x 75 on 2:00 Fast | 2:40 |
| 200 | 1 x 200 on 5:00 Easy | 2:30 |
| 450 | 6 x 75 on 2:00 Faster!! | 2:40 |
| 200 | 1 x 200 on 5:00 Loosen | 2:30 |
| 6:21 PM 3,000 Meters | | |

Workout #1757 - Tuesday, 26 May 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|----------------------|--------------------------------|------|
| 600 | 6 x 100 on 1:55 Swim and drill | 1:55 |
| 400 | 4 x 100 on 2:20 Kick, mixed | 2:20 |
| 400 | 4 x 100 on 1:55 Pull, Desc | 1:55 |
| ===== Group Up ===== | | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 1,500 | 1x{6 x 150 on 2:35 Desc | 1:43 |
| | {6 x 100 on 1:50 Desc | 1:50 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:10 PM 3,100 Meters | | |

Workout #1758 - Wednesday, 27 May 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|----------------------|----------------------------------|------|
| 600 | 3 x 200 on 3:50 Swim and drill | 1:55 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| 400 | 8 x 50 on 1:15 Kick, mixed | 2:30 |
| ===== Group Up ===== | | |
| 200 | 4 x 50 on 1:05 Fast | 2:10 |
| 1,000 | 2 x 500 on 8:30 Neg Split & Desc | 1:42 |
| 800 | 4 x 200 on 3:30 Desc | 1:45 |
| 600 | 4 x 150 on 2:40 Desc | 1:47 |
| 100 | 1 x 100 on 5:00 Losen | 5:00 |
| 6:30 PM 4,100 Meters | | |

Workout #1759 - Thursday, 28 May 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|--------------------------------|------|
| 600 | 2 x 300 on 5:45 Swim and drill | 1:55 |
| 400 | 4 x 100 on 1:55 Pull, Desc | 1:55 |
| 200 | 4 x 50 on 2:20 Kick, Desc | 4:40 |
| | ===== Group Up ===== | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 1,800 | 1x{1 x 200 on 3:45 Steady | 1:52 |
| | {1 x 200 on 3:30 Fast Pace | 1:45 |
| | {1 x 200 on 3:45 Steady | 1:52 |
| | {2 x 200 on 3:30 Fast Pace | 1:45 |
| | {1 x 200 on 3:45 Steady | 1:52 |
| | {3 x 200 on 3:30 Fast Pace | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |

6:16 PM 3,200 Meters

Workout #1760 - Monday, 01 June 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

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

6:15 PM 3,000 Meters

Workout #1761 - Tuesday, 02 June 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|------------------------------------|------|
| 600 | 6 x 100 on 1:50 Mix swim & Drill | 1:50 |
| 400 | 8 x 50 on 1:05 Pull, mix speeds | 2:10 |
| 400 | 4 x 100 on 2:20 Kick, Desc | 2:20 |
| | ***** Group Up ***** | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 400 | 2 x 200 on 3:40 Desc | 1:50 |
| 400 | 2 x 200 on 3:30 Desc | 1:45 |
| 400 | 2 x 200 on 3:20 Desc | 1:40 |
| 200 | 1 x 200 on 4:00 Last one, fast one | 2:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |

6:14 PM 3,100 Meters

Workout #1762 - Wednesday, 03 June 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|--|------|
| Meters | Set Description | PACE |
| 600 | 3 x 200 on 3:40 Mix swim & Drill | 1:50 |
| 400 | 8 x 50 on 1:15 Kick, Mix Speeds | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, desc | 1:55 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 1,600 | 4 x 400 on 6:50 Desc; aim for neg split, too | 1:42 |
| 100 | 1 x 100 on 3:00 Loosen | 3:00 |
| 800 | 2 x 400 on 7:00 Faster, Desc, Neg Split | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:29 PM 4,100 Meters | |

Workout #1763 - Thursday, 04 June 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|----------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 4 x 150 on 2:45 Mix swim & Drill | 1:50 |
| 400 | 4 x 100 on 2:20 Kick, Mix Speeds | 2:20 |
| 400 | 8 x 50 on 1:05 Pull, desc | 2:10 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,200 | 1x{3 x 100 on 1:55 Steady | 1:55 |
| | {1 x 100 on 1:45 Fast Pace | 1:45 |
| | {2 x 100 on 1:55 Steady | 1:55 |
| | {2 x 100 on 1:45 Fast Pace | 1:45 |
| | {1 x 100 on 1:55 Steady | 1:55 |
| | {3 x 100 on 1:45 Fast Pace | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:11 PM 3,000 Meters | |

Workout #1764 - Monday, 08 June 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|----------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 4 x 150 on 2:45 Mix swim & Drill | 1:50 |
| 400 | 8 x 50 on 1:15 Kick, Mix Speeds | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, desc | 1:55 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 200 | 4 x 50 on 1:10 Evens Fast | 2:20 |
| 300 | 4 x 75 on 1:30 Last 25 Fast | 2:00 |
| 400 | 4 x 100 on 1:40 Desc to Fast | 1:40 |
| 300 | 4 x 75 on 1:40 Last 50 Fast | 2:13 |
| 200 | 4 x 50 on 1:10 Last 25 Fast | 2:20 |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:20 PM 3,100 Meters | |

Workout #1765 - Tuesday, 09 June 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|----------------------|-----------------------------------|------|
| 600 | 6 x 100 on 1:55 Mix swim & Drill | 1:55 |
| 400 | 4 x 100 on 2:15 Kick, Mix Efforts | 2:15 |
| 400 | 8 x 50 on 1:05 Pull, desc | 2:10 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 1,500 | 3x{1 x 50 on 1:30 Loosen | 3:00 |
| | {2 x 150 on 2:30 Desc | 1:40 |
| | {3 x 50 on 1:05 Fast! | 2:10 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:13 PM 3,100 Meters | | |

Workout #1766 - Wednesday, 10 June 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|----------------------|-----------------------------------|------|
| 600 | 3 x 200 on 3:45 Mix swim & Drill | 1:52 |
| 400 | 8 x 50 on 1:15 Kick, Evens Faster | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, desc | 1:55 |
| | ***** Group Up ***** | |
| 200 | 4 x 50 on 1:05 Fast! | 2:10 |
| 2,400 | 2x{1 x 600 on 10:30 Neg Split | 1:45 |
| | {4 x 150 on 2:40 Desc | 1:47 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:28 PM 4,100 Meters | | |

Workout #1767 - Thursday, 11 June 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|----------------------|------------------------------------|------|
| 600 | 2 x 300 on 5:45 Mix swim & Drill | 1:55 |
| 400 | 8 x 50 on 1:05 Pull, desc | 2:10 |
| 400 | 4 x 100 on 2:15 Kick, Evens Faster | 2:15 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 1,400 | 4x{2 x 100 on 1:45 Desc | 1:45 |
| | {2 x 75 on 1:45 Fast! | 2:20 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:11 PM 3,000 Meters | | |

Workout #1768 - Monday, 15 June 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|---|------|
| Meters | Set Description | PACE |
| 600 | 6 x 100 on 1:55 Mix swim & Drill | 1:55 |
| 400 | 4 x 100 on 2:15 Kick, Evens Faster | 2:15 |
| 400 | 8 x 50 on 1:05 Pull, desc | 2:10 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 1,400 | 4x{3 x 50 on 1:15 Desc 1-3 to Fast, #4 Easy | 2:30 |
| | {2 x 100 on 2:00 Fast! | 2:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:14 PM 3,000 Meters | | |

Workout #1769 - Tuesday, 16 June 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|--|------|
| Meters | Set Description | PACE |
| 600 | 3 x 200 on 3:45 Mix swim & Drill | 1:52 |
| 400 | 4 x 100 on 2:15 Kick, Evens Faster | 2:15 |
| 400 | 8 x 50 on 1:05 Pull, desc | 2:10 |
| | ***** Group Up ***** | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,400 | 7 x 200 on 3:30 Desc 1-3, 4-6, + last one faster | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:10 PM 3,100 Meters | | |

Workout #1770 - Wednesday, 17 June 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|-----------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 2 x 300 on 5:50 Mix swim & Drill | 1:57 |
| 400 | 8 x 50 on 1:15 Kick, Mix Efforts | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, mix efforts | 1:55 |
| | ***** Group Up ***** | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 800 | 2 x 400 on 6:45 Desc | 1:41 |
| 400 | 4 x 100 on 1:40 Desc | 1:40 |
| 800 | 2 x 400 on 6:55 Desc | 1:44 |
| 400 | 4 x 100 on 1:45 Desc | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:30 PM 4,100 Meters | | |

Workout #1771 - Thursday, 18 June 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|-----------------------------------|------|
| 600 | 4 x 150 on 2:45 Mix swim & Drill | 1:50 |
| 400 | 8 x 50 on 1:15 Kick, Mix Efforts | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, mix efforts | 1:55 |
| | ***** Group Up ***** | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 800 | 8 x 100 on 1:50 Desc | 1:50 |
| 400 | 4 x 100 on 1:40 Desc | 1:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:11 PM 3,000 Meters | |

Workout #1772 - Monday, 22 June 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|--|------|
| 600 | 3 x 200 on 3:40 Mix swim & Drill | 1:50 |
| 400 | 4 x 100 on 2:15 Kick, Mix Efforts | 2:15 |
| 400 | 4 x 100 on 1:55 Pull, mix efforts | 1:55 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 1,400 | 4x{2 x 100 on 2:00 1 All Out, 1 Easy (start early) | 2:00 |
| | {2 x 50 on 1:10 1 All Out, 1 Easy (start early) | 2:20 |
| | {2 x 25 on :45 1 All Out, 1 Easy (start early) | 3:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:13 PM 3,000 Meters | |

Workout #1773 - Tuesday, 23 June 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|----------------------------------|------|
| 600 | 2 x 300 on 5:50 Mix swim & Drill | 1:57 |
| 400 | 8 x 50 on 1:15 Kick, Odds Faster | 2:30 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 1,500 | 1x{5 x 100 on 2:00 Desc | 2:00 |
| | {4 x 100 on 1:50 Desc | 1:50 |
| | {3 x 100 on 1:40 Desc | 1:40 |
| | {2 x 100 on 2:00 Steady | 2:00 |
| | {1 x 100 on 2:00 Best Effort | 2:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:13 PM 3,100 Meters | |

Workout #1774 - Wednesday, 24 June 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|--------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 4 x 150 on 2:50 Mix swim & Drill | 1:53 |
| 400 | 4 x 100 on 2:15 Kick, Last 50 Faster | 2:15 |
| 400 | 4 x 100 on 1:55 Pull, Neg Split | 1:55 |
| | ***** Group Up ***** | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 900 | 3 x 300 on 5:45 Desc | 1:55 |
| 300 | 6 x 50 on 1:05 Desc | 2:10 |
| 600 | 2 x 300 on 5:20 Desc | 1:47 |
| 300 | 6 x 50 on 1:05 Desc | 2:10 |
| 300 | 1 x 300 on 6:00 Best of the day | 2:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:37 PM 4,100 Meters | |

Workout #1775 - Thursday, 25 June 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|---|------|
| Meters | Set Description | PACE |
| 600 | 6 x 100 on 1:55 Mix swim & Drill | 1:55 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| 400 | 8 x 50 on 1:15 Kick, mix efforts | 2:30 |
| | ***** Group Up ***** | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 900 | 12 x 75 on 1:20 1st, 2nd, or 3rd 25 faster | 1:47 |
| 450 | 6 x 75 on 1:30 1st, middle, or last 50 faster | 2:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:12 PM 3,050 Meters | |

Workout #1776 - Monday, 29 June 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|----------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 2 x 300 on 5:55 Mix swim & Drill | 1:58 |
| 400 | 8 x 50 on 1:15 Kick, mix efforts | 2:30 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 1,400 | 4x{1 x 50 on 1:30 Loosen | 3:00 |
| | {4 x 75 on 2:00 Hold Best Speed | 2:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:22 PM 3,000 Meters | |

Workout #1777 - Tuesday, 30 June 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|---|------|
| 600 | 4 x 150 on 2:50 Mix swim & Drill | 1:53 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| 400 | 8 x 50 on 1:15 Kick, Evens Fast | 2:30 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 1,500 | 3x{2 x 150 on 3:00 50 mod; 50 fast; 50 faster | 2:00 |
| | {2 x 50 on 1:05 Fast | 2:10 |
| | {1 x 100 on 3:00 EZ | 3:00 |
| 6:12 | PM 3,000 Meters | |

Workout #1778 - Wednesday, 01 July 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|---|------|
| 600 | 6 x 100 on 1:55 Mix swim & Drill | 1:55 |
| 400 | 4 x 100 on 2:15 Kick, Fast 50 someplace | 2:15 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| | ***** Group Up ***** | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 2,400 | 2x{1 x 500 on 8:45 Neg Split | 1:45 |
| | {2 x 250 on 5:00 Desc and Last 50 Very Fast | 2:00 |
| | {1 x 100 on 2:00 Best Effort | 2:00 |
| | {1 x 100 on 3:00 EZ | 3:00 |
| 6:27 | PM 4,000 Meters | |

Workout #1779 - Thursday, 02 July 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|---|------|
| 600 | 3 x 200 on 3:45 Mix swim & Drill | 1:52 |
| 400 | 4 x 100 on 2:15 Kick, Fast 50 someplace | 2:15 |
| 400 | 4 x 100 on 1:55 Pull, Desc | 1:55 |
| | ***** Group Up ***** | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,200 | 1x{2 x 200 on 3:45 Steady | 1:52 |
| | {2 x 200 on 3:35 Steady | 1:48 |
| | {2 x 200 on 3:25 Fast! | 1:42 |
| 200 | 1 x 200 on 4:00 Last one, fast one | 2:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:11 | PM 3,100 Meters | |

Workout #1780 - Monday, 06 July 2020
Masters - Blue Masters
1 minute rest between sets

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

Workout #1781 - Tuesday, 07 July 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|---|------|
| Meters | Set Description | PACE |
| 600 | 6 x 100 on 1:50 Mix swim & Drill | 1:50 |
| 400 | 8 x 50 on 1:05 Pull, mix speeds | 2:10 |
| 400 | 8 x 50 on 1:15 Kick, mix in a fast 25 on each | 2:30 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 1,600 | 4x{1 x 200 on 3:30 Neg Split | 1:45 |
| | {2 x 100 on 1:45 Desc | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:11 PM 3,200 Meters | |

Workout #1782 - Wednesday, 08 July 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|--|------|
| Meters | Set Description | PACE |
| 600 | 3 x 200 on 3:50 Mix swim & Drill | 1:55 |
| 400 | 4 x 100 on 1:55 Pull, desc | 1:55 |
| 400 | 4 x 100 on 2:15 Kick, last 50 faster | 2:15 |
| | ***** Group Up ***** | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,200 | 3 x 400 on 6:50 Desc, last 100 always fast | 1:42 |
| 800 | 4 x 200 on 3:30 100 Moderate, 100 Fast | 1:45 |
| 400 | 4 x 100 on 1:50 100 Moderate, 100 Fast | 1:50 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:29 PM 4,100 Meters | |

Workout #1783 - Thursday, 09 July 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|---------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 4 x 150 on 2:50 Mix swim & Drill | 1:53 |
| 400 | 4 x 100 on 1:55 Pull, mix efforts | 1:55 |
| 400 | 8 x 50 on 1:15 Kick, desc | 2:30 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 Desc | 2:40 |
| 300 | 3 x 100 on 1:55 Desc | 1:55 |
| 300 | 3 x 100 on 1:50 Desc | 1:50 |
| 300 | 3 x 100 on 1:45 Desc | 1:45 |
| 300 | 3 x 100 on 1:40 Desc | 1:40 |
| 200 | 2 x 100 on 2:00 1 Easy, 1 Best Effort | 2:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:14 PM 3,000 Meters | | |

Workout #1796 - Monday, 13 July 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 6 x 100 on 1:50 Mix drill and swim | 1:50 |
| 400 | 8 x 50 on 1:15 Kick, Desc | 2:30 |
| 400 | 4 x 100 on 1:50 Pull, build | 1:50 |
| | ***** Group Up ***** | |
| 150 | 6 x 25 on :45 Fast! | 3:00 |
| 400 | 4 x 100 on 1:45 Desc | 1:45 |
| 100 | 4 x 25 on :45 Fast! | 3:00 |
| 400 | 4 x 100 on 1:45 Desc | 1:45 |
| 50 | 2 x 25 on :45 Fast! | 3:00 |
| 400 | 4 x 100 on 1:45 Desc | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:14 PM 3,000 Meters | | |

Workout #1799 - Tuesday, 14 July 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 3 x 200 on 3:45 Mix drill and swim | 1:52 |
| 400 | 8 x 50 on 1:15 Kick, Evens Faster | 2:30 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 1,500 | 2x{2 x 150 on 2:45 Desc | 1:50 |
| | {2 x 150 on 3:00 Desc Faster | 2:00 |
| | {1 x 150 on 3:15 Best! | 2:10 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:14 PM 3,100 Meters | | |

Workout #1802 - Wednesday, 15 July 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|--------------------------------------|------|
| 600 | 4 x 150 on 2:50 Mix drill and swim | 1:53 |
| 400 | 4 x 100 on 2:15 Kick, last 25 faster | 2:15 |
| 400 | 4 x 100 on 1:50 Pull, Desc | 1:50 |
| | ***** Group Up ***** | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 600 | 1 x 600 on 10:15 Neg Split | 1:42 |
| 800 | 2 x 400 on 7:00 Neg Split | 1:45 |
| 600 | 3 x 200 on 3:35 Neg Split | 1:48 |
| 400 | 4 x 100 on 2:00 Fast! | 2:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:31 PM 4,100 Meters | |

Workout #1805 - Thursday, 16 July 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|------------------------------------|------|
| 600 | 2 x 300 on 5:45 Mix drill and swim | 1:55 |
| 400 | 4 x 100 on 1:50 Pull, Neg Split | 1:50 |
| 400 | 4 x 100 on 2:15 Kick, Desc | 2:15 |
| | ***** Group Up ***** | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,400 | 2x{1 x 100 on 2:15 Easy | 2:15 |
| | {8 x 75 on 1:50 Hold best pace | 2:27 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:18 PM 3,100 Meters | |

Workout #1808 - Monday, 20 July 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|------------------------------------|------|
| 600 | 4 x 150 on 2:55 Mix drill and swim | 1:57 |
| 400 | 4 x 100 on 1:50 Pull, Neg Split | 1:50 |
| 400 | 8 x 50 on 1:15 Kick, mix efforts | 2:30 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 1,500 | 3x{3 x 100 on 1:50 Desc | 1:50 |
| | {3 x 50 on 1:10 Fast! | 2:20 |
| | {1 x 50 on 1:20 Very Fast | 2:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:14 PM 3,100 Meters | |

Workout #1811 - Tuesday, 21 July 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|-------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 3 x 200 on 3:45 Mix drill and swim | 1:52 |
| 400 | 4 x 100 on 2:15 Kick, mixed efforts | 2:15 |
| 400 | 8 x 50 on 1:05 Pull, desc | 2:10 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 400 | 2 x 200 on 3:50 Desc | 1:55 |
| 100 | 2 x 50 on 1:10 Fast! | 2:20 |
| 400 | 2 x 200 on 3:40 Desc | 1:50 |
| 100 | 2 x 50 on 1:10 Fast! | 2:20 |
| 400 | 2 x 200 on 3:30 Desc | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:16 PM 3,000 Meters | |

Workout #1814 - Wednesday, 22 July 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 6 x 100 on 1:55 Mix drill and swim | 1:55 |
| 400 | 8 x 50 on 1:15 Kick, odds faster | 2:30 |
| 400 | 8 x 50 on 1:05 Pull, desc | 2:10 |
| | ***** Group Up ***** | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 800 | 2 x 400 on 6:45 Desc | 1:41 |
| 400 | 4 x 100 on 1:45 Desc | 1:45 |
| 800 | 2 x 400 on 6:45 Desc | 1:41 |
| 400 | 4 x 100 on 1:45 Desc | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:31 PM 4,100 Meters | |

Workout #1817 - Thursday, 23 July 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 3 x 200 on 3:50 Mix drill and swim | 1:55 |
| 400 | 4 x 100 on 2:15 Kick, neg split | 2:15 |
| 400 | 4 x 100 on 1:55 Pull, neg split | 1:55 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,200 | 1x{3 x 100 on 1:55 Steady | 1:55 |
| | {1 x 100 on 1:45 Fast Pace | 1:45 |
| | {2 x 100 on 1:55 Steady | 1:55 |
| | {2 x 100 on 1:45 Fast Pace | 1:45 |
| | {1 x 100 on 1:55 Steady | 1:55 |
| | {3 x 100 on 1:45 Fast Pace | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:10 PM 3,000 Meters | |

Workout #1844 - Monday, 27 July 2020
Masters - Blue Masters
1 minute rest between sets

| Meters | Set Description | PACE |
|--------|------------------------------------|-------|
| ===== | ===== | ===== |
| 600 | 2 x 300 on 5:55 Swim and drill mix | 1:58 |
| 400 | 4 x 100 on 2:15 Kick, Desc | 2:15 |
| 400 | 8 x 50 on 1:05 Pull, Mix efforts | 2:10 |
| | ===== Group Up ===== | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 1,400 | 2x{4 x 100 on 1:50 Desc | 1:50 |
| | {4 x 50 on 1:05 Desc | 2:10 |
| | {4 x 25 on :40 Fast! | 2:40 |
| 100 | 1 x 100 on 5:00 loosen | 5:00 |
| | 6:12 PM 3,000 Meters | |

Workout #1847 - Tuesday, 28 July 2020
Masters - Blue Masters
1 minute rest between sets

| Meters | Set Description | PACE |
|--------|------------------------------------|-------|
| ===== | ===== | ===== |
| 600 | 3 x 200 on 3:45 Swim and drill mix | 1:52 |
| 400 | 8 x 50 on 1:20 Kick, Mix Efforts | 2:40 |
| 400 | 4 x 100 on 1:55 Pull, Desc | 1:55 |
| | ===== Group Up ===== | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,200 | 1x{3 x 100 on 2:00 Steady | 2:00 |
| | {1 x 100 on 1:45 Fast Pace | 1:45 |
| | {2 x 100 on 2:00 Steady | 2:00 |
| | {2 x 100 on 1:45 Fast Pace | 1:45 |
| | {1 x 100 on 2:00 Steady | 2:00 |
| | {3 x 100 on 1:45 Fast Pace | 1:45 |
| 50 | 1 x 50 on 1:30 Loosen | 3:00 |
| 100 | 1 x 100 on 3:00 Best Effort | 3:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:16 PM 3,050 Meters | |

Workout #1850 - Wednesday, 29 July 2020
Masters - Blue Masters
1 minute rest between sets

| Meters | Set Description | PACE |
|--------|------------------------------------|-------|
| ===== | ===== | ===== |
| 600 | 4 x 150 on 2:50 Swim and drill mix | 1:53 |
| 400 | 4 x 100 on 2:20 Kick, Neg Split | 2:20 |
| 400 | 4 x 100 on 1:55 Pull, last 25 fast | 1:55 |
| | ===== Group Up ===== | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,200 | 4 x 300 on 5:20 Desc | 1:47 |
| 1,200 | 6 x 200 on 3:40 Desc | 1:50 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:30 PM 4,100 Meters | |

Workout #1853 - Thursday, 30 July 2020
Masters - Blue Masters
1 minute rest between sets

| Meters | Set Description | PACE |
|----------------------|------------------------------------|------|
| 5:00 PM Start | | |
| 600 | 6 x 100 on 1:55 Swim and drill mix | 1:55 |
| 400 | 8 x 50 on 1:15 Kick, odds faster | 2:30 |
| 400 | 8 x 50 on 1:05 Pull, evens faster | 2:10 |
| ===== Group Up ===== | | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 600 | 8 x 75 on 1:30 Desc | 2:00 |
| 450 | 6 x 75 on 1:25 Desc | 1:53 |
| 300 | 4 x 75 on 1:20 Desc | 1:47 |
| 150 | 2 x 75 on 2:00 1 Easy, 1 Fast | 2:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:18 PM 3,100 Meters | | |

Workout #1856 - Monday, 03 August 2020
Masters - Blue Masters
1 minute rest between sets

| Meters | Set Description | PACE |
|----------------------|--|------|
| 5:00 PM Start | | |
| 600 | 3 x 200 on 3:55 Swim and drill mix | 1:58 |
| 400 | 4 x 100 on 2:20 Kick, last 25 fast! | 2:20 |
| 400 | 8 x 50 on 1:05 Pull, desc | 2:10 |
| ===== Group Up ===== | | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 1,200 | 2x{1 x 150 on 3:30 Easy, Start early is OK | 2:20 |
| | {6 x 75 on 2:00 All Best Pace | 2:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:21 PM 3,000 Meters | | |

Workout #1859 - Tuesday, 04 August 2020
Masters - Blue Masters
1 minute rest between sets

| Meters | Set Description | PACE |
|----------------------|------------------------------------|------|
| 5:00 PM Start | | |
| 600 | 2 x 300 on 5:55 Swim and drill mix | 1:58 |
| 400 | 4 x 100 on 2:20 Kick, Mix efforts | 2:20 |
| 400 | 8 x 50 on 1:05 Pull, Mix efforts | 2:10 |
| ===== Group Up ===== | | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 300 | 2 x 150 on 3:00 Desc | 2:00 |
| 200 | 2 x 100 on 2:00 Desc | 2:00 |
| 300 | 2 x 150 on 2:50 Desc | 1:53 |
| 200 | 2 x 100 on 1:55 Desc | 1:55 |
| 300 | 2 x 150 on 2:40 Desc | 1:47 |
| 200 | 2 x 100 on 1:50 Desc | 1:50 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:19 PM 3,100 Meters | | |

Workout #1862 - Wednesday, 05 August 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 6 x 100 on 1:55 Swim and drill mix | 1:55 |
| 400 | 8 x 50 on 1:15 Kick, Some Faster | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, Neg Split | 1:55 |
| ===== Group Up ===== | | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 500 | 1 x 500 on 8:45 Neg Split | 1:45 |
| 400 | 4 x 100 on 1:50 Steady | 1:50 |
| 500 | 1 x 500 on 8:55 Neg Split | 1:47 |
| 400 | 4 x 100 on 1:55 Steady | 1:55 |
| 500 | 1 x 500 on 9:00 Neg Split | 1:48 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:32 PM 4,000 Meters | | |

Workout #1865 - Thursday, 06 August 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 4 x 150 on 2:55 Swim and drill mix | 1:57 |
| 400 | 8 x 50 on 1:15 Kick, Evens Fast | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, Desc | 1:55 |
| ===== Group Up ===== | | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,200 | 6 x 200 on 3:40 Desc 1-3 / 4-6 | 1:50 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:11 PM 3,000 Meters | | |

Workout #1880 - Monday, 10 August 2020
Masters - Blue Masters
1 minute rest between sets

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

Workout #1883 - Tuesday, 11 August 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 6 x 100 on 1:50 Mix Swim & Drill | 1:50 |
| 400 | 8 x 50 on 1:15 Kick, odds faster | 2:30 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| | ***** Group Up ***** | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 400 | 2 x 200 on 3:40 Desc | 1:50 |
| 400 | 2 x 200 on 3:30 Desc | 1:45 |
| 400 | 2 x 200 on 3:20 Desc | 1:40 |
| 200 | 1 x 200 on 4:00 Last one, fast one | 2:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:14 PM 3,100 Meters | |

Workout #1886 - Wednesday, 12 August 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 3 x 200 on 3:50 Mix Swim & Drill | 1:55 |
| 400 | 4 x 100 on 2:15 Kick as desired | 2:15 |
| 400 | 8 x 50 on 1:05 Pull, Odds Faster | 2:10 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 FAST! | 2:40 |
| 800 | 2 x 400 on 6:50 Desc | 1:42 |
| 400 | 4 x 100 on 1:45 Neg Split Each One | 1:45 |
| 800 | 2 x 400 on 6:55 Desc | 1:44 |
| 400 | 4 x 100 on 1:50 Neg Split Each One | 1:50 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:29 PM 4,000 Meters | |

Workout #1889 - Thursday, 13 August 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|----------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 4 x 150 on 2:50 Mix Swim & Drill | 1:53 |
| 400 | 8 x 50 on 1:20 Kick, Neg Split | 2:40 |
| 400 | 4 x 100 on 1:55 Pull as desired | 1:55 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,200 | 1x{3 x 100 on 1:55 Steady | 1:55 |
| | {1 x 100 on 1:45 Fast Pace | 1:45 |
| | {2 x 100 on 1:55 Steady | 1:55 |
| | {2 x 100 on 1:45 Fast Pace | 1:45 |
| | {1 x 100 on 1:55 Steady | 1:55 |
| | {3 x 100 on 1:45 Fast Pace | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:12 PM 3,000 Meters | |

Workout #1892 - Monday, 17 August 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|---|------|
| Meters | Set Description | PACE |
| 600 | 2 x 300 on 5:55 Mix Swim & Drill | 1:58 |
| 400 | 4 x 100 on 2:20 Kick, faster 25 in each | 2:20 |
| 400 | 4 x 100 on 1:55 Pull, mix efforts | 1:55 |
| | ***** Group Up ***** | |
| 400 | 8 x 50 on 1:05 Desc | 2:10 |
| 200 | 8 x 25 on :40 1 Fast, 1 Easy | 2:40 |
| 300 | 6 x 50 on 1:05 Desc | 2:10 |
| 150 | 6 x 25 on :40 1 Fast, 1 Easy | 2:40 |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 100 | 4 x 25 on :40 1 Fast, 1 Easy | 2:40 |
| 100 | 2 x 50 on 1:05 Desc | 2:10 |
| 50 | 2 x 25 on :40 Both Fast! | 2:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:25 PM 3,000 Meters | |

Workout #1895 - Tuesday, 18 August 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|----------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 4 x 150 on 2:50 Mix Swim & Drill | 1:53 |
| 400 | 4 x 100 on 2:20 Kick, Desc | 2:20 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 900 | 6 x 150 on 2:35 Desc | 1:43 |
| 600 | 4 x 150 on 2:45 Desc | 1:50 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:12 PM 3,100 Meters | |

Workout #1898 - Wednesday, 19 August 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|----------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 3 x 200 on 3:50 Mix Swim & Drill | 1:55 |
| 400 | 8 x 50 on 1:15 Kick as desired | 2:30 |
| 400 | 4 x 100 on 1:50 Pull, Build | 1:50 |
| | ***** Group Up ***** | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 600 | 1 x 600 on 10:15 Build each 200 | 1:42 |
| 600 | 2 x 300 on 5:20 Build Each | 1:47 |
| 1,200 | 6 x 200 on 3:40 Desc | 1:50 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:31 PM 4,100 Meters | |

Workout #1901 - Thursday, 20 August 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|----------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 6 x 100 on 1:50 Mix Swim & Drill | 1:50 |
| 400 | 8 x 50 on 1:15 Kick Desc | 2:30 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| | ***** Group Up ***** | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 450 | 6 x 75 on 1:15 Desc | 1:40 |
| 450 | 6 x 75 on 1:20 Desc | 1:47 |
| 450 | 6 x 75 on 1:25 Desc | 1:53 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:12 PM 3,050 Meters | |

Workout #1904 - Monday, 24 August 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 3 x 200 on 3:50 Mix Swim & Drill | 1:55 |
| 400 | 8 x 50 on 1:15 Kick Mix Efforts | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, Evens Faster | 1:55 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 1,500 | 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 Best Effort | 3:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:12 PM 3,100 Meters | |

Workout #1907 - Tuesday, 25 August 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|----------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 2 x 300 on 5:55 Mix Swim & Drill | 1:58 |
| 400 | 8 x 50 on 1:15 Kick Evens Fast | 2:30 |
| 400 | 4 x 100 on 1:55 Pull mix efforts | 1:55 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 1,500 | 3x{2 x 200 on 3:30 Desc | 1:45 |
| | {2 x 50 on 1:10 Fast! | 2:20 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:11 PM 3,100 Meters | |

Workout #1910 - Wednesday, 26 August 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|--|------|
| Meters | Set Description | PACE |
| 600 | 4 x 150 on 2:50 Mix Swim & Drill | 1:53 |
| 400 | 4 x 100 on 2:15 Kick, last 25 fast! | 2:15 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 1,200 | 3 x 400 on 6:50 Desc and/or Neg Split | 1:42 |
| 800 | 2 x 400 on 6:40 Alt Easier and faster 100s | 1:40 |
| 400 | 1 x 400 on 7:00 Last one, fast one | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:27 PM 4,000 Meters | |

Workout #1913 - Thursday, 27 August 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|-------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 6 x 100 on 1:50 Mix Swim & Drill | 1:50 |
| 400 | 4 x 100 on 2:15 Kick, Build each 25 | 2:15 |
| 400 | 8 x 50 on 1:05 Pull, Evens faster | 2:10 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 500 | 5 x 100 on 1:45 Last 50 fast | 1:45 |
| 500 | 5 x 100 on 1:50 Last 75 Faster | 1:50 |
| 500 | 5 x 100 on 1:55 All Strong! | 1:55 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:13 PM 3,100 Meters | |

Workout #1916 - Monday, 31 August 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 4 x 150 on 2:55 Mix Swim & Drill | 1:57 |
| 400 | 8 x 50 on 1:15 Kick, Desc | 2:30 |
| 400 | 8 x 50 on 1:05 Pull, Mix efforts | 2:10 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 1,500 | 3x{6 x 50 on 1:10 1x Easy, 2x Fast | 2:20 |
| | {2 x 100 on 2:00 1 Easy, 1 Fast | 2:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:17 PM 3,100 Meters | |

Workout #1919 - Tuesday, 01 September 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|-----------------------------------|-------|
| Meters | Set Description | PACE |
| ===== | ===== | ===== |
| 600 | 3 x 200 on 3:50 Mix Swim & Drill | 1:55 |
| 400 | 4 x 100 on 2:15 Kick, some faster | 2:15 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| | ***** Group Up ***** | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 600 | 1x{3 x 100 on 1:40 Desc | 1:40 |
| | {2 x 100 on 1:45 Desc | 1:45 |
| | {1 x 100 on 1:50 Fast | 1:50 |
| 600 | 1x{1 on :30 rest | |
| | {1 x 100 on 1:50 Fast | 1:50 |
| | {2 x 100 on 1:45 Desc | 1:45 |
| | {3 x 100 on 1:40 Desc | 1:40 |
| | 1 on :30 rest | |
| 100 | 1 x 100 on 3:00 Best Effort | 3:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:12 PM 3,000 Meters | |

Workout #1922 - Wednesday, 02 September 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|----------------------------------|-------|
| Meters | Set Description | PACE |
| ===== | ===== | ===== |
| 600 | 2 x 300 on 5:55 Mix Swim & Drill | 1:58 |
| 400 | 8 x 50 on 1:15 Kick, evens fast | 2:30 |
| 400 | 4 x 100 on 1:50 Pull, Build | 1:50 |
| | ***** Group Up ***** | |
| 500 | 1 x 500 on 8:50 Neg Split | 1:46 |
| 400 | 1 x 400 on 6:55 Neg Split | 1:44 |
| 300 | 1 x 300 on 5:05 Neg Split | 1:42 |
| 200 | 1 x 200 on 3:30 Neg Split | 1:45 |
| 300 | 1 x 300 on 5:15 Neg Split | 1:45 |
| 400 | 1 x 400 on 7:00 Neg Split | 1:45 |
| 500 | 1 x 500 on 9:00 Neg Split | 1:48 |
| | 6:27 PM 4,000 Meters | |

Workout #1925 - Thursday, 03 September 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|----------------------------------|-------|
| Meters | Set Description | PACE |
| ===== | ===== | ===== |
| 600 | 6 x 100 on 1:50 Mix Swim & Drill | 1:50 |
| 400 | 4 x 100 on 2:15 Kick, Build | 2:15 |
| 400 | 4 x 100 on 1:50 Pull, Desc | 1:50 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 900 | 12 x 75 on 1:25 Descend 1-3 | 1:53 |
| 600 | 12 x 50 on 1:00 Descend 1-3 | 2:00 |
| 100 | 1 x 100 on 5:00 loosen | 5:00 |
| | 6:11 PM 3,100 Meters | |

Workout #1928 - Monday, 07 September 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|--|------|
| 600 | 6 x 100 on 1:55 Mix swim and drill | 1:55 |
| 400 | 4 x 100 on 2:15 Kick, Evens Faster | 2:15 |
| 400 | 8 x 50 on 1:05 Pull, some faster | 2:10 |
| | ----- Group Up ----- | |
| 1,600 | 4x{4 x 25 on :40 Fast! | 2:40 |
| | {4 x 75 on 1:30 #1 easy, #2, 3, 4 Fast | 2:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:14 PM 3,100 Meters | |

Workout #1931 - Tuesday, 08 September 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|-------------------------------------|------|
| 600 | 4 x 150 on 2:50 Mix swim and drill | 1:53 |
| 400 | 8 x 50 on 1:20 Kick, Last 25 faster | 2:40 |
| 400 | 4 x 100 on 1:55 Pull, Neg Split | 1:55 |
| | ----- Group Up ----- | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,300 | 2x{2 x 150 on 2:40 Desc | 1:47 |
| | {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 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:11 PM 3,000 Meters | |

Workout #1934 - Wednesday, 09 September 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|-------------------------------------|------|
| 600 | 4 x 150 on 2:50 Mix swim and drill | 1:53 |
| 400 | 8 x 50 on 1:20 Kick, Last 25 faster | 2:40 |
| 400 | 4 x 100 on 1:55 Pull, Neg Split | 1:55 |
| | ----- Group Up ----- | |
| 100 | 2 x 50 on 1:05 Desc | 2:10 |
| 200 | 2 x 100 on 1:45 Desc | 1:45 |
| 400 | 2 x 200 on 3:30 Desc | 1:45 |
| 600 | 2 x 300 on 5:15 Desc | 1:45 |
| 800 | 2 x 400 on 7:00 Desc | 1:45 |
| 500 | 1 x 500 on 10:30 Neg Split | 2:06 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:35 PM 4,100 Meters | |

Workout #1937 - Thursday, 10 September 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 2 x 300 on 6:00 Mix swim and drill | 2:00 |
| 400 | 8 x 50 on 1:20 Kick, mix efforts | 2:40 |
| 400 | 4 x 100 on 1:55 Pull, mix efforts | 1:55 |
| ----- Group Up ----- | | |
| 600 | 3 x 200 on 3:50 Desc | 1:55 |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 600 | 3 x 200 on 3:30 Desc | 1:45 |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 200 | 1 x 200 on 4:00 Last one, fast one | 2:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:17 PM 3,100 Meters | | |

Workout #1940 - Monday, 14 September 2020
Masters - Blue Masters
1 minute rest between sets

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

Workout #1943 - Tuesday, 15 September 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|-------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 6 x 100 on 1:50 Swim and Drill Mix | 1:50 |
| 400 | 8 x 50 on 1:20 Kick, Odds Faster | 2:40 |
| 400 | 8 x 50 on 1:05 Pull, Evens Faster | 2:10 |
| ***** Group Up ***** | | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 1,500 | 1x{2 x 200 on 3:45 Steady | 1:52 |
| | {1 x 100 on 1:50 Fast Pace | 1:50 |
| | {2 x 200 on 3:35 Steady | 1:48 |
| | {1 x 100 on 1:50 Fast Pace | 1:50 |
| | {2 x 200 on 3:25 Steady | 1:42 |
| | {1 x 100 on 2:00 Last one, fast one | 2:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:12 PM 3,100 Meters | | |

Workout #1946 - Wednesday, 16 September 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|------------------------------------|------|
| 600 | 3 x 200 on 3:50 Swim and Drill Mix | 1:55 |
| 400 | 4 x 100 on 2:20 Kick, mix it up | 2:20 |
| 400 | 8 x 50 on 1:05 Pull, Build | 2:10 |
| | ***** Group Up ***** | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 800 | 2 x 400 on 6:55 Desc | 1:44 |
| 400 | 2 x 200 on 3:40 Desc | 1:50 |
| 800 | 2 x 400 on 7:05 Desc | 1:46 |
| 400 | 2 x 200 on 3:45 Desc | 1:52 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:34 PM 4,100 Meters | |

Workout #1949 - Thursday, 17 September 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|------------------------------------|------|
| 600 | 4 x 150 on 2:55 Swim and Drill Mix | 1:57 |
| 400 | 8 x 50 on 1:15 Kick, evens faster | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, Desc | 1:55 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 1,400 | 1x{3 x 100 on 1:50 Steady | 1:50 |
| | {1 x 100 on 1:40 Fast Pace | 1:40 |
| | {2 x 50 on 1:05 Desc | 2:10 |
| | {2 x 100 on 1:50 Steady | 1:50 |
| | {2 x 100 on 1:40 Fast Pace | 1:40 |
| | {2 x 50 on 1:05 Desc | 2:10 |
| | {1 x 100 on 1:50 Steady | 1:50 |
| | {3 x 100 on 1:40 Fast Pace | 1:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:09 PM 3,000 Meters | |

Workout #1985 - Monday, 21 September 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|------------------------------------|------|
| 600 | 2 x 300 on 5:55 Mix swim and drill | 1:58 |
| 400 | 4 x 100 on 2:20 Kick, Mix efforts | 2:20 |
| 400 | 4 x 100 on 1:55 Pull, Desc | 1:55 |
| | ----- Group Up ----- | |
| 1,600 | 2x{4 x 25 on :40 Fast! | 2:40 |
| | {4 x 50 on 1:05 Desc | 2:10 |
| | {4 x 75 on 1:30 Fast! | 2:00 |
| | {2 x 100 on 2:05 1 Fast, 1 Easy | 2:05 |
| | 6:08 PM 3,000 Meters | |

Workout #1988 - Tuesday, 22 September 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 4 x 150 on 2:55 Swim & Drill | 1:57 |
| 400 | 4 x 100 on 2:20 Kick, last 25 Fast | 2:20 |
| 400 | 8 x 50 on 1:05 Pull, Odds Stronger | 2:10 |
| | ==== Group Up ===== | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 450 | 3 x 150 on 2:50 Desc | 1:53 |
| 450 | 3 x 150 on 2:45 Desc | 1:50 |
| 450 | 3 x 150 on 2:40 Desc | 1:47 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:14 PM 3,050 Meters | |

Workout #1991 - Wednesday, 23 September 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|---|------|
| Meters | Set Description | PACE |
| 600 | 3 x 200 on 3:55 Mix swim and drill | 1:58 |
| 400 | 8 x 50 on 1:15 Kick, Desc | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, Neg Split Efforts | 1:55 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 Speedy! | 2:40 |
| 600 | 6 x 100 on 1:50 Desc | 1:50 |
| 600 | 3 x 200 on 3:35 Neg Split | 1:48 |
| 600 | 2 x 300 on 5:20 Neg Split | 1:47 |
| 600 | 1 x 600 on 10:30 Neg Split | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:30 PM 4,000 Meters | |

Workout #1994 - Thursday, 24 September 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|--------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 6 x 100 on 1:55 Drill / Swim Mix | 1:55 |
| 400 | 8 x 50 on 1:15 Kick, Evens Faster | 2:30 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| | ##### Group Up ##### | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 1,500 | 2x{8 x 75 on 1:30 2 Faster, 1 Easier | 2:00 |
| | {3 x 50 on 1:05 Desc to FAST | 2:10 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:15 PM 3,100 Meters | |

Workout #2018 - Monday, 28 September 2020
Masters - Blue Masters
1 minute 15 seconds rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|------------------------------------|------|
| 600 | 3 x 200 on 3:50 Mix swim and drill | 1:55 |
| 400 | 8 x 50 on 1:15 Kick, Desc | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, Neg Split | 1:55 |
| | ==== Group Up ===== | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 1,500 | 2x{1 x 50 on 1:15 Fast | 2:30 |
| | {2 x 100 on 1:45 Desc | 1:45 |
| | {1 x 50 on 1:15 Fast | 2:30 |
| | {2 x 100 on 1:55 Desc | 1:55 |
| | {1 x 50 on 1:15 Fast | 2:30 |
| | {2 x 100 on 2:05 Desc | 2:05 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |

6:15 PM 3,100 Meters

Workout #2015 - Tuesday, 29 September 2020
Masters - Blue Masters
1 minute 15 seconds rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|------------------------------------|------|
| 600 | 2 x 300 on 5:55 Mix swim and drill | 1:58 |
| 400 | 8 x 50 on 1:15 Kick, Odds Faster | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, Desc | 1:55 |
| | ==== Group Up ===== | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,200 | 1x{2 x 200 on 3:40 Steady | 1:50 |
| | {2 x 200 on 3:30 Steady | 1:45 |
| | {2 x 200 on 3:20 Fast! | 1:40 |
| 200 | 1 x 200 on 4:00 Best Effort | 2:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |

6:15 PM 3,100 Meters

Workout #2012 - Wednesday, 30 September 2020
Masters - Blue Masters
1 minute 15 seconds rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|--------------------------------------|------|
| 600 | 4 x 150 on 2:55 Mix swim and drill | 1:57 |
| 400 | 4 x 100 on 2:15 Kick, last 25 faster | 2:15 |
| 400 | 8 x 50 on 1:05 Pull, Build | 2:10 |
| | ==== Group Up ===== | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 2,400 | 3x{1 x 400 on 6:50 Neg Split | 1:42 |
| | {2 x 200 on 3:30 Desc | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |

6:26 PM 4,000 Meters

Workout #2008 - Thursday, 01 October 2020
Masters - Blue Masters
1 minute 15 seconds rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|------------------------------------|------|
| 600 | 6 x 100 on 1:55 Mix swim and drill | 1:55 |
| 400 | 4 x 100 on 2:15 Kick, mix efforts | 2:15 |
| 400 | 8 x 50 on 1:05 Pull, Odds stronger | 2:10 |
| | ==== Group Up ===== | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 800 | 8 x 100 on 1:50 Desc 1-4/5-8 | 1:50 |
| 400 | 4 x 100 on 1:45 Desc 1-4 | 1:45 |
| 200 | 2 x 100 on 1:40 Hold best speed | 1:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |

6:13 PM 3,000 Meters

Workout #2021 - Monday, 05 October 2020
Masters - Blue Masters
1 minute 15 seconds rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|----------------------------------|------|
| 600 | 4 x 150 on 2:55 Swim/Drill Mix | 1:57 |
| 400 | 8 x 50 on 1:15 Kick as desired | 2:30 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| | ==== Group Up ===== | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 1,600 | 4x{3 x 50 on 1:10 Desc | 2:20 |
| | {2 x 50 on 1:05 Faster back half | 2:10 |
| | {1 x 50 on 1:00 Best Effort | 2:00 |
| | {1 x 100 on 2:00 Easy | 2:00 |

6:14 PM 3,100 Meters

Workout #2024 - Tuesday, 06 October 2020
Masters - Blue Masters
1 minute 15 seconds rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|--|------|
| 600 | 3 x 200 on 3:55 Swim/Drill Mix | 1:58 |
| 400 | 4 x 100 on 2:20 Kick, faster back half | 2:20 |
| 400 | 8 x 50 on 1:05 Pull, Evens Stronger | 2:10 |
| | ==== Group Up ===== | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 400 | 4 x 100 on 1:45 Desc | 1:45 |
| 400 | 4 x 100 on 1:50 Desc | 1:50 |
| 400 | 4 x 100 on 1:55 Desc | 1:55 |
| 100 | 1 x 100 on 2:00 Best Effort | 2:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |

6:16 PM 3,000 Meters

Workout #2027 - Wednesday, 07 October 2020
Masters - Blue Masters
1 minute 15 seconds rest between sets

| Meters | Set Description | PACE |
|----------------------|---------------------------------------|------|
| 5:00 PM Start | | |
| 600 | 2 x 300 on 6:00 Swim/Drill Mix | 2:00 |
| 400 | 8 x 50 on 1:15 Kick, Odds Faster | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, Desc | 1:55 |
| ===== Group Up ===== | | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 900 | 3 x 300 on 5:30 Desc and/or Neg Split | 1:50 |
| 800 | 4 x 200 on 3:35 Desc and/or Neg Split | 1:48 |
| 600 | 6 x 100 on 1:45 Desc and/or Neg Split | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:32 PM 4,000 Meters | | |

Workout #2030 - Thursday, 08 October 2020
Masters - Blue Masters
1 minute 15 seconds rest between sets

| Meters | Set Description | PACE |
|----------------------|-----------------------------------|------|
| 5:00 PM Start | | |
| 600 | 6 x 100 on 1:55 Swim/Drill Mix | 1:55 |
| 400 | 4 x 100 on 2:20 Kick, mix efforts | 2:20 |
| 400 | 4 x 100 on 1:55 Pull, mix efforts | 1:55 |
| ===== Group Up ===== | | |
| 1,500 | 3x{2 x 100 on 1:45 Fast! | 1:45 |
| | {2 x 75 on 1:25 Fast! | 1:53 |
| | {2 x 50 on 1:00 Fast! | 2:00 |
| | {2 x 25 on :40 1 Fast, 1 EZ | 2:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:09 PM 3,000 Meters | | |

Workout #2050 - Monday, 12 October 2020
Masters - Blue Masters
1 minute rest between sets

| Meters | Set Description | PACE |
|----------------------|----------------------------------|------|
| 5:00 PM Start | | |
| 600 | 6 x 100 on 1:55 Drill & Swim | 1:55 |
| 400 | 4 x 100 on 2:15 Kick, Desc | 2:15 |
| 400 | 8 x 50 on 1:05 Pull, Mix Efforts | 2:10 |
| ----- Group Up ----- | | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 300 | 4 x 75 on 1:55 3 Fast, 1 Easy | 2:33 |
| 300 | 4 x 75 on 1:45 3 Fast, 1 Easy | 2:20 |
| 300 | 4 x 75 on 1:35 3 Fast, 1 Easy | 2:07 |
| 300 | 4 x 75 on 1:25 3 Fast, 1 Easy | 1:53 |
| 150 | 2 x 75 on 1:15 Make 'em!!! | 1:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:20 PM 3,050 Meters | | |

Workout #2053 - Tuesday, 13 October 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|--|-------|
| Meters | Set Description | PACE |
| ===== | ===== | ===== |
| 600 | 4 x 150 on 3:00 Drill/Swim Mix | 2:00 |
| 400 | 8 x 50 on 1:15 Kick, some fast parts | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, Neg Split | 1:55 |
| | */*/* Group Up **** | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 1,400 | 2x{2 x 50 on 1:10 Desc | 2:20 |
| | {4 x 150 on 2:40 Desc, good last 50 on all | 1:47 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:09 PM 3,000 Meters | | |

Workout #2056 - Wednesday, 14 October 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|------------------------------------|-------|
| Meters | Set Description | PACE |
| ===== | ===== | ===== |
| 600 | 3 x 200 on 3:45 Mix drill and swim | 1:52 |
| 400 | 4 x 100 on 2:20 Kick, last 50 fast | 2:20 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| | ^^^ Group Up ^^ | |
| 500 | 5 x 100 on 1:55 Desc | 1:55 |
| 500 | 1 x 500 on 9:00 Neg Split | 1:48 |
| 500 | 5 x 100 on 1:50 Desc | 1:50 |
| 500 | 1 x 500 on 8:45 Neg Split | 1:45 |
| 500 | 5 x 100 on 1:45 Desc | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:31 PM 4,000 Meters | | |

Workout #2059 - Thursday, 15 October 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|------------------------------------|-------|
| Meters | Set Description | PACE |
| ===== | ===== | ===== |
| 600 | 2 x 300 on 5:55 Swim / Drill Mix | 1:58 |
| 400 | 8 x 50 on 1:20 Kick, odds faster | 2:40 |
| 400 | 4 x 100 on 1:50 Pull, mix efforts | 1:50 |
| | +_+_ Group Up +_+ | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 1,200 | 6 x 200 on 3:30 Desc | 1:45 |
| 200 | 1 x 200 on 4:00 Last one, fast one | 2:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:10 PM 3,000 Meters | | |

Workout #2062 - Monday, 19 October 2020
Masters - Blue Masters
1 minute rest between sets

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

Workout #2065 - Tuesday, 20 October 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 6 x 100 on 1:55 Swim and drill mix | 1:55 |
| 400 | 8 x 50 on 1:20 Kick, Desc | 2:40 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| |)))) Group Up (((((| |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,400 | 2x{2 x 200 on 3:30 Desc | 1:45 |
| | {2 x 100 on 1:55 Desc | 1:55 |
| | {2 x 50 on 1:05 Desc | 2:10 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:13 PM 3,100 Meters | |

Workout #2068 - Wednesday, 21 October 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|-----------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 3 x 200 on 3:40 Swim and Drill | 1:50 |
| 400 | 4 x 100 on 2:15 Kick, mix efforts | 2:15 |
| 400 | 8 x 50 on 1:05 Pull, odds faster | 2:10 |
| | ***** Group Up ***** | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 200 | 2 x 100 on 1:55 Desc | 1:55 |
| 400 | 2 x 200 on 3:45 Neg Split | 1:52 |
| 600 | 2 x 300 on 5:20 Neg Split | 1:47 |
| 400 | 1 x 400 on 7:00 Neg Split | 1:45 |
| 300 | 1 x 300 on 5:25 Neg Split | 1:48 |
| 200 | 1 x 200 on 3:50 Neg Split | 1:55 |
| 100 | 1 x 100 on 2:00 Neg Split | 2:00 |
| 100 | 2 x 50 on 1:05 Desc | 2:10 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:36 PM 4,000 Meters | |

Workout #2071 - Thursday, 22 October 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|--------------------------------------|-------|
| Meters | Set Description | PACE |
| ===== | ===== | ===== |
| 600 | 4 x 150 on 2:55 Drill / Swim Mix | 1:57 |
| 400 | 8 x 50 on 1:20 Kick, Odds Faster | 2:40 |
| 400 | 4 x 100 on 1:55 Pull, Faster last 25 | 1:55 |
| | ::::: Group Up ::::: | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 200 | 4 x 50 on 1:05 25 Fast, 25 Easy | 2:10 |
| 1,200 | 1x{3 x 100 on 2:00 Steady | 2:00 |
| | {1 x 100 on 1:45 Fast Pace | 1:45 |
| | {2 x 100 on 2:00 Steady | 2:00 |
| | {2 x 100 on 1:45 Fast Pace | 1:45 |
| | {1 x 100 on 2:00 Steady | 2:00 |
| | {3 x 100 on 1:45 Fast Pace | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:13 PM 3,000 Meters | | |

Workout #2074 - Monday, 26 October 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|--------------------------------------|-------|
| Meters | Set Description | PACE |
| ===== | ===== | ===== |
| 600 | 2 x 300 on 6:00 Drill/Swim Mix | 2:00 |
| 400 | 4 x 100 on 2:15 Kick, last 50 faster | 2:15 |
| 400 | 4 x 100 on 1:55 Pull, Mix Efforts | 1:55 |
| | +++++ Group Up +++++ | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 200 | 8 x 25 on :40 2 Fast, 1 Easier | 2:40 |
| 300 | 4 x 75 on 1:35 Desc | 2:07 |
| 200 | 8 x 25 on :40 2 Fast, 1 Easier | 2:40 |
| 400 | 4 x 100 on 2:00 Desc | 2:00 |
| 200 | 8 x 25 on :40 2 Fast, 1 Easier | 2:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:21 PM 3,000 Meters | | |

Workout #2077 - Tuesday, 27 October 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|---|-------|
| Meters | Set Description | PACE |
| ===== | ===== | ===== |
| 600 | 4 x 150 on 2:55 Drill-Swim Mix | 1:57 |
| 400 | 4 x 100 on 2:20 Kick, Some faster efforts | 2:20 |
| 400 | 8 x 50 on 1:05 Pull, Evens Faster | 2:10 |
| | ===== Group Up ===== | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 300 | 2 x 150 on 2:50 Desc | 1:53 |
| 300 | 2 x 150 on 2:45 Desc | 1:50 |
| 300 | 2 x 150 on 2:40 Desc | 1:47 |
| 300 | 2 x 150 on 2:35 Desc | 1:43 |
| 150 | 1 x 150 on 3:00 Last one, fast one | 2:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:17 PM 3,050 Meters | | |

Workout #2080 - Wednesday, 28 October 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|-----------------------------------|------|
| 600 | 3 x 200 on 3:50 Drill and Swim | 1:55 |
| 400 | 8 x 50 on 1:20 Kick, Evens Faster | 2:40 |
| 400 | 4 x 100 on 1:55 Pull, Neg Split | 1:55 |
| | %%%%% Group Up %%%%% | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 2,400 | 2x{1 x 600 on 11:00 Neg Split | 1:50 |
| | {3 x 200 on 3:40 Desc | 1:50 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |

6:30 PM 4,100 Meters

Workout #2083 - Thursday, 29 October 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|------------------------------------|------|
| 600 | 6 x 100 on 1:55 Mix swim and drill | 1:55 |
| 400 | 8 x 50 on 1:20 Kick, faster 1st 25 | 2:40 |
| 400 | 8 x 50 on 1:05 Pull, mix efforts | 2:10 |
| | <<<<< Group Up >>>>> | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 1,400 | 2x{1 x 50 on 1:30 Easy | 3:00 |
| | {4 x 75 on 1:20 Desc | 1:47 |
| | {1 x 50 on 1:30 Easy | 3:00 |
| | {4 x 75 on 2:00 Best Effort | 2:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |

6:18 PM 3,000 Meters

Workout #2104 - Monday, 02 November 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|--|------|
| 600 | 3 x 200 on 3:50 Mix swim & drill | 1:55 |
| 400 | 8 x 50 on 1:15 Kick, Desc | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, Desc | 1:55 |
| | ===== Group Up ===== | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,300 | 2x{6 x 75 on 1:45 Desc 1-3, Hold speed 4-6 | 2:20 |
| | {4 x 50 on 1:15 1 Easy, 1 Max Effort | 2:30 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |

6:16 PM 3,000 Meters

Workout #2107 - Tuesday, 03 November 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|------------------------------------|------|
| 600 | 2 x 300 on 5:55 Mix swim & drill | 1:58 |
| 400 | 8 x 50 on 1:15 Kick, 2nd 25 Faster | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, Neg Split | 1:55 |
| | ===== Group Up ===== | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 1,600 | 2x{2 x 200 on 3:45 Desc | 1:52 |
| | {2 x 200 on 3:30 Desc | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:12 PM 3,200 Meters | |

Workout #2110 - Wednesday, 04 November 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|----------------------------------|------|
| 600 | 4 x 150 on 2:55 Mix swim & drill | 1:57 |
| 400 | 4 x 100 on 2:20 Kick as desired | 2:20 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| | ===== Group Up ===== | |
| 400 | 8 x 50 on 1:05 Desc 1-4 / 5-8 | 2:10 |
| 600 | 6 x 100 on 1:50 Desc 1-3 / 4-6 | 1:50 |
| 800 | 4 x 200 on 3:30 Desc 1-2 / 3-4 | 1:45 |
| 800 | 2 x 400 on 6:45 Desc & Neg Split | 1:41 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:31 PM 4,100 Meters | |

Workout #2113 - Thursday, 05 November 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|-------------------------------------|------|
| 600 | 6 x 100 on 1:55 Mix swim & drill | 1:55 |
| 400 | 4 x 100 on 2:20 Kick, Mix Efforts | 2:20 |
| 400 | 8 x 50 on 1:05 Pull, Evens Stronger | 2:10 |
| | ===== Group Up ===== | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 400 | 4 x 100 on 1:50 Desc | 1:50 |
| 200 | 2 x 100 on 1:40 Fast! | 1:40 |
| 300 | 3 x 100 on 1:50 Desc | 1:50 |
| 200 | 2 x 100 on 1:40 Fast! | 1:40 |
| 200 | 2 x 100 on 1:50 Desc | 1:50 |
| 200 | 2 x 100 on 1:40 Fast! | 1:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:19 PM 3,100 Meters | |

Workout #2116 - Monday, 09 November 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|------------------------------------|------|
| 600 | 4 x 150 on 2:55 Mix swim & drill | 1:57 |
| 400 | 8 x 50 on 1:20 Kick, Mix Efforts | 2:40 |
| 400 | 8 x 50 on 1:05 Pull, Odds Stronger | 2:10 |
| | ==== Group Up ===== | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 1,500 | 3x{6 x 50 on 1:05 Desc | 2:10 |
| | {2 x 100 on 2:00 1 max, 1 Easy | 2:00 |
| | 6:11 PM 3,000 Meters | |

Workout #2119 - Tuesday, 10 November 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|--------------------------------------|------|
| 600 | 3 x 200 on 3:55 Mix swim & drill | 1:58 |
| 400 | 4 x 100 on 2:20 Kick, faster middles | 2:20 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| | ==== Group Up ===== | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 500 | 5 x 100 on 1:55 Desc | 1:55 |
| 500 | 5 x 100 on 1:45 Desc | 1:45 |
| 500 | 5 x 100 on 1:40 Desc | 1:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:14 PM 3,100 Meters | |

Workout #2122 - Wednesday, 11 November 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|---------------------------------------|------|
| 600 | 2 x 300 on 5:55 Mix swim & drill | 1:58 |
| 400 | 8 x 50 on 1:15 Kick, 1st 25 fast | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, Mix efforts | 1:55 |
| | ==== Group Up ===== | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,200 | 4 x 300 on 5:20 Desc and/or Neg Split | 1:47 |
| 800 | 4 x 200 on 3:30 Desc and/or Neg Split | 1:45 |
| 400 | 4 x 100 on 1:40 Desc and/or Neg Split | 1:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:30 PM 4,100 Meters | |

Workout #2125 - Thursday, 12 November 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|----------------------------------|------|
| 600 | 6 x 100 on 1:55 Mix swim & drill | 1:55 |
| 400 | 4 x 100 on 2:20 Kick, Neg Split | 2:20 |
| 400 | 4 x 100 on 1:55 Pull, Desc | 1:55 |
| | ==== Group Up ===== | |
| 1,600 | 2x{6 x 50 on 1:05 Desc | 2:10 |
| | {6 x 75 on 1:25 Desc | 1:53 |
| | {1 x 50 on 1:30 Loosen | 3:00 |
| 6:06 | PM 3,000 Meters | |

Workout #2135 - Monday, 16 November 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|--------------------------------------|------|
| 600 | 6 x 100 on 1:55 Mix swim & drill | 1:55 |
| 400 | 4 x 100 on 2:20 Kick, last 50 faster | 2:20 |
| 400 | 8 x 50 on 1:05 Pull, Mix speeds | 2:10 |
| | ==== Group Up ===== | |
| 1,600 | 4x{2 x 25 on :40 Fast! | 2:40 |
| | {2 x 50 on 1:10 Fast! | 2:20 |
| | {2 x 100 on 2:00 Fast! | 2:00 |
| | {1 x 50 on 1:30 Easy | 3:00 |
| 6:11 | PM 3,000 Meters | |

Workout #2138 - Tuesday, 17 November 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|----------------------------------|------|
| 600 | 4 x 150 on 2:55 Mix swim & drill | 1:57 |
| 400 | 8 x 50 on 1:15 Kick, Mix efforts | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, Desc | 1:55 |
| | ==== Group Up ===== | |
| 1,650 | 3x{2 x 50 on 1:05 Desc | 2:10 |
| | {3 x 150 on 2:30 Desc | 1:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:08 | PM 3,150 Meters | |

Workout #2141 - Wednesday, 18 November 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 3 x 200 on 3:50 Mix swim & drill | 1:55 |
| 400 | 4 x 100 on 2:20 Kick, Desc | 2:20 |
| 400 | 8 x 50 on 1:05 Pull, faster evens | 2:10 |
| ===== Group Up ===== | | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 500 | 1 x 500 on 8:20 Neg Split | 1:40 |
| 400 | 4 x 100 on 1:45 Desc | 1:45 |
| 400 | 1 x 400 on 6:40 Neg Split | 1:40 |
| 300 | 3 x 100 on 1:45 Desc | 1:45 |
| 300 | 1 x 300 on 5:00 Neg Split | 1:40 |
| 200 | 2 x 100 on 1:45 Desc | 1:45 |
| 200 | 1 x 200 on 3:20 Neg Split | 1:40 |
| 100 | 1 x 100 on 1:45 Last one, Fast one | 1:45 |
| 6:31 PM 4,000 Meters | | |

Workout #2144 - Thursday, 19 November 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 2 x 300 on 5:55 Mix swim & drill | 1:58 |
| 400 | 8 x 50 on 1:15 Kick, mix speeds | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, Desc | 1:55 |
| ===== Group Up ===== | | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 800 | 4 x 200 on 3:40 Desc | 1:50 |
| 400 | 2 x 200 on 3:30 Desc | 1:45 |
| 200 | 1 x 200 on 4:00 Last one, fast one | 2:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:11 PM 3,000 Meters | | |

Workout #2147 - Monday, 23 November 2020
Masters - Blue Masters
1 minute rest between sets

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

Workout #2150 - Tuesday, 24 November 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|-----------------------------------|------|
| 600 | 6 x 100 on 1:55 Mix swim & Drill | 1:55 |
| 400 | 8 x 50 on 1:05 Pull, Evens faster | 2:10 |
| 400 | 8 x 50 on 1:15 Kick, Desc | 2:30 |
| | ***** Group Up ***** | |
| 1,800 | 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 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:13 PM 3,300 Meters | |

Workout #2153 - Wednesday, 25 November 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|--|------|
| 600 | 3 x 200 on 3:50 Mix swim & Drill | 1:55 |
| 400 | 4 x 100 on 2:20 Kick, Mix it up | 2:20 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| | ***** Group Up ***** | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,200 | 3 x 400 on 6:50 Desc / Neg Split | 1:42 |
| 1,200 | 12 x 100 on 1:50 4 Easy, 4 Mod, 4 Fast | 1:50 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:30 PM 4,100 Meters | |

Workout #2156 - Thursday, 26 November 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|----------------------------------|------|
| 600 | 4 x 150 on 2:50 Mix swim & Drill | 1:53 |
| 400 | 8 x 50 on 1:20 Kick, Desc | 2:40 |
| 400 | 4 x 100 on 1:55 Pull, Build | 1:55 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 1,200 | 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 | 1 x 100 on 2:15 Easy | 2:15 |
| 100 | 1 x 100 on 3:00 Fast! | 3:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:13 PM 3,000 Meters | |

Workout #2169 - Monday, 30 November 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 2 x 300 on 5:55 Drill & Swim Mix | 1:58 |
| 400 | 4 x 100 on 2:20 Kick, last 25 fast | 2:20 |
| 400 | 4 x 100 on 1:55 Pull, Desc | 1:55 |
| | -+--+ Group Up -+--+ | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 600 | 4 x 150 on 2:35 Desc | 1:43 |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 400 | 4 x 100 on 1:45 Desc | 1:45 |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:16 PM 3,000 Meters | |

Workout #2172 - Tuesday, 01 December 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 4 x 150 on 2:55 Drill & Swim Mix | 1:57 |
| 400 | 4 x 100 on 2:20 Kick, Desc | 2:20 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| | -+--+ Group Up -+--+ | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,200 | 8 x 150 on 2:45 2 Faster, 1 Easier | 1:50 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:12 PM 3,000 Meters | |

Workout #2175 - Wednesday, 02 December 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|----------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 3 x 200 on 3:50 Drill & Swim Mix | 1:55 |
| 400 | 8 x 50 on 1:15 Kick, Mix Speeds | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, Build Each | 1:55 |
| | -+--+ Group Up -+--+ | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 2,400 | 2x{4 x 150 on 2:40 Desc | 1:47 |
| | {1 x 600 on 10:15 Neg Split | 1:42 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:27 PM 4,100 Meters | |

Workout #2178 - Thursday, 03 December 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|------------------------------------|------|
| 600 | 6 x 100 on 1:55 Drill & Swim Mix | 1:55 |
| 400 | 8 x 50 on 1:15 Kick, Odds Faster | 2:30 |
| 400 | 8 x 50 on 1:05 Pull, Evens Faster | 2:10 |
| | -+-+ Group Up -+-+ | |
| 1,500 | 2x{6 x 50 on 1:10 2 Fast, 1 Easier | 2:20 |
| | {6 x 75 on 1:45 Hold Best Speed | 2:20 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:15 PM 3,000 Meters | |

Workout #2181 - Monday, 07 December 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|----------------------------------|------|
| 600 | 3 x 200 on 3:55 Swim and Drill | 1:58 |
| 400 | 8 x 50 on 1:15 Kick, as desired | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, Desc | 1:55 |
| | ==== Group Up ===== | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 1,100 | 2x{6 x 75 on 2:00 Fast! | 2:40 |
| | {1 x 100 on 2:15 Easy | 2:15 |
| 300 | 4 x 75 on 2:00 4 more fast ones! | 2:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:21 PM 3,000 Meters | |

Workout #2184 - Tuesday, 08 December 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|-----------------------------------|------|
| 600 | 2 x 300 on 5:55 Swim and Drill | 1:58 |
| 400 | 8 x 50 on 1:15 Kick, Desc | 2:30 |
| 400 | 4 x 100 on 1:55 Pull, Neg Split | 1:55 |
| | ==== Group Up ===== | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 800 | 4 x 200 on 3:30 Desc | 1:45 |
| 400 | 2 x 200 on 3:40 Desc | 1:50 |
| 200 | 1 x 200 on 4:00 Last one fast one | 2:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:13 PM 3,100 Meters | |

Workout #2187 - Wednesday, 09 December 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|---------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 4 x 150 on 2:50 Swim and Drill | 1:53 |
| 400 | 4 x 100 on 2:20 Kick, last 25 faster | 2:20 |
| 400 | 8 x 50 on 1:05 Pull, Odds Faster | 2:10 |
| | ===== Group Up ===== | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 800 | 2 x 400 on 6:40 Desc and/or Neg Split | 1:40 |
| 800 | 8 x 100 on 1:45 Desc | 1:45 |
| 800 | 2 x 400 on 6:55 Desc and/or Neg Split | 1:44 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:30 PM 4,100 Meters | |

Workout #2190 - Thursday, 10 December 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|----------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 6 x 100 on 1:55 Swim and Drill | 1:55 |
| 400 | 4 x 100 on 2:20 Kick, Desc | 2:20 |
| 400 | 8 x 50 on 1:05 Pull, Mix Efforts | 2:10 |
| | ===== Group Up ===== | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 1,500 | 1x{5 x 100 on 1:40 Steady Effort | 1:40 |
| | {4 x 100 on 1:45 Last 25 Fast | 1:45 |
| | {3 x 100 on 1:50 Last 50 Fast | 1:50 |
| | {2 x 100 on 1:55 Last 75 Fast | 1:55 |
| | {1 x 100 on 3:00 Best Effort | 3:00 |
| | 6:06 PM 3,000 Meters | |

Workout #2211 - Monday, 14 December 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|----------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 4 x 150 on 2:50 Drill & Swim | 1:53 |
| 400 | 8 x 50 on 1:15 Kick, Desc | 2:30 |
| 400 | 8 x 50 on 1:05 Pull, Mix Efforts | 2:10 |
| | ----- Group Up ----- | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 600 | 4 x 150 on 2:50 last 100 fast | 1:53 |
| 50 | 1 x 50 on 1:30 Loosen | 3:00 |
| 400 | 4 x 100 on 2:10 2 Fast, 1 Easier | 2:10 |
| 50 | 1 x 50 on 1:30 Loosen | 3:00 |
| 400 | 8 x 50 on 1:05 2 Fast, 1 Easier | 2:10 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:22 PM 3,100 Meters | |

Workout #2214 - Tuesday, 15 December 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|------------------------------------|------|
| 600 | 3 x 200 on 3:50 Swim & Drill | 1:55 |
| 400 | 4 x 100 on 2:20 Kick, last 25 fast | 2:20 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| | ***** Group Up ***** | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,200 | 1x{3 x 100 on 1:55 Steady | 1:55 |
| | {1 x 100 on 1:40 Fast Pace | 1:40 |
| | {2 x 100 on 1:55 Steady | 1:55 |
| | {2 x 100 on 1:40 Fast Pace | 1:40 |
| | {1 x 100 on 1:55 Steady | 1:55 |
| | {3 x 100 on 1:40 Fast Pace | 1:40 |
| 50 | 1 x 50 on 1:30 Easy | 3:00 |
| 100 | 1 x 100 on 3:00 Best Effort | 3:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |

6:15 PM 3,050 Meters

Workout #2217 - Wednesday, 16 December 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|----------------------------------|------|
| 600 | 2 x 300 on 6:00 Swim & Drill | 2:00 |
| 400 | 8 x 50 on 1:20 Kick, mix efforts | 2:40 |
| 400 | 4 x 100 on 1:55 Pull, build | 1:55 |
| | ***** Group Up ***** | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 200 | 2 x 100 on 1:50 Desc | 1:50 |
| 900 | 3 x 300 on 5:20 Desc | 1:47 |
| 200 | 2 x 100 on 1:50 Desc | 1:50 |
| 600 | 2 x 300 on 5:15 Desc | 1:45 |
| 200 | 2 x 100 on 1:50 Desc | 1:50 |
| 300 | 1 x 300 on 5:10 Neg Split | 1:43 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |

6:36 PM 4,100 Meters

Workout #2220 - Thursday, 17 December 2020
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

| Meters | Set Description | PACE |
|--------|------------------------------|------|
| 600 | 6 x 100 on 1:55 Swim & Drill | 1:55 |
| 400 | 4 x 100 on 2:20 Kick, build | 2:20 |
| 400 | 4 x 100 on 1:55 Pull, Desc | 1:55 |
| | ***** Group Up ***** | |
| 1,800 | 2x{4 x 50 on 1:05 Desc | 2:10 |
| | {4 x 75 on 1:25 Desc | 1:53 |
| | {4 x 100 on 1:45 Desc | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |

6:13 PM 3,300 Meters

Workout #2225 - Monday, 21 December 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|-----------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 6 x 100 on 1:55 Swim & Drill | 1:55 |
| 400 | 4 x 100 on 2:20 Kick, build | 2:20 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 1,400 | 2x{4 x 100 on 1:50 Desc, #4 Best! | 1:50 |
| | {4 x 50 on 1:05 Desc, #4 Best! | 2:10 |
| | {4 x 25 on :45 Fast | 3:00 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:14 PM 3,000 Meters | | |

Workout #2228 - Tuesday, 22 December 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|---------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 4 x 150 on 2:55 Swim & Drill | 1:57 |
| 400 | 8 x 50 on 1:20 Kick, as desired | 2:40 |
| 400 | 4 x 100 on 1:55 Pull, Build | 1:55 |
| | ***** Group Up ***** | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,350 | 9 x 150 on 2:40 Desc | 1:47 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:10 PM 3,050 Meters | | |

Workout #2231 - Wednesday, 23 December 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|----------------------|--|------|
| Meters | Set Description | PACE |
| 600 | 3 x 200 on 3:50 Swim & Drill | 1:55 |
| 400 | 4 x 100 on 2:20 Kick, faster in the middle | 2:20 |
| 400 | 8 x 50 on 1:05 Pull, neg split | 2:10 |
| | ***** Group Up ***** | |
| 100 | 4 x 25 on :40 Fast! | 2:40 |
| 2,600 | 2x{1 x 500 on 9:00 Neg Split | 1:48 |
| | {2 x 200 on 3:30 Desc | 1:45 |
| | {4 x 100 on 1:40 Desc | 1:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:30 PM 4,200 Meters | | |

Workout #2234 - Thursday, 24 December 2020
Masters - Blue Masters
1 minute rest between sets

| Meters | Set Description | PACE |
|----------------------|------------------------------|------|
| 5:00 PM Start | | |
| 600 | 2 x 300 on 5:55 Swim & Drill | 1:58 |
| 400 | 8 x 50 on 1:20 Kick, Desc | 2:40 |
| 400 | 4 x 100 on 1:55 Pull, Desc | 1:55 |
| | ***** Group Up ***** | |
| 400 | 2 x 200 on 3:50 Desc | 1:55 |
| 400 | 2 x 200 on 3:40 Desc | 1:50 |
| 400 | 2 x 200 on 3:30 Desc | 1:45 |
| 400 | 2 x 200 on 3:20 Desc | 1:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:13 PM 3,100 Meters | | |

Workout #2238 - Monday, 28 December 2020
Masters - Blue Masters
1 minute 15 seconds rest between sets

| Meters | Set Description | PACE |
|----------------------|--------------------------------|------|
| 5:00 PM Start | | |
| 600 | 4 x 150 on 2:55 Swim and Drill | 1:57 |
| 400 | 4 x 100 on 2:15 Kick | 2:15 |
| 400 | 8 x 50 on 1:05 Pull | 2:10 |
| | ##### Group Up ##### | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 400 | 8 x 50 on 1:00 Desc | 2:00 |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 300 | 6 x 50 on 1:00 Desc | 2:00 |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 200 | 4 x 50 on 1:00 Desc | 2:00 |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 100 | 2 x 50 on 1:00 Desc | 2:00 |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:27 PM 3,000 Meters | | |

Workout #2241 - Tuesday, 29 December 2020
Masters - Blue Masters
1 minute rest between sets

| Meters | Set Description | PACE |
|----------------------|-----------------------------------|------|
| 5:00 PM Start | | |
| 600 | 6 x 100 on 1:55 Swim and Drill | 1:55 |
| 400 | 8 x 50 on 1:20 Kick, odds faster | 2:40 |
| 400 | 8 x 50 on 1:05 Pull, evens faster | 2:10 |
| | ##### Group Up ##### | |
| 100 | 4 x 25 on :40 Fast | 2:40 |
| 1,600 | 2x{4 x 50 on 1:05 Desc | 2:10 |
| | {3 x 200 on 3:30 Desc | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| 6:15 PM 3,200 Meters | | |

Workout #2244 - Wednesday, 30 December 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|------------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 3 x 200 on 3:55 Swim and Drill | 1:58 |
| 400 | 4 x 100 on 2:20 Kick, Desc | 2:20 |
| 400 | 8 x 50 on 1:05 Pull, Desc | 2:10 |
| | ##### Group Up ##### | |
| 200 | 4 x 50 on 1:05 Desc | 2:10 |
| 1,200 | 3 x 400 on 6:40 Desc | 1:40 |
| 800 | 2 x 400 on 6:50 Desc | 1:42 |
| 400 | 1 x 400 on 7:00 Last one, fast one | 1:45 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:29 PM 4,100 Meters | |

Workout #2247 - Thursday, 31 December 2020
Masters - Blue Masters
1 minute rest between sets

| 5:00 PM Start | | |
|---------------|--------------------------------|------|
| Meters | Set Description | PACE |
| 600 | 4 x 150 on 2:55 Swim and Drill | 1:57 |
| 400 | 8 x 50 on 1:20 Kick, Build | 2:40 |
| 400 | 4 x 100 on 1:55 Pull, Build | 1:55 |
| | ##### Group Up ##### | |
| 100 | 2 x 50 on 1:05 Desc | 2:10 |
| 400 | 4 x 100 on 1:50 Desc | 1:50 |
| 100 | 2 x 50 on 1:05 Desc | 2:10 |
| 400 | 4 x 100 on 1:45 Desc | 1:45 |
| 100 | 2 x 50 on 1:05 Desc | 2:10 |
| 400 | 4 x 100 on 1:40 Desc | 1:40 |
| 100 | 1 x 100 on 5:00 Loosen | 5:00 |
| | 6:16 PM 3,000 Meters | |