

Workout #2237 - Monday, 04 January 2021
Masters - Blue Masters
1 minute rest between sets

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

Workout #2272 - Tuesday, 05 January 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Swim & Drill Mix	1:53
400	5:13 PM	8 x 50 on 1:05 Pull, Desc	2:10
400	5:23 PM	4 x 100 on 2:20 Kick, Desc	2:20
		***** Group Up *****	
100	5:34 PM	4 x 25 on :40 Speedy!	2:40
1,400	5:38 PM	4x{1 x 150 on 2:45 Steady	1:50
		{3 x 50 on 1:05 Desc	2:10
		{1 x 50 on 1:15 Best Effort	2:30
100	6:08 PM	1 x 100 on 5:00 Loosen	5:00
	6:13 PM	3,000 Meters	

Workout #2275 - Wednesday, 06 January 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Swim & Drill Mix	1:55
400	5:13 PM	8 x 50 on 1:20 Kick, last 25 fast	2:40
400	5:25 PM	4 x 100 on 1:55 Pull, Neg Split	1:55
		***** Group Up *****	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
600	5:40 PM	2 x 300 on 5:10 Desc	1:43
600	5:52 PM	1 x 600 on 10:30 Neg Split	1:45
600	6:04 PM	2 x 300 on 5:20 Desc	1:47
600	6:16 PM	6 x 100 on 1:50 Desc	1:50
100	6:28 PM	1 x 100 on 5:00 Loosen	5:00
	6:33 PM	4,100 Meters	

Workout #2278 - Thursday, 07 January 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim & Drill Mix	1:55
400	5:13 PM	8 x 50 on 1:20 Kick, Mix Efforts	2:40
400	5:25 PM	8 x 50 on 1:05 Pull, Desc	2:10
		***** Group Up *****	
100	5:35 PM	4 x 25 on :40 Fast!	2:40
1,500	5:39 PM	2x{2 x 75 on 1:20 Desc	1:47
		{2 x 100 on 1:45 Desc	1:45
		{2 x 150 on 2:35 Fast!	1:43
		{1 x 100 on 2:30 Loosen	2:30
	6:07 PM	3,000 Meters	

Workout #2281 - Monday, 11 January 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:55 Swim & Drill Mix	1:58
400	5:13 PM	8 x 50 on 1:20 Kick, last 25 faster	2:40
400	5:25 PM	4 x 100 on 1:55 Pull, Desc	1:55
		***** Group Up *****	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
450	5:40 PM	6 x 75 on 1:20 2 Fast, 1 Easy	1:47
450	5:49 PM	6 x 75 on 1:25 2 Fast, 1 Easy	1:53
450	5:59 PM	6 x 75 on 1:30 2 Fast, 1 Easy	2:00
100	6:09 PM	1 x 100 on 5:00 Loosen	5:00
	6:14 PM	3,050 Meters	

Workout #2284 - Tuesday, 12 January 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Swim & Drill Mix	1:58
400	5:13 PM	8 x 50 on 1:20 Kick, Desc	2:40
400	5:25 PM	4 x 100 on 1:55 Pull, Neg Split	1:55
		***** Group Up *****	
100	5:34 PM	4 x 25 on :40 Fast!	2:40
400	5:38 PM	2 x 200 on 3:45 Desc	1:52
400	5:47 PM	2 x 200 on 3:35 Desc	1:48
400	5:56 PM	2 x 200 on 3:25 Desc	1:42
200	6:04 PM	1 x 200 on 4:00 last one, fast one	2:00
100	6:09 PM	1 x 100 on 5:00 Loosen	5:00
	6:14 PM	3,000 Meters	

Workout #2287 - Wednesday, 13 January 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Swim & Drill Mix	1:57
400	5:13 PM	4 x 100 on 2:20 Kick, faster in the middle	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, faster 1st 25	2:10
		***** Group Up *****	
100	5:34 PM	4 x 25 on :40 Fast!	2:40
200	5:38 PM	4 x 50 on 1:05 Desc	2:10
800	5:44 PM	2 x 400 on 6:45 Desc & Neg Split	1:41
200	5:59 PM	4 x 50 on 1:05 Desc	2:10
600	6:05 PM	2 x 300 on 5:15 Desc & Neg Split	1:45
200	6:17 PM	4 x 50 on 1:05 Desc	2:10
400	6:23 PM	2 x 200 on 3:35 Desc & Neg Split	1:48
100	6:32 PM	1 x 100 on 5:00 Loosen	5:00
	6:37 PM	4,000 Meters	

Workout #2290 - Thursday, 14 January 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim & Drill Mix	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, as desired	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Desc	2:10
		***** Group Up *****	
100	5:34 PM	4 x 25 on :40 Fast!	2:40
1,500	5:38 PM	1x{5 x 100 on 1:40 Desc	1:40
		{4 x 100 on 1:45 Desc	1:45
		{3 x 100 on 1:50 Desc	1:50
		{2 x 100 on 1:55 Desc	1:55
		{1 x 100 on 2:00 Last one fast one	2:00
100	6:06 PM	1 x 100 on 5:00 loosen	5:00
	6:11 PM	3,100 Meters	

Workout #2294 - Monday, 18 January 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Swim & Drill Mix	1:57
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Desc	2:10
		***** Group Up *****	
100	5:34 PM	4 x 25 on :40 Fast!	2:40
1,400	5:38 PM	2x{4 x 100 on 1:40 Strong & Steady	1:40
		{4 x 50 on 1:05 Desc	2:10
		{4 x 25 on :40 1 Fast, 1 Easy	2:40
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,000 Meters	

Workout #2297 - Tuesday, 19 January 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:55 Swim & Drill Mix	1:58
400	5:13 PM	4 x 100 on 2:20 Kick, faster in the middle	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Alt easy, fast	2:10
		***** Group Up *****	
100	5:34 PM	4 x 25 on :40 Fast!	2:40
400	5:38 PM	4 x 100 on 1:55 Desc	1:55
100	5:47 PM	2 x 50 on 1:10 FAST!	2:20
400	5:51 PM	4 x 100 on 1:50 Desc	1:50
100	6:00 PM	2 x 50 on 1:10 FAST!	2:20
400	6:04 PM	4 x 100 on 1:45 Desc	1:45
100	6:12 PM	1 x 100 on 5:00 Loosen	5:00
	6:17 PM	3,000 Meters	

Workout #2300 - Wednesday, 20 January 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Swim & Drill Mix	1:58
400	5:13 PM	8 x 50 on 1:15 Kick, neg split	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Desc	1:55
		***** Group Up *****	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
2,400	5:39 PM	2x{2 x 300 on 5:25 Neg Split Each {6 x 100 on 1:42 Desc	1:48 1:42
100	6:23 PM	1 x 100 on 5:00 Loosen	5:00
	6:28 PM	4,100 Meters	

Workout #2303 - Thursday, 21 January 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim & Drill Mix	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, as desired	2:20
400	5:24 PM	4 x 100 on 1:55 Pull, as desired	1:55
		***** Group Up *****	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
100	5:39 PM	4 x 25 on :40 Fast!	2:40
1,200	5:43 PM	4x{1 x 50 on 1:30 Easy {1 x 100 on 1:45 Last 25 FAST {1 x 75 on 1:20 Last 25 FAST {1 x 50 on 1:00 Last 25 FAST {1 x 25 on :35 FAST	3:00 1:45 1:47 2:00 2:20
100	6:09 PM	1 x 100 on 5:00 Loosen	5:00
	6:14 PM	3,000 Meters	

Workout #2306 - Monday, 25 January 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim & Drill Mix	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, as desired	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Desc	2:10
		***** Group Up *****	
1,500	5:34 PM	3x{2 x 100 on 1:55 Each as 50% Cruise, 50% Race	1:55
		{2 x 75 on 1:30 Last 25 Race	2:00
		{2 x 50 on 1:05 Last 25 Race	2:10
		{2 x 25 on :40 1 Cruise, 1 Race	2:40
100	6:06 PM	1 x 100 on 5:00 Loosen	5:00
	6:11 PM	3,000 Meters	

Workout #2309 - Tuesday, 26 January 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Swim & Drill Mix	1:57
400	5:13 PM	8 x 50 on 1:20 Kick, 2nd 25 fast!	2:40
400	5:25 PM	4 x 100 on 1:55 Pull, Neg Split	1:55
		***** Group Up *****	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
1,350	5:40 PM	1x{3 x 150 on 2:45 Steady	1:50
		{1 x 150 on 2:30 Fast Pace	1:40
		{2 x 150 on 2:45 Steady	1:50
		{1 x 150 on 2:30 Fast Pace	1:40
		{1 x 150 on 2:45 Steady	1:50
		{1 x 150 on 2:30 Fast Pace	1:40
100	6:05 PM	1 x 100 on 5:00 Loosen	5:00
	6:10 PM	3,050 Meters	

Workout #2312 - Wednesday, 27 January 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:55 Swim & Drill Mix	1:58
400	5:13 PM	4 x 100 on 2:20 Kick, Mixed Efforts	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Odds Faster	2:10
		***** Group Up *****	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
500	5:40 PM	1 x 500 on 9:05 Neg Split	1:49
500	5:51 PM	2 x 250 on 4:30 Desc + Last 50 Fast	1:48
500	6:01 PM	1 x 500 on 8:50 Neg Split	1:46
500	6:11 PM	2 x 250 on 4:15 Desc + Last 100 Fast	1:42
500	6:21 PM	1 x 500 on 8:30 Neg Split	1:42
100	6:31 PM	1 x 100 on 5:00 Loosen	5:00
	6:36 PM	4,200 Meters	

Workout #2315 - Thursday, 28 January 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Swim & Drill Mix	1:58
400	5:13 PM	4 x 100 on 2:20 Kick, faster in the middle	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Evens Faster	2:10
		***** Group Up *****	
100	5:34 PM	4 x 25 on :40 Fast!	2:40
1,200	5:38 PM	6 x 200 on 3:30 Desc 1-3, 4-6	1:45
400	6:00 PM	2 x 200 on 3:45 1 Steady, 1 Race	1:52
100	6:09 PM	1 x 100 on 5:00 Loosen	5:00
	6:14 PM	3,200 Meters	

Workout #2318 - Monday, 01 February 2021
Masters - Blue Masters
1 minute rest between sets

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

Workout #2321 - Tuesday, 02 February 2021
Masters - Blue Masters
1 minute rest between sets

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

Workout #2324 - Wednesday, 03 February 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:55 Swim & Drill Mix	1:58
400	5:13 PM	4 x 100 on 2:20 Kick, Fast 1st 25	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Odds Faster	2:10
		***** Group Up *****	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
800	5:40 PM	2 x 400 on 6:40 Desc	1:40
100	5:55 PM	2 x 50 on 1:05 Desc	2:10
600	5:59 PM	2 x 300 on 5:05 Desc	1:42
100	6:11 PM	2 x 50 on 1:05 Desc	2:10
400	6:15 PM	2 x 200 on 3:30 Desc	1:45
100	6:23 PM	2 x 50 on 1:05 Desc	2:10
200	6:27 PM	2 x 100 on 1:50 Desc	1:50
100	6:32 PM	1 x 100 on 5:00 Loosen	5:00
	6:37 PM	4,000 Meters	

Workout #2327 - Thursday, 04 February 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 3:00 Swim & Drill Mix	2:00
400	5:13 PM	8 x 50 on 1:15 Kick, Mix Efforts	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, As Desired	1:55
		***** Group Up *****	
100	5:33 PM	4 x 25 on :40 Fast!	2:40
500	5:37 PM	5 x 100 on 1:55 Alt Mod & Fast	1:55
500	5:48 PM	5 x 100 on 1:45 2 Fast, 1 Mod, 2 Fast	1:45
50	5:58 PM	1 x 50 on 1:30 Loosen	3:00
500	6:01 PM	5 x 100 on 1:35 Hold Best Pace	1:35
100	6:10 PM	1 x 100 on 5:00 Loosen	5:00
	6:15 PM	3,150 Meters	

Workout #2342 - Monday, 08 February 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Swim & Drill Mix	1:58
400	5:13 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:24 PM	4 x 100 on 1:55 Pull, Build Each	1:55
		***** Group Up *****	
1,500	5:33 PM	3x{2 x 100 on 1:50 Desc	1:50
		{2 x 75 on 1:30 Desc	2:00
		{2 x 50 on 1:05 Desc	2:10
		{2 x 25 on :40 Fast!	2:40
100	6:05 PM	1 x 100 on 5:00 Loosen	5:00
	6:10 PM	3,000 Meters	

Workout #2345 - Tuesday, 09 February 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Swim & Drill Mix	1:57
400	5:13 PM	4 x 100 on 2:20 Kick, faster in the middle	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Odds faster	2:10
		***** Group Up *****	
100	5:34 PM	4 x 25 on :40 Fast!	2:40
1,500	5:38 PM	2x{4 x 150 on 2:50 Build	1:53
		{2 x 75 on 1:20 Desc	1:47
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,100 Meters	

Workout #2348 - Wednesday, 10 February 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:55 Swim & Drill Mix	1:58
400	5:13 PM	8 x 50 on 1:20 Kick, Evens faster	2:40
400	5:25 PM	4 x 100 on 1:55 Pull, Desc	1:55
		***** Group Up *****	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
600	5:40 PM	1 x 600 on 10:00 Neg Split	1:40
600	5:51 PM	2 x 300 on 5:10 Desc	1:43
600	6:03 PM	1 x 600 on 10:30 Neg Split	1:45
600	6:15 PM	3 x 200 on 3:30 Desc	1:45
100	6:27 PM	1 x 100 on 5:00 Loosen	5:00
	6:32 PM	4,100 Meters	

Workout #2351 - Thursday, 11 February 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim & Drill Mix	1:55
400	5:13 PM	8 x 50 on 1:20 Kick, Desc	2:40
400	5:25 PM	8 x 50 on 1:05 Pull, Evens faster	2:10
		***** Group Up *****	
100	5:35 PM	4 x 25 on :40 Fast!	2:40
600	5:39 PM	8 x 75 on 1:20 Alt Mod/Fast	1:47
450	5:51 PM	6 x 75 on 1:25 2 Fast, 1 Mod	1:53
300	6:01 PM	4 x 75 on 1:30 3 Fast, 1 Mod	2:00
150	6:08 PM	2 x 75 on 1:35 Fast!	2:07
100	6:13 PM	1 x 100 on 5:00 Loosen	5:00
	6:18 PM	3,100 Meters	

Workout #2354 - Monday, 15 February 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Swim & Drill Mix	1:55
400	5:13 PM	8 x 50 on 1:20 Kick, Desc	2:40
400	5:25 PM	4 x 100 on 1:55 Pull, Build	1:55
		***** Group Up *****	
100	5:34 PM	4 x 25 on :40 Fast!	2:40
1,600	5:38 PM	4x{1 x 100 on 2:15 Easy, Start Early	2:15
		{4 x 75 on 2:00 Best effort	2:40
100	6:20 PM	1 x 100 on 5:00 Loosen	5:00
	6:25 PM	3,200 Meters	

Workout #2357 - Tuesday, 16 February 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Swim & Drill Mix	1:58
400	5:13 PM	8 x 50 on 1:20 Kick, 2nd 25 faster	2:40
400	5:25 PM	4 x 100 on 1:55 Pull, Desc	1:55
		***** Group Up *****	
100	5:34 PM	4 x 25 on :40 Fast!	2:40
1,200	5:38 PM	1x{2 x 200 on 3:30 Steady	1:45
		{2 x 200 on 3:20 Steady	1:40
		{2 x 200 on 3:10 Steady	1:35
100	5:59 PM	1 x 100 on 2:15 Easy	2:15
200	6:03 PM	1 x 200 on 4:00 Best Effort	2:00
100	6:08 PM	1 x 100 on 5:00 Loosen	5:00
	6:13 PM	3,100 Meters	

Workout #2360 - Wednesday, 17 February 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Swim & Drill Mix	1:57
400	5:13 PM	4 x 100 on 2:20 Kick, Mix speeds	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Mix speeds	2:10
		***** Group Up *****	
500	5:34 PM	10 x 50 on 1:05 Desc	2:10
800	5:46 PM	2 x 400 on 6:30 Desc	1:38
600	6:00 PM	2 x 300 on 5:05 Desc	1:42
400	6:12 PM	2 x 200 on 3:30 Desc	1:45
200	6:20 PM	2 x 100 on 1:50 Desc	1:50
100	6:25 PM	1 x 100 on 5:00 Loosen	5:00
	6:30 PM	4,000 Meters	

Workout #2363 - Thursday, 18 February 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim & Drill Mix	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Alt easy/fast	2:10
		***** Group Up *****	
100	5:34 PM	4 x 25 on :40 Fast!	2:40
200	5:38 PM	4 x 50 on 1:05 Desc	2:10
1,200	5:44 PM	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	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,000 Meters	

Workout #2330 - Monday, 22 February 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Drill & Swim	1:53
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Mix Efforts	2:10
		~Group Up~	
100	5:34 PM	4 x 25 on :40 Fast	2:40
600	5:38 PM	4 x 150 on 2:50 Desc	1:53
400	5:51 PM	4 x 100 on 1:45 Desc	1:45
400	5:59 PM	8 x 50 on :55 Desc 1-4, 5-8	1:50
100	6:08 PM	1 x 100 on 5:00 Loosen	5:00
	6:13 PM	3,000 Meters	

Workout #2333 - Tuesday, 23 February 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Mix Swim & Drill	1:55
400	5:13 PM	4 x 100 on 2:30 Kick, Desc	2:30
400	5:24 PM	8 x 50 on 1:05 Pull Mix Efforts	2:10
		~~Group Up~~	
200	5:34 PM	4 x 50 on :55 Desc 1-4	1:50
1,500	5:39 PM	2x{1 x 200 on 3:40 Steady	1:50
		{1 x 150 on 2:40 Steady	1:47
		{4 x 100 on 1:45 Desc 1-4	1:45
100	6:07 PM	1 x 100 on 5:00 Cool Down	5:00
	6:12 PM	3,200 Meters	

Workout #2336 - Wednesday, 24 February 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:50 Mix Swim & Drill	1:57
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	4 x 100 on 2:10 Pull, Mix Efforts	2:10
		~~Group Up~~	
200	5:34 PM	2 x 100 on 2:00 Steady	2:00
600	5:39 PM	2 x 300 on 5:20 Desc	1:47
400	5:51 PM	1 x 400 on 7:00 Steady	1:45
600	5:59 PM	2 x 300 on 5:15 Desc	1:45
400	6:11 PM	1 x 400 on 7:00 Steady	1:45
300	6:19 PM	1 x 300 on 5:10 Best Time	1:43
100	6:26 PM	1 x 100 on 5:00 Cool Down	5:00
	6:31 PM	4,000 Meters	

Workout #2339 - Thursday, 25 February 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Mix Swim & Drill	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:24 PM	4 x 100 on 1:55 Pull, Mix Efforts	1:55
		~~Group Up~~	
1,800	5:33 PM	2x{2 x 150 on 2:55 Steady	1:57
		{2 x 75 on 1:20 Fast, Faster	1:47
		{1 x 100 on 1:55 Steady	1:55
		{2 x 75 on 1:15 Fast, Faster	1:40
		{1 x 50 on 1:30 Loosen	3:00
		{2 x 75 on 1:10 Best, Neg Split	1:33
100	6:08 PM	1 x 100 on 5:00 Cool Down	5:00
	6:13 PM	3,300 Meters	

Workout #2432 - Monday, 01 March 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Drill & Swim	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, Mixed Efforts	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Desc	2:10
		***** Group Up *****	
100	5:34 PM	4 x 25 on :40 Fast!	2:40
1,500	5:38 PM	3x{3 x 100 on 1:45 Desc	1:45
		{1 x 100 on 1:50 Steady	1:50
		{1 x 100 on 2:00 Fast!	2:00
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,100 Meters	

Workout #2435 - Tuesday, 02 March 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Drill & Swim	1:57
400	5:13 PM	8 x 50 on 1:20 Kick, Desc	2:40
400	5:25 PM	4 x 100 on 1:55 Pull, Neg Split	1:55
		***** Group Up *****	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
1,400	5:40 PM	2x{4 x 150 on 2:35 Desc	1:43
		{2 x 50 on 1:05 #1 Easier (start early) #2 FAST	2:10
100	6:06 PM	1 x 100 on 5:00 Loosen	5:00
	6:11 PM	3,100 Meters	

Workout #2438 - Wednesday, 03 March 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Drill & Swim	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, last 25 faster	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, odds faster	2:10
		***** Group Up *****	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
500	5:40 PM	1 x 500 on 8:30 Neg Split	1:42
500	5:50 PM	2 x 250 on 4:20 Neg Split	1:44
500	6:00 PM	4 x 125 on 2:15 Neg Split	1:48
500	6:10 PM	2 x 250 on 4:15 Neg Split	1:42
500	6:20 PM	1 x 500 on 8:20 Neg Split	1:40
100	6:30 PM	1 x 100 on 5:00 Loosen	5:00
	6:35 PM	4,200 Meters	

Workout #2441 - Thursday, 04 March 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Drill & Swim	1:58
400	5:13 PM	8 x 50 on 1:20 Kick, evens faster	2:40
400	5:25 PM	4 x 100 on 1:55 Pull, mixed efforts	1:55
		***** Group Up *****	
100	5:34 PM	4 x 25 on :40 Fast	2:40
1,200	5:38 PM	1x{2 x 200 on 3:30 Steady	1:45
		{2 x 200 on 3:20 Steady	1:40
		{2 x 200 on 3:10 Fast!	1:35
50	5:59 PM	1 x 50 on 1:30 Loosen	3:00
200	6:02 PM	1 x 200 on 4:00 Best Effort	2:00
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,050 Meters	

Workout #2378 - Monday, 08 March 2021
Masters - Blue Masters
1 minute rest between sets

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

Workout #2381 - Tuesday, 09 March 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Mix Swim & Drill	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Mix Efforts ~~Group Up~~	2:10
100	5:34 PM	4 x 25 on :40 Fast!	2:40
1,400	5:38 PM	2x{2 x 150 on 2:40 Desc {2 x 200 on 3:20 Fast, Faster	1:47 1:40
100	6:03 PM	1 x 100 on 5:00 Cool Down	5:00
	6:08 PM	3,000 Meters	

Workout #2384 - Wednesday, 10 March 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Mix Swim & Drill	1:55
400	5:13 PM	4 x 100 on 2:15 Kick, Desc	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, Mix Efforts ~~Group Up~~	2:10
400	5:33 PM	1 x 400 on 7:20 Steady	1:50
300	5:42 PM	1 x 300 on 5:20 Steady	1:47
800	5:49 PM	2 x 400 on 7:00 Desc	1:45
600	6:04 PM	2 x 300 on 5:10 Desc	1:43
400	6:16 PM	1 x 400 on 7:10 Best Effort	1:48
100	6:25 PM	1 x 100 on 5:00 Cool Down	5:00
	6:30 PM	4,000 Meters	

Workout #2387 - Thursday, 11 March 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Mix Swim and Drill	1:53
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	4 x 100 on 2:05 Pull, Mix Efforts	2:05
		~~Group Up~~	
400	5:34 PM	8 x 50 on 1:05 Desc	2:10
1,000	5:44 PM	2x{1 x 200 on 3:30 Steady	1:45
		{3 x 100 on 1:45 Desc	1:45
100	6:03 PM	1 x 100 on 1:40 Best Effort	1:40
100	6:06 PM	1 x 100 on 5:00 Cool Down	5:00
	6:11 PM	3,000 Meters	

Workout #2452 - Monday, 15 March 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Drill & Swim	1:58
400	5:13 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:24 PM	4 x 100 on 1:55 Pull, Neg Split	1:55
		***** Group Up *****	
1,650	5:33 PM	3x{2 x 25 on :40 Super Fast!	2:40
		{2 x 50 on 1:00 Desc, #2 FAST	2:00
		{2 x 75 on 1:25 Desc, #2 FAST	1:53
		{2 x 100 on 1:50 Desc, #2 FAST	1:50
		{1 x 50 on 1:30 Easy	3:00
	6:07 PM	3,050 Meters	

Workout #2455 - Tuesday, 16 March 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Drill & Swim	1:53
400	5:13 PM	4 x 100 on 2:20 Kick, Last 25 Faster	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Desc	2:10
		***** Group Up *****	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
1,200	5:40 PM	2x{3 x 150 on 2:30 Desc	1:40
		{3 x 50 on 1:00 Desc	2:00
50	6:02 PM	1 x 50 on 1:30 Loosen	3:00
150	6:05 PM	1 x 150 on 3:00 Last one, fast one	2:00
100	6:09 PM	1 x 100 on 5:00 Loosen	5:00
	6:14 PM	3,100 Meters	

Workout #2458 - Wednesday, 17 March 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Drill & Swim	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, Mix efforts	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Neg Split	1:55
		***** Group Up *****	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
600	5:39 PM	1 x 600 on 10:35 Neg Split	1:46
600	5:51 PM	2 x 300 on 5:15 Neg Split or Desc	1:45
600	6:03 PM	3 x 200 on 3:30 Desc	1:45
600	6:15 PM	6 x 100 on 1:45 Desc	1:45
100	6:27 PM	1 x 100 on 5:00 Loosen	5:00
	6:32 PM	4,100 Meters	

Workout #2461 - Thursday, 18 March 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Drill & Swim	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Evens Faster	2:10
		***** Group Up *****	
100	5:34 PM	4 x 25 on :40 Fast	2:40
600	5:38 PM	8 x 75 on 1:50 Desc	2:27
450	5:54 PM	6 x 75 on 1:40 Desc	2:13
300	6:05 PM	4 x 75 on 1:30 Desc	2:00
150	6:12 PM	2 x 75 on 1:20 Desc	1:47
100	6:16 PM	1 x 100 on 5:00 Loosen	5:00
	6:21 PM	3,100 Meters	

Workout #2390 - Monday, 22 March 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:30 Mix Swim & Drill	1:45
400	5:12 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:23 PM	4 x 100 on 2:10 Pull, Mixed Efforts	2:10
		+++ Group Up +++	
100	5:33 PM	4 x 25 on :40 Fast!	2:40
200	5:37 PM	4 x 50 on 1:05 Desc	2:10
600	5:43 PM	8 x 75 on 1:20 Desc 1-3, 4-6	1:47
400	5:55 PM	4 x 100 on 1:45 Desc	1:45
50	6:03 PM	1 x 50 on 1:10 Easy	2:20
150	6:06 PM	2 x 75 on 1:15 Neg Split Fast	1:40
100	6:10 PM	1 x 100 on 5:00 Cool Down	5:00
	6:15 PM	3,000 Meters	

Workout #2393 - Tuesday, 23 March 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:30 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:23 PM	4 x 100 on 2:10 Pull, Mixed Efforts	2:10
		+++ Group Up +++	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
1,300	5:39 PM	2x{2 x 100 on 1:50 Last 50 Fast	1:50
		{1 x 200 on 3:35 Last 100 Fast	1:48
		{1 x 50 on 1:10 Loosen	2:20
		{1 x 200 on 3:30 Best Effort	1:45
100	6:04 PM	1 x 100 on 5:00 Cool Down	5:00
	6:09 PM	3,000 Meters	

Workout #2396 - Wednesday, 24 March 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:30 Kick, Desc	2:30
400	5:23 PM	8 x 50 on 1:05 Pull, Desc	2:10
		+++ Group Up +++	
900	5:33 PM	3 x 300 on 5:15 Steady	1:45
800	5:50 PM	2 x 400 on 6:50 Neg Split	1:42
500	6:05 PM	1 x 500 on 8:20 Steady	1:40
400	6:15 PM	1 x 400 on 6:30 Best Effort	1:38
100	6:23 PM	1 x 100 on 5:00 Cool Down	5:00
	6:28 PM	4,100 Meters	

Workout #2399 - Thursday, 25 March 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:30 Kick, Desc	2:30
400	5:23 PM	8 x 50 on 1:05 Drill, Mixed Efforts	2:10
		+++ Group Up +++	
100	5:33 PM	4 x 25 on :40 Fast!	2:40
200	5:37 PM	4 x 50 on 1:05 Desc	2:10
600	5:43 PM	1x{2 x 300 on 5:20 Steady	1:47
400	5:55 PM	2 x 200 on 3:25 Steady	1:42
200	6:03 PM	2 x 100 on 1:40 Fast	1:40
100	6:08 PM	1 x 100 on 5:00 Cool Down	5:00
	6:13 PM	3,000 Meters	

Workout #2488 - Monday, 29 March 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Drill & Swim	1:57
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Neg split	2:10
		***** Group Up *****	
400	5:34 PM	8 x 50 on 1:15 Desc	2:30
450	5:45 PM	6 x 75 on 1:30 Desc	2:00
400	5:55 PM	4 x 100 on 1:45 Desc	1:45
150	6:03 PM	2 x 75 on 1:30 1 Easier, 1 Best	2:00
100	6:07 PM	2 x 50 on 1:15 1 Easier, 1 Best	2:30
100	6:11 PM	1 x 100 on 5:00 Loosen	5:00
	6:16 PM	3,000 Meters	

Workout #2491 - Tuesday, 30 March 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:55 Drill & Swim	1:58
400	5:13 PM	4 x 100 on 2:20 Kick, Mix Efforts	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Desc	2:10
		***** Group Up *****	
100	5:34 PM	4 x 25 on :40 Fast!	2:40
1,500	5:38 PM	3x{1 x 100 on 2:00 Steady	2:00
		{3 x 100 on 1:50 Desc	1:50
		{1 x 100 on 1:40 Fast	1:40
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,100 Meters	

Workout #2494 - Wednesday, 31 March 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Drill & Swim	1:58
400	5:13 PM	8 x 50 on 1:20 Kick, Second 25 Faster	2:40
400	5:25 PM	4 x 100 on 1:55 Pull, Desc	1:55
		***** Group Up *****	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
1,200	5:40 PM	4 x 300 on 5:05 Desc	1:42
800	6:02 PM	4 x 200 on 3:30 Desc	1:45
400	6:17 PM	4 x 100 on 1:50 Desc	1:50
100	6:26 PM	1 x 100 on 5:00 Loosen	5:00
	6:31 PM	4,100 Meters	

Workout #2497 - Thursday, 01 April 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Drill & Swim	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, Build	2:20
400	5:24 PM	4 x 100 on 1:55 Pull, Neg Split	1:55
		***** Group Up *****	
100	5:33 PM	4 x 25 on :40 Fast!	2:40
400	5:37 PM	2 x 200 on 3:45 Desc	1:52
400	5:46 PM	2 x 200 on 3:35 Desc	1:48
400	5:55 PM	2 x 200 on 3:25 Desc	1:42
200	6:03 PM	1 x 200 on 3:15 Last one, fast one	1:38
100	6:08 PM	1 x 100 on 5:00 Loosen	5:00
	6:13 PM	3,000 Meters	

Workout #2464 - Monday, 05 April 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Mix Swim & Drill	1:55
400	5:13 PM	4 x 100 on 2:30 Kick, Desc	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Mixed Efforts	2:10
		~~~ Group Up ~~~	
100	5:34 PM	4 x 25 on :40 Fast!	2:40
1,500	5:38 PM	3x{2 x 50 on :55 Steady	1:50
		{4 x 100 on 1:45 Desc	1:45
100	6:06 PM	1 x 100 on 5:00 Cool Down	5:00
	6:11 PM	3,100 Meters	

**Workout #2467 - Tuesday, 06 April 2021**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Mix Swim & Drill	1:53
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	4 x 100 on 2:10 Pull, Mixed Efforts	2:10
		~~~ Group Up ~~~	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
150	5:40 PM	2 x 75 on 1:25 Fast, Faster	1:53
200	5:44 PM	2 x 100 on 1:50 Fast, Faster	1:50
600	5:49 PM	4 x 150 on 2:40 Desc	1:47
200	6:01 PM	2 x 100 on 1:45 Fast, Faster	1:45
150	6:06 PM	2 x 75 on 1:15 Fast, Faster	1:40
100	6:10 PM	1 x 100 on 5:00 Cool Down	5:00
	6:15 PM	3,000 Meters	

Workout #2470 - Wednesday, 07 April 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Mix Swim & Drill	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Mixed Efforts	2:10
		~~~ Group Up ~~~	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
2,400	5:40 PM	2x{2 x 200 on 3:30 Desc	1:45
		{1 x 300 on 4:55 Neg Slit	1:38
		{1 x 500 on 7:50 Fast	1:34
100	6:21 PM	1 x 100 on 5:00 Cool Down	5:00
	6:26 PM	4,100 Meters	

**Workout #2473 - Thursday, 08 April 2021**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:30 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:10 Kick, Desc	2:20
400	5:23 PM	4 x 100 on 2:10 Pull, Mixed Efforts	2:10
		~~~ Group Up ~~~	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
400	5:39 PM	2 x 200 on 3:45 Desc	1:52
400	5:48 PM	2 x 200 on 3:30 Desc	1:45
100	5:56 PM	1 x 100 on 2:30 Loosen	2:30
400	6:00 PM	2 x 200 on 3:20 Desc	1:40
100	6:08 PM	1 x 100 on 5:00 Cool Down	5:00
	6:13 PM	3,000 Meters	

Workout #2500 - Monday, 12 April 2021
Masters - Blue Masters
1 minute rest between sets

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

Workout #2503 - Tuesday, 13 April 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Mix Swim / Drill	1:55
400	5:13 PM	8 x 50 on 1:20 Kick, Desc	2:40
400	5:25 PM	8 x 50 on 1:05 Pull, Neg Split Efforts	2:10
		***** Group Up *****	
100	5:35 PM	4 x 25 on :40 Speedy!	2:40
1,400	5:39 PM	2x{2 x 200 on 3:30 Desc	1:45
		{2 x 100 on 1:40 Desc	1:40
		{2 x 50 on 1:05 Desc	2:10
100	6:05 PM	1 x 100 on 5:00 Loosen	5:00
	6:10 PM	3,000 Meters	

Workout #2506 - Wednesday, 14 April 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:55 Mix Swim / Drill	1:58
400	5:13 PM	4 x 100 on 2:20 Kick, Fast Last 25	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Desc	2:10
		***** Group Up *****	
400	5:34 PM	8 x 50 on 1:05 Desc	2:10
1,200	5:44 PM	3 x 400 on 6:45 Desc and/or Neg Split	1:41
600	6:06 PM	3 x 200 on 3:30 Desc and/or Neg Split	1:45
300	6:18 PM	3 x 100 on 1:50 Desc to Fast	1:50
100	6:25 PM	1 x 100 on 5:00 Loosen	5:00
	6:30 PM	4,000 Meters	

Workout #2509 - Thursday, 15 April 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Mix Swim / Drill	1:57
400	5:13 PM	8 x 50 on 1:20 Kick, Evens Faster	2:40
400	5:25 PM	4 x 100 on 1:55 Pull, Desc	1:55
		***** Group Up *****	
100	5:34 PM	4 x 25 on :40 Fast!	2:40
1,500	5:38 PM	1x{5 x 100 on 1:55 Steady Effort	1:55
		{4 x 100 on 1:50 Last 25 Fast	1:50
		{3 x 100 on 1:45 Last 50 Fast	1:45
		{2 x 100 on 1:40 Last 75 Fast	1:40
		{1 x 100 on 3:00 Best Effort	3:00
100	6:08 PM	1 x 100 on 5:00 Loosen	5:00
	6:13 PM	3,100 Meters	

Workout #2554 - Monday, 19 April 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:40 Mix Swim & Drill	1:53
400	5:13 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:24 PM	4 x 100 on 2:10 Pull, Mixed Efforts	2:10
		*** Group Up ***	
100	5:34 PM	4 x 25 on :40 Fast!	2:40
1,400	5:38 PM	2x{4 x 50 on :55 Desc	1:50
		{4 x 75 on 1:20 Desc	1:47
		{2 x 100 on 1:40 Desc	1:40
100	6:04 PM	1 x 100 on 5:00 Cool Down	5:00
	6:09 PM	3,000 Meters	

Workout #2557 - Tuesday, 20 April 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Mix Swim & Drill	1:53
400	5:13 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Mixed Efforts	2:10
		*** Group Up ***	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
300	5:40 PM	2 x 150 on 2:25 Neg Split	1:37
300	5:46 PM	2 x 150 on 2:35 Neg Split	1:43
300	5:53 PM	2 x 150 on 2:45 Neg Split	1:50
300	6:00 PM	2 x 150 on 2:50 Neg Split	1:53
150	6:07 PM	1 x 150 on 3:00 Best Time	2:00
100	6:11 PM	1 x 100 on 5:00 Cool Down	5:00
	6:16 PM	3,050 Meters	

Workout #2560 - Wednesday, 21 April 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Mix Swim & Drill	1:55
400	5:13 PM	8 x 50 on 1:10 Kick, Desc 1-4, 5-8	2:20
400	5:24 PM	4 x 100 on 2:10 Pull, Mixed Efforts	2:10
		Group Up	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
2,400	5:40 PM	2x{2 x 300 on 5:15 Neg Split	1:45
		{1 x 600 on 10:00 Steady	1:40
100	6:22 PM	1 x 100 on 5:00 Cool Down	5:00
	6:27 PM	4,100 Meters	

Workout #2563 - Thursday, 22 April 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:10 Kick, Desc 1-4, 5-8	2:20
400	5:23 PM	8 x 50 on 1:05 Pull, Mixed Efforts	2:10
		*** Group Up ***	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
600	5:39 PM	8 x 75 on 1:35 Desc 1-4, 5-8	2:07
450	5:53 PM	6 x 75 on 1:25 Desc 1-3, 4-6	1:53
300	6:03 PM	4 x 75 on 1:15 Desc	1:40
100	6:09 PM	1 x 100 on 5:00 Cool Down	5:00
	6:14 PM	3,050 Meters	

Workout #2553 - Monday, 26 April 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	1 x 600 on 12:00 Mix swim & Drill	2:00
400	5:13 PM	4 x 100 on 1:55 Pull, mix speeds	1:55
400	5:22 PM	4 x 100 on 2:20 Kick, mix in a fast 25 on each	2:20
		***** Group Up *****	
600	5:33 PM	6 x 100 on 2:00 Desc 1-3 / 4-6	2:00
450	5:46 PM	6 x 75 on 1:35 Desc 1-3 / 4-6	2:07
300	5:57 PM	6 x 50 on 1:10 Desc 1-3 / 4-6	2:20
150	6:05 PM	6 x 25 on :45 Fast	3:00
100	6:11 PM	1 x 100 on 5:00 Loosen	5:00
	6:16 PM	3,000 Meters	

Workout #2549 - Tuesday, 27 April 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Mix swim & Drill	1:55
400	5:13 PM	4 x 100 on 1:55 Pull, Desc	1:55
400	5:22 PM	8 x 50 on 1:15 Kick, Desc	2:30
		***** Group Up *****	
1,600	5:33 PM	4x{4 x 50 on 1:05 Desc	2:10
		{1 x 200 on 3:25 Neg Split	1:42
100	6:05 PM	1 x 100 on 5:00 Loosen	5:00
	6:10 PM	3,100 Meters	

Workout #2545 - Wednesday, 28 April 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Mix swim & Drill	1:55
400	5:13 PM	8 x 50 on 1:05 Pull, Mix efforts	2:10
400	5:23 PM	4 x 100 on 2:20 Kick, faster in the middle	2:20
		***** Group Up *****	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
800	5:40 PM	2 x 400 on 6:30 Neg Split	1:38
800	5:54 PM	8 x 100 on 1:45 Neg Split &/or Desc	1:45
400	6:09 PM	1 x 400 on 6:40 Neg Split	1:40
400	6:17 PM	4 x 100 on 1:45 Desc &/or Neg Split	1:45
100	6:25 PM	1 x 100 on 5:00 Loosen	5:00
	6:30 PM	4,100 Meters	

Workout #2543 - Thursday, 29 April 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 6:00 Mix swim & Drill	2:00
400	5:13 PM	8 x 50 on 1:05 Pull, Desc	2:10
400	5:23 PM	8 x 50 on 1:15 Kick, Desc	2:30
		***** Group Up *****	
1,800	5:34 PM	3x{3 x 100 on 1:45 Desc	1:45
		{2 x 100 on 1:40 Desc	1:40
		{1 x 100 on 2:00 Fast (longer int = more rest)	2:00
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,300 Meters	

Workout #2517 - Monday, 03 May 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Mix Drill & Swim	1:57
400	5:13 PM	8 x 50 on 1:10 Kick, Desc 1-4, 5-8	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Mixed Efforts	2:10
		~~~ Group Up ~~~	
100	5:34 PM	4 x 25 on :40 Fast!	2:40
1,400	5:38 PM	2x{4 x 50 on :50 Desc	1:40
		{2 x 100 on 1:45 Neg Split	1:45
		{2 x 150 on 2:40 Neg Split	1:47
100	6:04 PM	1 x 100 on 5:00 Cool Down	5:00
	6:09 PM	3,000 Meters	

**Workout #2520 - Tuesday, 04 May 2021**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Mix Swim & Drill	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:24 PM	4 x 100 on 2:10 Pull, Mixed Efforts	2:10
		~~~ Group Up ~~~	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
400	5:40 PM	4 x 100 on 1:50 Desc	1:50
400	5:49 PM	4 x 100 on 1:45 Desc	1:45
400	5:57 PM	4 x 100 on 1:40 Desc	1:40
50	6:05 PM	1 x 50 on 1:30 Loosen	3:00
100	6:08 PM	1 x 100 on 2:00 Best Effort	2:00
100	6:11 PM	1 x 100 on 5:00 Cool Down	5:00
	6:16 PM	3,050 Meters	

Workout #2523 - Wednesday, 05 May 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:50 Mix Swim & Drill	1:57
400	5:13 PM	8 x 50 on 1:10 Kick, Evens Faster	2:20
400	5:24 PM	4 x 100 on 2:10 Pull, Evens Faster	2:10
		~~~ Group Up ~~~	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
2,400	5:40 PM	2x{3 x 100 on 1:50 Desc {2 x 150 on 2:40 Neg Split {2 x 300 on 5:15 Neg Split	1:50 1:47 1:45
100	6:24 PM	1 x 100 on 5:00 Cool Down	5:00
	6:29 PM	4,100 Meters	

**Workout #2526 - Thursday, 06 May 2021**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Mix Swim & Drill	1:55
400	5:13 PM	4 x 100 on 2:10 Kick, Desc	2:10
400	5:23 PM	4 x 100 on 2:05 Pull, Mixed Efforts	2:05
		~~~ Group Up ~~~	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
450	5:39 PM	3 x 150 on 2:45 Desc	1:50
75	5:49 PM	1 x 75 on 1:25 Steady	1:53
300	5:52 PM	2 x 150 on 2:40 Neg Split	1:47
150	5:59 PM	2 x 75 on 1:20 Neg Split	1:47
150	6:03 PM	1 x 150 on 2:35 Neg Split	1:43
225	6:07 PM	3 x 75 on 1:15 Desc	1:40
100	6:12 PM	1 x 100 on 5:00 Cool Down	5:00
	6:17 PM	3,050 Meters	

Workout #2589 - Monday, 10 May 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Mix swim & Drill	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, mix in a fast 25 on each	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, mix speeds	2:10
		***** Group Up *****	
100	5:34 PM	4 x 25 on :40 Fast	2:40
1,400	5:38 PM	2x{4 x 50 on 1:05 Desc	2:10
		{4 x 75 on 1:25 Desc	1:53
		{2 x 100 on 2:05 Fast	2:05
100	6:08 PM	1 x 100 on 5:00 Loosen	5:00
	6:13 PM	3,000 Meters	

Workout #2592 - Tuesday, 11 May 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Mix swim & Drill	1:57
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Desc	1:55
		***** Group Up *****	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
1,300	5:39 PM	2x{1 x 50 on 1:30 Loosen	3:00
		{2 x 150 on 2:30 Desc	1:40
		{2 x 100 on 1:45 Desc	1:45
		{2 x 50 on 1:00 Desc	2:00
100	6:04 PM	1 x 100 on 5:00 Loosen	5:00
	6:09 PM	3,000 Meters	

Workout #2595 - Wednesday, 12 May 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:55 Mix swim & Drill	1:58
400	5:13 PM	4 x 100 on 2:20 Kick, faster middle	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Odds Faster	2:10
		***** Group Up *****	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
750	5:40 PM	3 x 250 on 4:10 Neg Split	1:40
500	5:54 PM	1 x 500 on 8:20 Neg Split	1:40
750	6:04 PM	3 x 250 on 4:05 Neg Split	1:38
500	6:18 PM	1 x 500 on 8:30 Neg Split	1:42
100	6:28 PM	1 x 100 on 5:00 Loosen	5:00
	6:33 PM	4,200 Meters	

Workout #2598 - Thursday, 13 May 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Mix swim & Drill	1:58
400	5:13 PM	8 x 50 on 1:15 Kick, Odds Faster	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Fast Last 25	1:55
		***** Group Up *****	
100	5:33 PM	4 x 25 on :40 Fast	2:40
400	5:37 PM	2 x 200 on 3:25 Desc	1:42
400	5:45 PM	2 x 200 on 3:30 Desc	1:45
400	5:53 PM	2 x 200 on 3:35 Desc	1:48
200	6:02 PM	1 x 200 on 4:00 Last one, fast one	2:00
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,000 Meters	

Workout #2529 - Monday, 17 May 2021
Masters - Blue Masters
1 minute rest between sets

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

Workout #2532 - Tuesday, 18 May 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Mix Swim & Drill	1:55
400	5:13 PM	8 x 50 on 1:10 Kick, Desc 1-4, 5-8	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Mixed Efforts	2:10
		+++ Group Up +++	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
300	5:40 PM	3 x 100 on 1:40 Desc	1:40
200	5:46 PM	2 x 100 on 1:45 Neg Split	1:45
400	5:51 PM	2 x 200 on 3:35 Steady	1:48
400	6:00 PM	2 x 200 on 3:40 Neg Split	1:50
100	6:09 PM	1 x 100 on 5:00 Cool Down	5:00
	6:14 PM	3,000 Meters	

Workout #2535 - Wednesday, 19 May 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Mix Swim & Drill	1:55
400	5:13 PM	4 x 100 on 2:10 Kick, Desc	2:10
400	5:23 PM	8 x 50 on 1:05 Pull, Mixed Efforts	2:10
		+++ Group Up +++	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
2,400	5:39 PM	2x{4 x 100 on 1:50 Desc	1:50
		{2 x 200 on 3:30 Neg Split	1:45
		{1 x 400 on 6:40 Neg Split	1:40
100	6:22 PM	1 x 100 on 5:00 Cool Down	5:00
	6:27 PM	4,100 Meters	

Workout #2538 - Thursday, 20 May 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:10 Kick, Desc 1-4, 5-8	2:20
400	5:23 PM	4 x 100 on 2:10 Pull, Mixed Efforts	2:10
		+++ Group Up +++	
100	5:33 PM	4 x 25 on :40 Fast!!	2:40
300	5:37 PM	1 x 300 on 5:30 Steady	1:50
200	5:44 PM	1 x 200 on 3:30 Desc	1:45
400	5:49 PM	4 x 100 on 1:40 Desc	1:40
200	5:57 PM	1 x 200 on 3:25 Desc	1:42
300	6:02 PM	1 x 300 on 5:25 Steady	1:48
100	6:09 PM	1 x 100 on 5:00 Cool Down	5:00
	6:14 PM	3,000 Meters	

Workout #2601 - Monday, 24 May 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Mix swim & Drill	1:58
400	5:13 PM	8 x 50 on 1:15 Kick, Odds Faster	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Fast Last 25	1:55
		***** Group Up *****	
		OK to start easier swims early	
600	5:33 PM	6 x 100 on 2:00 2 Faster, 1 Easier	2:00
450	5:46 PM	6 x 75 on 1:30 2 Faster, 1 Easier	2:00
300	5:56 PM	6 x 50 on 1:00 2 Faster, 1 Easier	2:00
150	6:03 PM	6 x 25 on :45 1 Easier, 2 Faster	3:00
100	6:09 PM	1 x 100 on 5:00 Loosen	5:00
	6:14 PM	3,000 Meters	

Workout #2604 - Tuesday, 25 May 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Mix swim & Drill	1:57
400	5:13 PM	4 x 100 on 2:15 Kick, Desc	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, Evens Faster	2:10
		***** Group Up *****	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
1,200	5:39 PM	8 x 150 on 2:35 Desc 1-4 / 5-8	1:43
50	6:01 PM	1 x 50 on 1:30 Loosen	3:00
150	6:04 PM	1 x 150 on 3:00 FAST!!!	2:00
100	6:08 PM	1 x 100 on 5:00 Loosen	5:00
	6:13 PM	3,100 Meters	

Workout #2607 - Wednesday, 26 May 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:55 Mix swim & Drill	1:58
400	5:13 PM	8 x 50 on 1:15 Kick, Fast last 25	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Build Each	1:55
		***** Group Up *****	
100	5:33 PM	4 x 25 on :40 FAST	2:40
600	5:37 PM	1 x 600 on 9:35 Neg Split	1:36
1,200	5:48 PM	4 x 300 on 5:05 Desc &/or Neg Spli	1:42
800	6:10 PM	4 x 200 on 3:35 Desc &/or Neg Split	1:48
100	6:26 PM	1 x 100 on 5:00 Loosen	5:00
	6:31 PM	4,200 Meters	

Workout #2610 - Thursday, 27 May 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Mix swim & Drill	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, Mix Efforts	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Mix Efforts	2:10
		***** Group Up *****	
100	5:34 PM	4 x 25 on :40 FAST	2:40
450	5:38 PM	6 x 75 on 1:40 Desc	2:13
50	5:49 PM	2 x 25 on :45 1 Fast, 1 Easy	3:00
450	5:52 PM	6 x 75 on 1:30 Desc	2:00
50	6:02 PM	2 x 25 on :45 1 Fast, 1 Easy	3:00
450	6:05 PM	6 x 75 on 1:20 Desc	1:47
100	6:14 PM	1 x 100 on 5:00 Loosen	5:00
	6:19 PM	3,050 Meters	

Workout #2569 - Monday, 31 May 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Mix Swim & Drill	1:55
400	5:13 PM	8 x 50 on 1:10 Kick, Desc	2:20
400	5:24 PM	4 x 100 on 2:00 Pull, Mixed Efforts	2:00
		*** Group Up ***	
1,600	5:33 PM	2x{4 x 25 on :40 Fast!	2:40
		{4 x 50 on 1:05 Desc 1-3, 4-6	2:10
		{4 x 75 on 1:35 Evens Fast	2:07
		{2 x 100 on 2:00 1 Easy, 1 Fast	2:00
100	6:09 PM	1 x 100 on 5:00 Cool Down	5:00
	6:14 PM	3,100 Meters	

Workout #2574 - Tuesday, 01 June 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:45 Mix Swim & Drill	1:55
400	5:13 PM	8 x 50 on 1:10 Kick, Desc	2:20
400	5:24 PM	4 x 100 on 2:10 Pull, Mixed Efforts	2:10
		*** Group Up ***	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
1,200	5:40 PM	2x{2 x 200 on 3:30 Desc	1:45
		{1 x 200 on 3:20 Desc	1:40
200	6:02 PM	1 x 200 on 3:15 Last One Best One	1:38
100	6:07 PM	1 x 100 on 5:00 Cool Down	5:00
	6:12 PM	3,100 Meters	

Workout #2577 - Wednesday, 02 June 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:23 PM	8 x 50 on 1:05 Pull, Mixed Efforts	2:10
		*** Group Up ***	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
200	5:39 PM	2 x 100 on 1:45 Desc	1:45
400	5:44 PM	2 x 200 on 3:20 Desc	1:40
1,200	5:52 PM	3 x 400 on 6:30 Neg Split	1:38
400	6:13 PM	2 x 200 on 3:20 Desc	1:40
100	6:21 PM	1 x 100 on 1:45 Fast!	1:45
100	6:24 PM	1 x 100 on 5:00 Cool Down	5:00
	6:29 PM	4,000 Meters	

Workout #2586 - Thursday, 03 June 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:45 Mix Swim & Drill	1:45
600	5:12 PM	6 x 100 on 2:15 Kick, Desc 1-3, 4-6	2:15
400	5:27 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		*** Group Up ***	
100	5:36 PM	4 x 25 on :40 Fast!	2:40
1,200	5:40 PM	2x{4 x 100 on 1:45 Desc	1:45
		{1 x 200 on 3:20 Fast	1:40
100	6:02 PM	1 x 100 on 5:00 Cool Down	5:00
	6:07 PM	3,000 Meters	

Workout #2644 - Monday, 07 June 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Drill & Swim	1:57
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Evens Faster	2:10
		----- Group Up -----	
100	5:34 PM	4 x 25 on :40 Fast	2:40
1,500	5:38 PM	1x{8 x 50 on 1:05 Desc	2:10
		{2 x 100 on 1:40 Fast Pace	1:40
		{6 x 50 on 1:00 Desc	2:00
		{2 x 100 on 1:45 Fast Pace	1:45
		{4 x 50 on :55 Desc	1:50
		{2 x 100 on 1:50 Fast Pace	1:50
100	6:08 PM	1 x 100 on 5:00 Loosen	5:00
	6:13 PM	3,100 Meters	

Workout #2647 - Tuesday, 08 June 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Drill & Swim	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, Last 25 Faster	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Desc	2:10
		----- Group Up -----	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
400	5:40 PM	4 x 100 on 1:55 Desc	1:55
400	5:49 PM	4 x 100 on 1:45 Desc	1:45
400	5:57 PM	4 x 100 on 1:35 Desc	1:35
50	6:05 PM	1 x 50 on 1:30 Loosen	3:00
100	6:08 PM	1 x 100 on 3:00 Last one Fast one	3:00
100	6:12 PM	1 x 100 on 5:00 Loosen	5:00
	6:17 PM	3,050 Meters	

Workout #2650 - Wednesday, 09 June 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Drill & Swim	1:58
400	5:13 PM	8 x 50 on 1:20 Kick, Build	2:40
400	5:25 PM	4 x 100 on 1:55 Pull, Neg Split	1:55
		----- Group Up -----	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
1,200	5:40 PM	4 x 300 on 5:05 Neg Split / Desc	1:42
800	6:02 PM	4 x 200 on 3:30 Neg Split / Desc	1:45
400	6:17 PM	4 x 100 on 1:50 Neg Split / Desc	1:50
100	6:26 PM	1 x 100 on 5:00 Loosen	5:00
	6:31 PM	4,100 Meters	

Workout #2653 - Thursday, 10 June 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Drill & Swim	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, as desired	2:20
400	5:24 PM	4 x 100 on 1:55 Pull, as desired	1:55
		----- Group Up -----	
100	5:33 PM	4 x 25 on :40 Fast	2:40
200	5:37 PM	1 x 200 on 3:20 Steady	1:40
450	5:42 PM	6 x 75 on 2:00 Very Fast	2:40
200	5:55 PM	1 x 200 on 3:30 Steady (start early)	1:45
300	6:00 PM	4 x 75 on 1:45 Very Fast	2:20
200	6:08 PM	1 x 200 on 3:40 Steady (start early)	1:50
150	6:13 PM	2 x 75 on 1:30 Very Fast	2:00
100	6:17 PM	1 x 100 on 5:00 Loosen	5:00
	6:22 PM	3,100 Meters	

Workout #2620 - Monday, 14 June 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:23 PM	8 x 50 on 1:05 Pull, Mixed Efforts	2:10
		*** Group Up ***	
100	5:33 PM	4 x 25 on :40 Fast!	2:40
300	5:37 PM	6 x 50 on 1:05 Desc	2:10
800	5:45 PM	8 x 100 on 1:45 Desc	1:45
300	6:00 PM	6 x 50 on :55 Desc	1:50
100	6:07 PM	1 x 100 on 5:00 Cool Down	5:00
	6:12 PM	3,000 Meters	

Workout #2623 - Tuesday, 15 June 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Mix Swim & Drill	1:53
400	5:13 PM	8 x 50 on 1:10 Kick, Desc 1-4, 5-8	2:20
400	5:24 PM	4 x 100 on 2:10 Pull, Desc	2:10
		*** Group Up ***	
1,600	5:34 PM	2x{4 x 50 on 1:05 Desc	2:10
		{4 x 150 on 2:30 Desc	1:40
	6:03 PM	3,000 Meters	

Workout #2627 - Wednesday, 16 June 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:40 Mix swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:23 PM	8 x 50 on 1:05 Pull, Mixed Efforts	2:10
		*** Group Up ***	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
500	5:39 PM	2 x 250 on 4:25 Neg Split	1:46
500	5:49 PM	1 x 500 on 8:10 Neg Split	1:38
500	5:59 PM	2 x 250 on 4:15 Neg Split	1:42
500	6:09 PM	1 x 500 on 8:00 Neg Split	1:36
500	6:18 PM	2 x 250 on 4:10 Neg Split	1:40
100	6:28 PM	1 x 100 on 5:00 Cool Down	5:00
	6:33 PM	4,200 Meters	

Workout #2630 - Thursday, 17 June 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:30 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:10 Kick, Desc	2:20
400	5:23 PM	4 x 100 on 2:10 Pull, Mixed Efforts	2:10
		*** Group Up ***	
1,600	5:33 PM	2x{4 x 50 on 1:05 Desc	2:10
		{2 x 200 on 3:20 Neg Split	1:40
		{2 x 100 on 1:45 Desc	1:45
100	6:03 PM	1 x 100 on 5:00 Cool Down	5:00
	6:08 PM	3,100 Meters	

Workout #2691 - Monday, 21 June 2021
Masters - Blue Masters
1 minute rest between sets

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

Workout #2694 - Tuesday, 22 June 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Drill & Swim	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Odds Faster	2:10
		----- Group Up -----	
100	5:34 PM	4 x 25 on :40 Fast	2:40
100	5:38 PM	2 x 50 on 1:00 Desc, get HR up	2:00
800	5:41 PM	4 x 200 on 3:30 Desc	1:45
100	5:56 PM	2 x 50 on 1:00 Desc, get HR up	2:00
400	5:59 PM	2 x 200 on 3:30 Desc	1:45
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,000 Meters	

Workout #2697 - Wednesday, 23 June 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:55 Drill & Swim	1:58
400	5:13 PM	4 x 100 on 2:20 Kick, Last 25 faster	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Desc	2:10
		----- Group Up -----	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
2,400	5:40 PM	2x{1 x 400 on 6:25 Neg Split {2 x 200 on 3:25 Desc {4 x 100 on 1:50 Desc	1:36 1:42 1:50
100	6:23 PM	1 x 100 on 5:00 Loosen	5:00
	6:28 PM	4,100 Meters	

Workout #2700 - Thursday, 24 June 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Drill & Swim	1:57
400	5:13 PM	8 x 50 on 1:15 Kick, Evens fast	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Neg Split	1:55
		----- Group Up -----	
100	5:33 PM	4 x 25 on :40 Desc	2:40
1,200	5:37 PM	12 x 100 on 1:45 Desc 1-3	1:45
100	5:59 PM	1 x 100 on 2:30 EZ	2:30
100	6:03 PM	1 x 100 on 2:00 FAST	2:00
100	6:06 PM	1 x 100 on 5:00 Loosen	5:00
	6:11 PM	3,000 Meters	

Workout #2633 - Monday, 28 June 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:30 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:23 PM	4 x 100 on 2:10 Pull, Mixed Efforts	2:10
		+++ Group Up +++	
150	5:33 PM	6 x 25 on :40 Fast!	2:40
300	5:38 PM	6 x 50 on 1:05 Desc 1-3, 4-6	2:10
450	5:46 PM	6 x 75 on 1:20 Desc 1-4, 5-8	1:47
600	5:55 PM	6 x 100 on 1:45 Desc 1-3, 4-6	1:45
100	6:07 PM	1 x 100 on 5:00 Cool Down	5:00
	6:12 PM	3,000 Meters	

Workout #2666 - Tuesday, 29 June 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:23 PM	8 x 50 on 1:05 Pull, Mixed Efforts	2:10
		+++ Group Up +++	
1,600	5:33 PM	2x{4 x 50 on 1:05 Desc	2:10
		{2 x 150 on 2:35 Neg Split	1:43
		{3 x 100 on 1:40 Desc	1:40
100	6:03 PM	1 x 100 on 5:00 Cool Down	5:00
	6:08 PM	3,100 Meters	

Workout #2669 - Wednesday, 30 June 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:40 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:10 Kick, Desc 1-4, 5-8	2:20
400	5:23 PM	4 x 100 on 2:10 Pull, Mixed Efforts	2:10
		+++ Group Up +++	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
600	5:39 PM	6 x 100 on 1:45 Desc 1-3, 4-5	1:45
600	5:51 PM	3 x 200 on 3:20 Desc	1:40
600	6:02 PM	2 x 300 on 4:45 Neg Split	1:35
600	6:13 PM	1 x 600 on 9:20 Steady	1:33
100	6:24 PM	1 x 100 on 5:00 Cool Down	5:00
	6:29 PM	4,100 Meters	

Workout #2672 - Thursday, 01 July 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:10 Kick, Desc 1-4, 5-8	2:20
400	5:23 PM	8 x 50 on 1:05 Pull, Mixed Efforts	2:10
		+++ + +++ Group Up +++ + +++	
1,600	5:33 PM	2x{4 x 50 on 1:05 Desc	2:10
		{4 x 75 on 1:15 Desc	1:40
		{2 x 150 on 2:30 Desc	1:40
100	6:03 PM	1 x 100 on 5:00 Cool Down	5:00
	6:08 PM	3,100 Meters	

Workout #2736 - Monday, 05 July 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Swim & Drill	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, mix efforts	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, alt easy, moderate	2:10
		----- Group Up -----	
100	5:34 PM	4 x 25 on :40 Fast	2:40
200	5:38 PM	4 x 50 on 1:05 Alt Moderate and Fast	2:10
300	5:44 PM	4 x 75 on 1:35 Alt Moderate and Fast	2:07
400	5:52 PM	4 x 100 on 2:00 Alternate Moderate and Fast	2:00
300	6:01 PM	4 x 75 on 1:30 1 Easy, 2, 3, 4 Fast	2:00
200	6:08 PM	4 x 50 on 1:05 1 Easy, 2, 3, 4, Fast	2:10
100	6:14 PM	1 x 100 on 5:00 Loosen	5:00
	6:19 PM	3,000 Meters	

Workout #2733 - Tuesday, 06 July 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Swim & Drill	1:58
400	5:13 PM	8 x 50 on 1:15 Kick, last 25 faster	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Desc	1:55
		----- Group Up -----	
300	5:33 PM	6 x 50 on 1:05 Desc	2:10
1,200	5:41 PM	2x{2 x 200 on 3:20 Desc	1:40
		{4 x 50 on 1:10 Fast	2:20
100	6:05 PM	1 x 100 on 5:00 Loosen	5:00
	6:10 PM	3,000 Meters	

Workout #2730 - Wednesday, 07 July 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Swim & Drill	1:57
400	5:13 PM	4 x 100 on 2:20 Kick, Neg Split	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, odds faster	2:10
		----- Group Up -----	
100	5:34 PM	4 x 25 on :40 Fast	2:40
2,400	5:38 PM	2x{1 x 400 on 6:25 Neg Split	1:36
		{8 x 50 on 1:00 Desc	2:00
		{1 x 200 on 3:20 Neg Split	1:40
		{4 x 50 on 1:05 Desc	2:10
100	6:24 PM	1 x 100 on 5:00 Loosen	5:00
	6:29 PM	4,000 Meters	

Workout #2729 - Thursday, 08 July 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim & Drill	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, Build	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Desc	2:10
		----- Group Up -----	
100	5:34 PM	4 x 25 on :40 Fast	2:40
1,500	5:38 PM	1x{5 x 100 on 1:40 Steady Effort	1:40
		{4 x 100 on 1:45 Faster	1:45
		{3 x 100 on 1:50 Faster	1:50
		{2 x 100 on 1:55 Faster	1:55
		{1 x 100 on 3:00 Best Effort	3:00
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,100 Meters	

Workout #2703 - Monday, 12 July 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Mix Swim & Drill	1:53
400	5:13 PM	8 x 50 on 1:10 Kick, Desc 1-4, 5-8	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Mixed Efforts	2:10
		*** Group Up ***	
100	5:34 PM	4 x 25 on :40 Fast!	2:40
400	5:38 PM	8 x 50 on 1:05 Desc	2:10
400	5:48 PM	4 x 100 on 2:00 Desc	2:00
600	5:57 PM	4 x 150 on 2:45 Desc	1:50
100	6:09 PM	1 x 100 on 5:00 Cool Down	5:00
	6:14 PM	3,000 Meters	

Workout #2706 - Tuesday, 13 July 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Mix Swim & Drill	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Mixed Efforts	2:10
		*** Group Up ***	
1,600	5:34 PM	2x{4 x 50 on 1:05 Desc	2:10
		{4 x 100 on 1:50 Desc	1:50
		{1 x 200 on 3:30 Neg Split	1:45
100	6:06 PM	1 x 100 on 5:00 Cool Down	5:00
	6:11 PM	3,100 Meters	

Workout #2709 - Wednesday, 14 July 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:30 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:10 Kick, Desc 1-4, 5-8	2:20
400	5:23 PM	4 x 100 on 2:10 Pull, Mixed Efforts	2:10
		*** Group Up ***	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
300	5:39 PM	3 x 100 on 1:45 Desc	1:45
600	5:46 PM	4 x 150 on 2:30 Desc	1:40
600	5:57 PM	2 x 300 on 4:50 Neg Split	1:37
600	6:08 PM	4 x 150 on 2:30 Desc	1:40
300	6:19 PM	3 x 100 on 1:45 Desc	1:45
100	6:26 PM	1 x 100 on 5:00 Cool Down	5:00
	6:31 PM	4,100 Meters	

Workout #2712 - Thursday, 15 July 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:23 PM	4 x 100 on 2:10 Pull, Mixed Efforts	2:10
		*** Group Up ***	
1,600	5:33 PM	2x{4 x 50 on 1:05 Desc	2:10
		{4 x 75 on 1:20 Desc	1:47
		{2 x 150 on 2:30 Desc	1:40
100	6:04 PM	1 x 100 on 5:00 Cool Down	5:00
	6:09 PM	3,100 Meters	

Workout #2749 - Monday, 19 July 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim & Drill	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, mix efforts	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, alt easy, moderate	2:10
		##### Group Up #####	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
400	5:40 PM	4 x 100 on 2:00 Desc	2:00
100	5:49 PM	2 x 50 on 1:00 1 EZ, 1 Max, Start EZ Early	2:00
300	5:52 PM	3 x 100 on 1:50 Desc	1:50
150	5:59 PM	3 x 50 on 1:05 1 EZ, 2 Max, Start EZ Early	2:10
200	6:04 PM	2 x 100 on 1:40 Desc	1:40
200	6:09 PM	4 x 50 on 1:10 1 EZ, 3 Max, Start EZ Early	2:20
100	6:15 PM	1 x 100 on 5:00 Loosen	5:00
	6:20 PM	3,050 Meters	

Workout #2746 - Tuesday, 20 July 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Swim & Drill	1:57
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Desc	1:55
		##### Group Up #####	
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,500	5:37 PM	2x{4 x 150 on 2:40 Desc	1:47
		{3 x 50 on 1:05 Desc	2:10
100	6:06 PM	1 x 100 on 5:00 Loosen	5:00
	6:11 PM	3,100 Meters	

Workout #2743 - Wednesday, 21 July 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Swim & Drill	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, Neg Split	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Alt Easy & Faster	2:10
		##### Group Up #####	
500	5:34 PM	5 x 100 on 1:40 Desc	1:40
500	5:44 PM	1 x 500 on 8:10 Neg Split	1:38
500	5:54 PM	5 x 100 on 1:45 Desc	1:45
500	6:04 PM	1 x 500 on 8:10 Neg Split	1:38
500	6:14 PM	5 x 100 on 1:50 Desc	1:50
100	6:25 PM	1 x 100 on 5:00 Loosen	5:00
	6:30 PM	4,000 Meters	

Workout #2740 - Thursday, 22 July 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Swim & Drill	1:58
400	5:13 PM	8 x 50 on 1:20 Kick, as desired	2:40
400	5:25 PM	4 x 100 on 1:55 Pull, mix efforts	1:55
		##### Group Up #####	
100	5:34 PM	4 x 25 on :40 Fast	2:40
1,200	5:38 PM	6 x 200 on 3:30 Desc	1:45
50	6:00 PM	1 x 50 on 1:30 Loosen	3:00
200	6:03 PM	1 x 200 on 5:00 Best Efforts	2:30
100	6:09 PM	1 x 100 on 5:00 Loosen	5:00
	6:14 PM	3,050 Meters	

Workout #2715 - Monday, 26 July 2021
Masters - Blue Masters
1 minute rest between sets

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

Workout #2718 - Tuesday, 27 July 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:05 Kick, Desc 1-4, 5-8	2:10
400	5:22 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		*** Group Up ***	
1,600	5:31 PM	2x{4 x 50 on 1:05 Desc	2:10
		{2 x 100 on 1:45 Desc	1:45
		{2 x 200 on 3:15 Desc	1:38
100	6:01 PM	1 x 100 on 5:00 Cool Down	5:00
	6:06 PM	3,100 Meters	

Workout #2721 - Wednesday, 28 July 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:40 Mix Drill & Swim	1:50
400	5:12 PM	4 x 100 on 2:10 Kick, Desc	2:10
400	5:22 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		*** Group Up ***	
200	5:31 PM	4 x 50 on 1:05 Desc	2:10
400	5:37 PM	4 x 100 on 1:45 Desc	1:45
400	5:45 PM	2 x 200 on 3:20 Desc	1:40
800	5:53 PM	2 x 400 on 6:30 Neg Split	1:38
400	6:07 PM	2 x 200 on 3:25 Desc	1:42
400	6:15 PM	4 x 100 on 1:50 Desc	1:50
100	6:24 PM	1 x 100 on 5:00 Cool Down	5:00
	6:29 PM	4,100 Meters	

Workout #2724 - Thursday, 29 July 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:05 Kick, Desc 1-4, 5-8	2:10
400	5:22 PM	4 x 100 on 2:00 Pull, Mixed Efforts	2:00
		*** Group Up ***	
1,600	5:31 PM	2x{4 x 50 on 1:05 Desc	2:10
		{3 x 100 on 1:45 Desc	1:45
		{2 x 100 on 1:40 Desc	1:40
		{1 x 100 on 2:00 Fast! (extra time for rest)	2:00
100	6:02 PM	1 x 100 on 5:00 Cool Down	5:00
	6:07 PM	3,100 Meters	

Workout #2760 - Monday, 02 August 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Swim & Drill	1:58
400	5:13 PM	4 x 100 on 2:20 Kick, mix efforts	2:20
400	5:24 PM	4 x 100 on 1:55 Pull, Desc	1:55
		##### Group Up #####	
150	5:33 PM	6 x 25 on :40 2 Fast, 1 easier	2:40
200	5:38 PM	4 x 50 on 1:05 Desc	2:10
150	5:44 PM	6 x 25 on :30 All speed, little rest!	2:00
300	5:48 PM	6 x 50 on 1:05 Desc. Easy on the first few	2:10
150	5:56 PM	6 x 25 on :30 Here we go again!	2:00
400	6:00 PM	8 x 50 on 1:05 Desc. Easy on the first few	2:10
150	6:10 PM	6 x 25 on :30 One more time!	2:00
100	6:14 PM	1 x 100 on 5:00 Loosen	5:00
	6:19 PM	3,000 Meters	

Workout #2758 - Tuesday, 03 August 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Swim & Drill	1:57
400	5:13 PM	4 x 100 on 2:20 Kick, Neg Split	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Evens Faster	2:10
		##### Group Up #####	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
1,350	5:40 PM	3x{2 x 75 on 2:00 fast {2 x 150 on 2:40 50 mod; 50 fast; 50 faster	2:40 1:47
100	6:09 PM	1 x 100 on 5:00 Loosen	5:00
	6:14 PM	3,050 Meters	

Workout #2755 - Wednesday, 04 August 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Swim & Drill	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, Evens Faster	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Desc	1:55
		##### Group Up #####	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
1,200	5:39 PM	2x{1 x 300 on 5:15 Neg Split {3 x 100 on 1:50 Desc	1:45 1:50
600	6:02 PM	2 x 300 on 5:20 Desc	1:47
600	6:14 PM	1 x 600 on 10:30 Neg Split	1:45
100	6:26 PM	1 x 100 on 5:00 Loosen	5:00
	6:31 PM	4,100 Meters	

Workout #2751 - Thursday, 05 August 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim & Drill	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Mixed Efforts	2:10
		##### Group Up #####	
100	5:34 PM	4 x 25 on :40 Fast	2:40
1,200	5:38 PM	2x{2 x 75 on 1:20 Desc	1:47
		{2 x 75 on 1:25 Desc	1:53
		{2 x 75 on 1:30 Desc	2:00
		{2 x 75 on 1:35 Fast	2:07
50	6:03 PM	1 x 50 on 1:30 Loosen	3:00
150	6:06 PM	2 x 75 on 1:45 Last two, fast two	2:20
100	6:11 PM	1 x 100 on 5:00 Loosen	5:00
	6:16 PM	3,000 Meters	

Workout #2770 - Monday, 09 August 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Mix Swim & Drill	1:52
400	5:13 PM	8 x 50 on 1:05 Kick, Desc 1-4, 5-8	2:10
400	5:23 PM	4 x 100 on 2:00 Pull, Mixed Efforts	2:00
		+++ Group Up +++	
150	5:32 PM	6 x 25 on :40 Fast!	2:40
1,350	5:37 PM	3x{2 x 75 on 1:30 Desc	2:00
		{2 x 75 on 1:35 Desc	2:07
		{2 x 75 on 1:40 Desc	2:13
100	6:07 PM	1 x 100 on 5:00 Cool Down	5:00
	6:12 PM	3,000 Meters	

Workout #2773 - Tuesday, 10 August 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:30 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:10 Kick, Desc 1-4, 5-8	2:20
400	5:23 PM	4 x 100 on 2:10 Pull, Mixed Efforts	2:10
		+++ Group Up +++	
100	5:33 PM	4 x 25 on :40 Fast!	2:40
400	5:37 PM	2 x 200 on 3:30 Neg Split	1:45
400	5:45 PM	2 x 200 on 3:25 Neg Split	1:42
400	5:53 PM	2 x 200 on 3:20 Neg Split	1:40
50	6:01 PM	1 x 50 on 1:30 Loosen	3:00
200	6:04 PM	1 x 200 on 3:15 Fast!	1:38
100	6:09 PM	1 x 100 on 5:00 Cool Down	5:00
	6:14 PM	3,050 Meters	

Workout #2776 - Wednesday, 11 August 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:23 PM	8 x 50 on 1:05 Pull, Mixed Efforts	2:10
		+++ Group Up +++	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
2,400	5:39 PM	2x{4 x 100 on 1:45 Desc	1:45
		{2 x 200 on 3:20 Desc	1:40
		{1 x 400 on 6:30 Steady	1:38
100	6:21 PM	1 x 100 on 5:00 Cool Down	5:00
	6:26 PM	4,100 Meters	

Workout #2789 - Thursday, 12 August 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:10 Kick, Desc	2:10
400	5:22 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		### Group Up ###	
100	5:31 PM	4 x 25 on :40 Fast!	2:40
500	5:35 PM	5 x 100 on 1:55 Desc	1:55
400	5:46 PM	4 x 100 on 1:50 Desc	1:50
300	5:55 PM	3 x 100 on 1:45 Desc	1:45
200	6:02 PM	2 x 100 on 1:40 Desc	1:40
100	6:07 PM	1 x 100 on 5:00 Cool Down	5:00
	6:12 PM	3,000 Meters	

Workout #2824 - Monday, 16 August 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Swim and Drill	1:57
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Mixed Efforts	2:10
		***** Group Up *****	
100	5:34 PM	4 x 25 on :40 Fast	2:40
1,000	5:38 PM	4x{4 x 50 on 1:05 FAST	2:10
		{1 x 50 on 1:15 Easy, OK to start early	2:30
400	6:02 PM	4 x 100 on 2:00 Desc to Best Effort	2:00
100	6:11 PM	1 x 100 on 5:00 Loosen	5:00
	6:16 PM	3,000 Meters	

Workout #2827 - Tuesday, 17 August 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Swim and Drill	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, faster in the middle	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Desc	2:10
		***** Group Up *****	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
1,400	5:40 PM	2x{3 x 100 on 2:00 Desc	2:00
		{2 x 100 on 1:50 Desc	1:50
		{1 x 100 on 1:40 GO!	1:40
		{1 x 100 on 2:15 Easy	2:15
	6:08 PM	3,000 Meters	

Workout #2830 - Wednesday, 18 August 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Swim and Drill	1:58
400	5:13 PM	8 x 50 on 1:15 Kick, Evens faster	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Neg Split	1:55
		***** Group Up *****	
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,200	5:37 PM	4 x 300 on 5:45 Desc	1:55
800	6:01 PM	4 x 200 on 3:30 Desc	1:45
400	6:16 PM	4 x 100 on 1:50 Desc	1:50
100	6:25 PM	1 x 100 on 5:00 Loosen	5:00
	6:30 PM	4,000 Meters	

Workout #2833 - Thursday, 19 August 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim and Drill	1:55
400	5:13 PM	4 x 100 on 2:15 Kick as desired	2:15
400	5:23 PM	4 x 100 on 1:55 Pull as desired	1:55
		***** Group Up *****	
200	5:32 PM	4 x 50 on 1:05 Desc	2:10
600	5:38 PM	8 x 75 on 2:00 How fast can you go?	2:40
100	5:55 PM	1 x 100 on 2:15 Easy, start early	2:15
600	5:59 PM	8 x 75 on 1:30 Any more speed? Hold on!	2:00
100	6:12 PM	1 x 100 on 5:00 Loosen	5:00
	6:17 PM	3,000 Meters	

Workout #2792 - Monday, 23 August 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:10 Kick, Desc	2:10
400	5:22 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		### Group Up ###	
150	5:31 PM	6 x 25 on :40 Fast!	2:40
1,200	5:36 PM	3x{2 x 100 on 1:50 Desc	1:50
		{2 x 100 on 1:40 Fast!	1:40
50	5:58 PM	1 x 50 on 1:30 Loosen	3:00
100	6:01 PM	1 x 100 on 2:00 Last One Best One!	2:00
100	6:04 PM	1 x 100 on 5:00 Cool Down	5:00
	6:09 PM	3,000 Meters	

Workout #2795 - Tuesday, 24 August 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:05 Kick, Mixed Efforts	2:10
400	5:22 PM	4 x 100 on 2:00 Pull, Desc	2:00
		### Group Up ###	
200	5:31 PM	4 x 50 on 1:05 Desc	2:10
200	5:37 PM	2 x 100 on 1:40 Neg Split	1:40
900	5:42 PM	6 x 150 on 2:45 100 Fast + 50 Easy	1:50
200	6:00 PM	2 x 100 on 1:40 Neg Split	1:40
100	6:05 PM	1 x 100 on 5:00 Cool Down	5:00
	6:10 PM	3,000 Meters	

Workout #2798 - Wednesday, 25 August 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:40 Mix Drill & Swim	1:50
400	5:12 PM	4 x 100 on 2:10 Kick, Desc	2:10
400	5:22 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		### Group Up ###	
200	5:31 PM	4 x 50 on 1:05 Desc	2:10
2,000	5:37 PM	2x{5 x 100 on 1:45 Desc	1:45
		{1 x 500 on 8:10 Steady	1:38
300	6:12 PM	3 x 100 on 1:45 Desc	1:45
100	6:19 PM	1 x 100 on 5:00 Cool Down	5:00
	6:24 PM	4,000 Meters	

Workout #2801 - Thursday, 26 August 2021
Masters - Blue Masters
1 minute rest between sets

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

Workout #2911 - Tuesday, 31 August 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim & Drill	1:55
400	5:13 PM	8 x 50 on 1:05 Pull, Desc	2:10
400	5:23 PM	8 x 50 on 1:15 Kick, Mix Efforts	2:30
		\\/\//\//\ Group Up \/\//\//\	
100	5:34 PM	4 x 25 on :40 Fast	2:40
1,600	5:38 PM	4x{1 x 200 on 3:20 Strong!!	1:40
		{2 x 100 on 1:50 Desc	1:50
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,200 Meters	

Workout #2908 - Wednesday, 01 September 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:55 Swim & Drill	1:58
400	5:13 PM	4 x 100 on 2:15 Kick, Last 25 Faster	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, Odds Faster	2:10
		\\/\//\//\ Group Up \/\//\//\	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
400	5:39 PM	1 x 400 on 6:30 Neg Split	1:38
600	5:47 PM	2 x 300 on 5:05 Desc	1:42
800	5:59 PM	4 x 200 on 3:30 Desc	1:45
600	6:14 PM	6 x 100 on 1:50 Desc	1:50
100	6:26 PM	1 x 100 on 5:00 Loosen	5:00
	6:31 PM	4,100 Meters	

Workout #2904 - Thursday, 02 September 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Swim & Drill	1:57
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Neg Split Efforts	1:55
		\\/\//\//\ Group Up \\/\//\//\	
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,350	5:37 PM	3x{4 x 100 on 1:45 Desc	1:45
		{1 x 50 on 1:30 Loosen	3:00
100	6:04 PM	1 x 100 on 4:00 Last one. Fast one!!!!!!	4:00
100	6:09 PM	1 x 100 on 5:00 Losen	5:00
	6:14 PM	3,050 Meters	

Workout #2846 - Monday, 06 September 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:30 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:10 Kick, Desc	2:10
400	5:22 PM	4 x 100 on 2:00 Pull, Mixed Efforts	2:00
		*** Group Up ***	
200	5:31 PM	8 x 25 on :40 Fast!	2:40
300	5:38 PM	6 x 50 on 1:05 Desc	2:10
150	5:46 PM	2 x 75 on 1:35 Desc	2:07
200	5:51 PM	2 x 100 on 2:00 Desc	2:00
150	5:56 PM	2 x 75 on 1:35 Desc	2:07
300	6:01 PM	6 x 50 on 1:05 Desc	2:10
200	6:09 PM	8 x 25 on :40 Fast!	2:40
100	6:16 PM	1 x 100 on 5:00 Cool Down	5:00
	6:21 PM	3,000 Meters	

Workout #2849 - Tuesday, 07 September 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:10 Kick, Desc	2:10
400	5:22 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		*** Group Up ***	
100	5:31 PM	4 x 25 on :40 Fast!	2:40
1,500	5:35 PM	2x{2 x 75 on 1:20 Desc	1:47
		{4 x 150 on 2:30 Desc	1:40
100	6:02 PM	1 x 100 on 5:00 Cool Down	5:00
	6:07 PM	3,100 Meters	

Workout #2838 - Wednesday, 08 September 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:40 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:05 Kick, Mixed Efforts	2:10
400	5:22 PM	4 x 100 on 2:00 Pull, Desc	2:00
		*** Group Up ***	
200	5:31 PM	4 x 50 on 1:05 Desc	2:10
600	5:37 PM	1 x 600 on 9:50 GO!	1:38
600	5:48 PM	2 x 300 on 5:00 Desc	1:40
600	5:59 PM	3 x 200 on 3:20 Desc	1:40
600	6:10 PM	6 x 100 on 1:45 Desc 1-3, 4-6	1:45
100	6:22 PM	1 x 100 on 5:00 Cool Down	5:00
	6:27 PM	4,100 Meters	

Workout #2841 - Thursday, 09 September 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:05 Kick, Desc	2:10
400	5:22 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		*** Group Up ***	
200	5:31 PM	4 x 50 on 1:05 Desc	2:10
1,350	5:37 PM	3x{2 x 75 on 1:20 Desc	1:47
		{2 x 75 on 1:15 Desc	1:40
		{1 x 150 on 2:25 Neg Split	1:37
100	6:01 PM	1 x 100 on 5:00 Cool Down	5:00
	6:06 PM	3,050 Meters	

Workout #2901 - Monday, 13 September 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:55 Swim & Drill Mix	1:58
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Neg Split Efforts	1:55
		***** Group Up *****	
100	5:33 PM	4 x 25 on :40 Fast	2:40
450	5:37 PM	6 x 75 on 1:20 Desc	1:47
50	5:46 PM	1 x 50 on 1:30 Loosen	3:00
450	5:49 PM	6 x 75 on 1:25 Desc	1:53
50	5:59 PM	1 x 50 on 1:30 Loosen	3:00
450	6:02 PM	6 x 75 on 1:30 Desc	2:00
100	6:12 PM	1 x 100 on 5:00 Loosen	5:00
	6:17 PM	3,050 Meters	

Workout #2900 - Tuesday, 14 September 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Swim & Drill Mix	1:58
400	5:13 PM	8 x 50 on 1:15 Kick, Evens Faster	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Desc	1:55
		***** Group Up *****	
100	5:33 PM	2 x 50 on 1:05 Desc	2:10
600	5:37 PM	3 x 200 on 3:25 Desc	1:42
200	5:49 PM	4 x 50 on 1:00 Desc	2:00
400	5:54 PM	2 x 200 on 3:25 Desc	1:42
300	6:02 PM	6 x 50 on 1:00 Desc	2:00
	6:08 PM	3,000 Meters	

Workout #2895 - Wednesday, 15 September 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Swim & Drill Mix	1:57
400	5:13 PM	4 x 100 on 2:20 Kick, Neg Split	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Mixed Efforts	2:10
		***** Group Up *****	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
800	5:40 PM	8 x 100 on 1:40 Desc 1-4/5-8	1:40
400	5:55 PM	1 x 400 on 6:40 Neg Split	1:40
800	6:03 PM	8 x 100 on 1:50 Desc 1-4/5-8	1:50
400	6:19 PM	1 x 400 on 7:00 Neg Split	1:45
100	6:27 PM	1 x 100 on 5:00 Loosen	5:00
	6:32 PM	4,100 Meters	

Workout #2893 - Thursday, 16 September 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim & Drill Mix	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, Odds Faster Efforts	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Desc	2:10
		***** Group Up *****	
100	5:34 PM	4 x 25 on :40 Fast	2:40
1,400	5:38 PM	2x{4 x 100 on 1:50 Desc	1:50
		{4 x 50 on 1:05 Desc	2:10
		{4 x 25 on :40 Desc	2:40
100	6:08 PM	1 x 100 on 5:00 Loosen	5:00
	6:13 PM	3,000 Meters	

Workout #2860 - Monday, 20 September 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:05 Kick, Desc	2:10
400	5:22 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		*** Group Up ***	
100	5:31 PM	4 x 25 on :40 Fast!	2:40
400	5:35 PM	8 x 50 on 1:10 Desc	2:20
100	5:46 PM	1 x 100 on 1:40 Fast pace	1:40
300	5:49 PM	6 x 50 on 1:05 Desc	2:10
100	5:57 PM	1 x 100 on 1:45 Fast Pace	1:45
200	6:00 PM	4 x 50 on 1:00 Desc	2:00
100	6:05 PM	1 x 100 on 1:50 Fast Pace	1:50
100	6:08 PM	2 x 50 on :55 Fast!	1:50
100	6:11 PM	1 x 100 on 2:00 Fast Pace	2:00
100	6:14 PM	1 x 100 on 5:00 Cool Down	5:00
	6:19 PM	3,000 Meters	

Workout #2863 - Tuesday, 21 September 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:40 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:10 Kick, Desc	2:10
400	5:22 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		*** Group Up ***	
200	5:31 PM	4 x 50 on 1:05 Desc	2:10
1,200	5:37 PM	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
50	5:59 PM	1 x 50 on 1:30 Loosen	3:00
100	6:02 PM	1 x 100 on 2:00 Best Effort!	2:00
100	6:05 PM	1 x 100 on 5:00 Cool Down	5:00
	6:10 PM	3,050 Meters	

Workout #2874 - Wednesday, 22 September 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:30 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:05 Kick, Desc	2:10
400	5:22 PM	4 x 100 on 2:00 Pull, Mixed Efforts	2:00
		*** Group Up ***	
200	5:31 PM	4 x 50 on 1:05 Desc	2:10
900	5:37 PM	3 x 300 on 5:10 Desc	1:43
100	5:54 PM	1 x 100 on 1:45 Steady	1:45
900	5:57 PM	3 x 300 on 5:00 Desc	1:40
100	6:13 PM	1 x 100 on 1:50 Steady	1:50
300	6:16 PM	1 x 300 on 4:50 Best Effort	1:37
100	6:22 PM	1 x 100 on 5:00 Cool Down	5:00
	6:27 PM	4,000 Meters	

Workout #2877 - Thursday, 23 September 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:10 Kick, Desc	2:10
400	5:22 PM	4 x 100 on 2:00 Pull, Mixed Efforts	2:00
		*** Group Up ***	
150	5:31 PM	6 x 25 on :40 Fast!	2:40
1,350	5:36 PM	3x{4 x 75 on 1:20 Desc	1:47
		{1 x 150 on 2:35 Steady	1:43
100	6:01 PM	1 x 100 on 5:00 Cool Down	5:00
	6:06 PM	3,000 Meters	

Workout #2889 - Monday, 27 September 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim & Drill Mix	1:55
400	5:13 PM	4 x 100 on 2:15 Kick, Mixed Speeds	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, Desc	2:10
		##### Group Up #####	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
100	5:39 PM	4 x 25 on :40 Fast	2:40
50	5:43 PM	1 x 50 on 1:30 Loosen	3:00
400	5:46 PM	4 x 100 on 2:00 Fast	2:00
50	5:55 PM	1 x 50 on 1:30 Loosen	3:00
300	5:58 PM	3 x 100 on 2:00 Fast	2:00
50	6:05 PM	1 x 50 on 1:30 Loosen	3:00
200	6:08 PM	2 x 100 on 2:00 Fast	2:00
50	6:13 PM	1 x 50 on 1:30 Loosen	3:00
100	6:16 PM	1 x 100 on 2:00 Fast	2:00
100	6:19 PM	1 x 100 on 5:00 Loosen	5:00
	6:24 PM	3,000 Meters	

Workout #2888 - Tuesday, 28 September 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Swim & Drill Mix	1:57
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Desc	1:55
		##### Group Up #####	
100	5:33 PM	4 x 25 on :40 Fast	2:40
900	5:37 PM	6 x 150 on 2:35 Desc	1:43
600	5:54 PM	4 x 150 on 2:45 Desc	1:50
100	6:06 PM	1 x 100 on 5:00 Loosen	5:00
	6:11 PM	3,100 Meters	

Workout #2885 - Wednesday, 29 September 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:55 Swim & Drill Mix	1:58
400	5:13 PM	4 x 100 on 2:15 Kick, Neg Split	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, Evens Faster	2:10
		##### Group Up #####	
100	5:33 PM	4 x 25 on :40 Fast	2:40
500	5:37 PM	10 x 50 on 1:00 Hold Strong Pace	2:00
1,000	5:48 PM	2 x 500 on 8:15 Desc / Neg Split	1:39
500	6:06 PM	10 x 50 on 1:00 Hold Strong Pace	2:00
500	6:17 PM	1 x 500 on 8:25 Neg Split	1:41
100	6:27 PM	1 x 100 on 5:00 Loosen	5:00
	6:32 PM	4,100 Meters	

Workout #2882 - Thursday, 30 September 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Swim & Drill Mix	1:58
400	5:13 PM	8 x 50 on 1:15 Kick, Odds Fast	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Desc	1:55
		##### Group Up #####	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
1,300	5:39 PM	1x{3 x 200 on 3:30 Desc	1:45
		{1 x 50 on 1:30 Loosen	3:00
		{2 x 200 on 3:20 Desc	1:40
		{1 x 50 on 1:30 Loosen	3:00
		{1 x 200 on 3:10 Fast!	1:35
100	6:04 PM	1 x 100 on 5:00 Loosen	5:00
	6:09 PM	3,000 Meters	

Workout #2917 - Monday, 04 October 2021
Masters - Blue Masters
1 minute rest between sets

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

Workout #2920 - Tuesday, 05 October 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:05 Kick, Desc	2:10
400	5:22 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		*** Group Up ***	
100	5:31 PM	4 x 25 on :40 Fast!	2:40
1,200	5:35 PM	2x{4 x 50 on 1:00 Desc	2:00
		{2 x 100 on 1:50 Desc	1:50
		{1 x 200 on 3:30 Neg Split	1:45
200	5:59 PM	1 x 200 on 3:20 Neg Split	1:40
100	6:04 PM	1 x 100 on 5:00 Cool Down	5:00
	6:09 PM	3,000 Meters	

Workout #2941 - Wednesday, 06 October 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:40 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:10 Kick, Desc	2:10
400	5:22 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		*** Group Up ***	
300	5:31 PM	6 x 50 on 1:05 Desc	2:10
400	5:39 PM	4 x 100 on 1:40 Desc	1:40
400	5:47 PM	1 x 400 on 7:00 Steady	1:45
300	5:55 PM	3 x 100 on 1:45 Desc	1:45
400	6:02 PM	1 x 400 on 6:45 Steady	1:41
200	6:10 PM	2 x 100 on 1:50 Desc	1:50
400	6:15 PM	1 x 400 on 6:30 Steady	1:38
100	6:23 PM	1 x 100 on 1:55 Neg Split	1:55
100	6:26 PM	1 x 100 on 5:00 Cool Down	5:00
	6:31 PM	4,000 Meters	

Workout #2925 - Thursday, 07 October 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:05 Kick, Mixed Efforts	2:10
400	5:22 PM	4 x 100 on 2:00 Pull, Desc	2:00
		*** Group Up ***	
100	5:31 PM	4 x 25 on :40 Fast!	2:40
1,500	5:35 PM	3x{4 x 100 on 1:40 Desc	1:40
		{1 x 100 on 2:30 Loosen	2:30
	6:03 PM	3,000 Meters	

Workout #2975 - Monday, 11 October 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Swim & Drill	1:58
400	5:13 PM	4 x 100 on 2:20 Kick Desc	2:20
400	5:24 PM	4 x 100 on 1:55 Pull, Desc	1:55
		##### Group Up #####	
800	5:33 PM	8 x 100 on 1:50 Desc	1:50
450	5:49 PM	6 x 75 on 1:25 Desc	1:53
200	5:59 PM	4 x 50 on 1:00 Desc	2:00
50	6:04 PM	2 x 25 on :40 Fast	2:40
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,000 Meters	

Workout #2978 - Tuesday, 12 October 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Swim & Drill	1:57
400	5:13 PM	4 x 100 on 2:20 Kick Neg Split	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Odds Faster	2:10
		##### Group Up #####	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
1,400	5:40 PM	4x{1 x 150 on 2:30 Steady	1:40
		{3 x 50 on 1:05 Desc	2:10
		{2 x 25 on :40 Fast	2:40
100	6:10 PM	1 x 100 on 5:00 Loosen	5:00
	6:15 PM	3,100 Meters	

Workout #2981 - Wednesday, 13 October 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:55 Swim & Drill	1:58
400	5:13 PM	8 x 50 on 1:15 Kick Evens faster	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, mix efforts	1:55
		##### Group Up #####	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
2,400	5:39 PM	2x{1 x 600 on 9:50 Neg Split	1:38
		{2 x 300 on 5:05 Desc	1:42
100	6:20 PM	1 x 100 on 5:00 Loosen	5:00
	6:25 PM	4,100 Meters	

Workout #2984 - Thursday, 14 October 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim & Drill	1:55
400	5:13 PM	8 x 50 on 1:15 Kick Odds faster	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Desc	2:10
		##### Group Up #####	
100	5:34 PM	4 x 25 on :40 Fast	2:40
1,400	5:38 PM	4x{2 x 75 on 1:30 Desc	2:00
		{2 x 100 on 1:50 Fast!	1:50
100	6:06 PM	1 x 100 on 5:00 Loosen	5:00
	6:11 PM	3,000 Meters	

Workout #2928 - Monday, 18 October 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:40 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:05 Kick, Mixed Efforts	2:10
400	5:22 PM	4 x 100 on 2:00 Pull, Desc	2:00
		*** Group Up ***	
100	5:31 PM	4 x 25 on :40 Fast!	2:40
300	5:35 PM	4 x 75 on 1:45 Desc	2:20
300	5:43 PM	4 x 75 on 1:40 Desc	2:13
300	5:51 PM	4 x 75 on 1:35 Desc	2:07
300	5:59 PM	4 x 75 on 1:30 Desc	2:00
100	6:06 PM	1 x 100 on 2:30 Loosen	2:30
150	6:10 PM	2 x 75 on 1:30 Fast!	2:00
100	6:14 PM	1 x 100 on 5:00 Cool Down	5:00
	6:19 PM	3,050 Meters	

Workout #2950 - Tuesday, 19 October 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:30 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:05 Kick, Mixed Efforts	2:10
400	5:22 PM	4 x 100 on 2:00 Pull, Desc	2:00
		+++ Group Up +++	
200	5:31 PM	4 x 50 on 1:05 Desc	2:10
1,400	5:37 PM	2x{2 x 200 on 3:30 Desc	1:45
		{1 x 200 on 3:20 Fast!	1:40
		{1 x 100 on 2:30 Loosen (Start Early)	2:30
	6:03 PM	3,000 Meters	

Workout #2935 - Wednesday, 20 October 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:10 Kick, Desc	2:10
400	5:22 PM	4 x 100 on 2:00 Pull, Mixed Efforts	2:00
		*** Group Up ***	
300	5:31 PM	6 x 50 on 1:05 Desc	2:10
400	5:39 PM	4 x 100 on 1:45 Desc	1:45
400	5:47 PM	2 x 200 on 3:20 Desc	1:40
400	5:55 PM	1 x 400 on 6:30 Steady	1:38
400	6:03 PM	2 x 200 on 3:20 Desc	1:40
400	6:11 PM	4 x 100 on 1:45 Desc	1:45
200	6:19 PM	4 x 50 on 1:05 Desc	2:10
100	6:25 PM	1 x 100 on 5:00 Cool Down	5:00
	6:30 PM	4,000 Meters	

Workout #2938 - Thursday, 21 October 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:10 Kick, Desc	2:10
400	5:22 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		*** Group Up ***	
200	5:31 PM	4 x 50 on 1:05 Desc	2:10
1,400	5:37 PM	2x{4 x 100 on 1:45 Desc {2 x 100 on 1:40 Desc {1 x 100 on 2:30 Loosen (Start Early)	1:45 1:40 2:30
	6:03 PM	3,000 Meters	

Workout #3029 - Monday, 25 October 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Swim & Drill	1:57
400	5:13 PM	8 x 50 on 1:15 Kick, Mix efforts	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Desc	2:10
)))) Group Up (((((
1,650	5:34 PM	3x{4 x 50 on 1:05 Strong {3 x 50 on 1:00 Strong {2 x 50 on :55 Hold on! {1 x 50 on 1:30 Easy {1 x 50 on 1:05 BEST!	2:10 2:00 1:50 3:00 2:10
100	6:11 PM	1 x 100 on 5:00 Loosen	5:00
	6:16 PM	3,150 Meters	

Workout #3032 - Tuesday, 26 October 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Swim & Drill	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, Neg Split	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Alt EZ and Fast	2:10
)))) Group Up (((((
100	5:34 PM	4 x 25 on :40 Fast	2:40
1,600	5:38 PM	2x{4 x 100 on 1:50 Desc	1:50
		{4 x 100 on 1:40 Desc	1:40
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,200 Meters	

Workout #3035 - Wednesday, 27 October 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Swim & Drill	1:58
400	5:13 PM	8 x 50 on 1:15 Kick, Alt Fast, EZ	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Neg Split	1:55
)))) Group Up (((((
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
600	5:39 PM	2 x 300 on 5:05 Desc	1:42
600	5:51 PM	3 x 200 on 3:30 Desc	1:45
600	6:03 PM	2 x 300 on 5:15 Desc	1:45
600	6:15 PM	3 x 200 on 3:35 Desc	1:48
100	6:27 PM	1 x 100 on 5:00 Loosen	5:00
	6:32 PM	4,100 Meters	

Workout #3038 - Thursday, 28 October 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim & Drill	1:55
400	5:13 PM	4 x 100 on 2:15 Kick, Desc	2:15
400	5:23 PM	4 x 100 on 1:55 Pull, Desc	1:55
)))) Group Up (((((
100	5:32 PM	4 x 25 on :40 Fast	2:40
1,500	5:36 PM	2x{3 x 100 on 2:00 Desc	2:00
		{3 x 75 on 1:30 Desc	2:00
		{3 x 50 on 1:00 Desc	2:00
		{3 x 25 on :30 1 Mod, 1 Fast, 1 Faster	2:00
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,100 Meters	

Workout #2959 - Monday, 01 November 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Drill & Swim	1:50
400	5:12 PM	4 x 100 on 2:10 Kick, Desc	2:10
400	5:22 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		*** Group Up ***	
100	5:31 PM	4 x 25 on :40 Fast!	2:40
200	5:35 PM	4 x 50 on 1:05 Desc	2:10
1,200	5:41 PM	2x{3 x 100 on 2:00 Desc {2 x 100 on 2:10 Fast! {1 x 100 on 2:20 Steady	2:00 2:10 2:20
100	6:08 PM	1 x 100 on 5:00 Cool Down	5:00
	6:13 PM	3,000 Meters	

Workout #2962 - Tuesday, 02 November 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:05 Kick, Mixed Efforts	2:10
400	5:22 PM	4 x 100 on 2:00 Pull, Desc	2:00
		*** Group Up ***	
200	5:31 PM	4 x 50 on 1:05 Desc	2:10
600	5:37 PM	4 x 150 on 2:45 Desc	1:50
600	5:49 PM	4 x 150 on 2:35 Desc	1:43
100	6:01 PM	1 x 100 on 2:00 Fast!	2:00
100	6:04 PM	1 x 100 on 5:00 Cool Down	5:00
	6:09 PM	3,000 Meters	

Workout #2965 - Wednesday, 03 November 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:40 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:10 Kick, Desc	2:10
400	5:22 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		*** Group Up ***	
200	5:31 PM	4 x 50 on 1:05 Desc	2:10
2,400	5:37 PM	2x{5 x 100 on 1:45 Desc {1 x 500 on 8:00 Go! {1 x 200 on 3:45 1.Steady / 2.Cool Down	1:45 1:36 1:52
	6:18 PM	4,000 Meters	

Workout #2968 - Thursday, 04 November 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:30 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:05 Kick, Mixed Efforts	2:10
400	5:22 PM	4 x 100 on 2:00 Pull, Desc	2:00
		+++ Group Up +++	
100	5:31 PM	4 x 25 on :40 Fast!	2:40
600	5:35 PM	3 x 200 on 3:30 Neg Split	1:45
200	5:47 PM	4 x 50 on 1:05 Desc	2:10
400	5:53 PM	2 x 200 on 3:20 Desc	1:40
200	6:01 PM	4 x 50 on 1:05 Desc	2:10
100	6:07 PM	1 x 100 on 5:00 Cool Down	5:00
	6:12 PM	3,000 Meters	

Workout #3056 - Monday, 08 November 2021
Masters - Blue Masters
1 minute rest between sets

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

Workout #3059 - Tuesday, 09 November 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Drill & Swim Mix	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, Odds Faster	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Desc	2:10
		***** Group Up *****	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
400	5:40 PM	2 x 200 on 3:40 Desc	1:50
400	5:49 PM	2 x 200 on 3:30 Desc	1:45
400	5:57 PM	2 x 200 on 3:20 Desc	1:40
200	6:05 PM	1 x 200 on 4:00 Best Effort	2:00
100	6:10 PM	1 x 100 on 5:00 Loosen	5:00
	6:15 PM	3,100 Meters	

Workout #3062 - Wednesday, 10 November 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Drill & Swim Mix	1:52
400	5:13 PM	4 x 100 on 2:15 Kick, Faster in the middle	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, Odds Faster	2:10
		***** Group Up *****	
100	5:33 PM	4 x 25 on :40 Fast	2:40
100	5:37 PM	2 x 50 on 1:00 STRONG!	2:00
800	5:40 PM	2 x 400 on 6:30 Neg Split	1:38
100	5:54 PM	2 x 50 on 1:00 STRONG!	2:00
600	5:57 PM	2 x 300 on 5:00 Neg Split	1:40
100	6:08 PM	2 x 50 on 1:00 STRONG!	2:00
400	6:11 PM	2 x 200 on 3:30 Neg Split	1:45
100	6:19 PM	2 x 50 on 1:00 STRONG!	2:00
200	6:22 PM	2 x 100 on 2:00 Fast	2:00
100	6:27 PM	1 x 100 on 5:00 Loosen	5:00
	6:32 PM	4,000 Meters	

Workout #3065 - Thursday, 11 November 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Drill & Swim Mix	1:57
400	5:13 PM	8 x 50 on 1:15 Kick, as desired	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Build Each	1:55
		***** Group Up *****	
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,500	5:37 PM	1x{5 x 100 on 1:35 Steady Effort	1:35
		{4 x 100 on 1:40 75 Steady + 25 Fast	1:40
		{3 x 100 on 1:45 50 Steady + 50 Fast	1:45
		{2 x 100 on 1:50 25 Steady + 75 Fast	1:50
		{1 x 100 on 3:00 Best Effort	3:00
	6:04 PM	3,000 Meters	

Workout #2993 - Monday, 15 November 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:30 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:10 Kick, Desc	2:10
400	5:22 PM	4 x 100 on 2:00 Pull, Mixed Efforts	2:00
		+==+ Group Up +==+	
1,700	5:31 PM	2x{6 x 25 on :40 Fast!	2:40
		{4 x 100 on 1:45 Desc	1:45
		{4 x 25 on :35 Fast!	2:20
		{2 x 100 on 1:50 Round 1 Desc; 2. Cool Down	1:50
	6:05 PM	3,100 Meters	

Workout #3041 - Tuesday, 16 November 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:10 Kick, Desc	2:10
400	5:22 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		----- Group Up -----	
200	5:31 PM	4 x 50 on 1:05 Desc	2:10
600	5:37 PM	4 x 150 on 2:30 Desc	1:40
400	5:48 PM	4 x 100 on 1:45 Desc	1:45
200	5:56 PM	4 x 50 on :55 Desc	1:50
100	6:01 PM	4 x 25 on :40 Fast!	2:40
100	6:05 PM	1 x 100 on 5:00 Cool Down	5:00
	6:10 PM	3,000 Meters	

Workout #3001 - Wednesday, 17 November 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:40 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:05 Kick, Mixed Efforts	2:10
400	5:22 PM	4 x 100 on 2:00 Pull, Desc	2:00
		----- Group Up -----	
200	5:31 PM	4 x 50 on 1:05 Desc	2:10
2,400	5:37 PM	2x{3 x 200 on 3:25 Desc {1 x 600 on 9:45 Steady	1:42 1:38
100	6:18 PM	1 x 100 on 5:00 Cool Down	5:00
	6:23 PM	4,100 Meters	

Workout #3004 - Thursday, 18 November 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:05 Kick, Desc	2:10
400	5:22 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		~~~~~ Group Up ~~~~~	
100	5:31 PM	4 x 25 on :40 Fast!	2:40
200	5:35 PM	4 x 50 on 1:05 Desc	2:10
600	5:41 PM	6 x 100 on 1:50 Desc	1:50
400	5:53 PM	4 x 100 on 1:45 Desc	1:45
200	6:01 PM	2 x 100 on 1:40 Desc	1:40
100	6:06 PM	1 x 100 on 5:00 Cool Down	5:00
	6:11 PM	3,000 Meters	

**Workout #3090 - Monday, 22 November 2021**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Swim + Drill	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, mix efforts	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Neg Split	1:55
		===== Group Up =====	
1,500	5:33 PM	3x{2 x 25 on :45 Desc	3:00
		{2 x 50 on 1:05 Desc	2:10
		{2 x 75 on 1:25 Desc	1:53
		{2 x 100 on 1:45 Desc	1:45
100	6:04 PM	1 x 100 on 5:00 Loosen	5:00
	6:09 PM	3,000 Meters	

**Workout #3093 - Tuesday, 23 November 2021**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Swim + Drill	1:58
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Build Each	1:55
		===== Group Up =====	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
800	5:39 PM	4 x 200 on 3:20 Desc	1:40
400	5:54 PM	4 x 100 on 1:40 Desc	1:40
200	6:02 PM	4 x 50 on :50 Desc!!!	1:40
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,100 Meters	

**Workout #3096 - Wednesday, 24 November 2021**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Swim + Drill	1:57
400	5:13 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Desc	2:10
		===== Group Up =====	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
1,600	5:40 PM	4 x 400 on 6:30 Desc and/or Neg Split	1:38
400	6:07 PM	4 x 100 on 1:50 Steady, Moderate	1:50
400	6:16 PM	1 x 400 on 8:00 Best Effort	2:00
100	6:25 PM	1 x 100 on 5:00 Loosen	5:00
	6:30 PM	4,100 Meters	

**Workout #3099 - Thursday, 25 November 2021**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim + Drill	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, Last 25 faster	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Odds faster	2:10
		==== Group Up =====	
100	5:34 PM	4 x 25 on :40 Fast	2:40
1,500	5:38 PM	2x{3 x 100 on 2:00 Desc	2:00
		{1 x 50 on 1:15 Steady, OK to start early	2:30
		{2 x 100 on 1:45 Desc	1:45
		{1 x 50 on 1:15 Steady, OK to start early	2:30
		{1 x 100 on 1:30 GO, GO, GO!	1:30
		{1 x 50 on 1:15 Steady, OK to start early	2:30
	6:08 PM	3,000 Meters	

**Workout #3044 - Monday, 29 November 2021**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:05 Kick, Desc	2:10
400	5:22 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		~~~~~ Group Up ~~~~~	
100	5:31 PM	4 x 25 on :40 Fast!	2:40
1,500	5:35 PM	3x{4 x 50 on 1:10 Fast!	2:20
		{1 x 50 on 1:15 Easy, Can Start Early	2:30
		{4 x 50 on 1:05 Fast!	2:10
		{1 x 50 on 1:15 Easy, Can Start Early	2:30
	6:10 PM	3,000 Meters	

Workout #3047 - Tuesday, 30 November 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:40 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:10 Kick, Desc	2:10
400	5:22 PM	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
		-.-.-. Group Up -.-.-.-	
200	5:31 PM	4 x 50 on 1:05 Desc	2:10
600	5:37 PM	6 x 100 on 1:50 Desc	1:50
400	5:49 PM	4 x 100 on 1:45 Desc	1:45
200	5:57 PM	2 x 100 on 1:40 Desc	1:40
50	6:02 PM	1 x 50 on 1:30 Loosen	3:00
100	6:05 PM	1 x 100 on 2:00 Best Effort	2:00
100	6:08 PM	1 x 100 on 5:00 Cool Down	5:00
	6:13 PM	3,050 Meters	

Workout #3050 - Wednesday, 01 December 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:30 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:05 Kick, Mixed Efforts	2:10
400	5:22 PM	4 x 100 on 2:00 Pull, Desc	2:00
		***** Group Up *****	
200	5:31 PM	4 x 50 on 1:05 Desc	2:10
2,400	5:37 PM	2x{1 x 300 on 5:15 Steady	1:45
		{3 x 100 on 1:45 Desc	1:45
		{1 x 300 on 5:00 Steady	1:40
		{3 x 100 on 1:50 Desc	1:50
100	6:20 PM	1 x 100 on 5:00 Cool Down	5:00
	6:25 PM	4,100 Meters	

Workout #3053 - Thursday, 02 December 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:10 Kick, Desc	2:10
400	5:22 PM	4 x 100 on 2:00 Pull, Mixed Efforts	2:00
		-----> Group Up <-----	
100	5:31 PM	4 x 25 on :40 Fast!	2:40
300	5:35 PM	6 x 50 on 1:05 Desc	2:10
600	5:43 PM	8 x 75 on 1:20 Desc 1-4, 5-8	1:47
300	5:55 PM	4 x 75 on 1:15 Desc	1:40
200	6:01 PM	4 x 50 on 1:05 Desc	2:10
100	6:07 PM	1 x 100 on 5:00 Cool Down	5:00
	6:12 PM	3,000 Meters	

Workout #3152 - Monday, 06 December 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim & Drill	1:55
400	5:13 PM	4 x 100 on 2:15 Kick, Desc	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, Odds Faster	2:10
		///// Group Up \\\	
1,600	5:33 PM	4x{4 x 50 on 1:05 Desc, #4 Very Fast	2:10
		{2 x 100 on 1:45 Desc, #2 Very Fast	1:45
100	6:06 PM	1 x 100 on 5:00 Loosen	5:00
	6:11 PM	3,100 Meters	

Workout #3155 - Tuesday, 07 December 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Swim & Drill	1:57
400	5:13 PM	8 x 50 on 1:15 Kick, Mix Efforts	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Desc ///// Group Up \\\	1:55
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
750	5:39 PM	5 x 150 on 2:35 Desc	1:43
450	5:53 PM	3 x 150 on 2:45 Last 50 Very Fast	1:50
150	6:03 PM	1 x 150 on 2:55 All Fast	1:57
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,050 Meters	

Workout #3158 - Wednesday, 08 December 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:55 Swim & Drill	1:58
400	5:13 PM	4 x 100 on 2:15 Kick, Last 25 Faster	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, Mix Efforts ///// Group Up \\\	2:10
100	5:33 PM	4 x 25 on :40 Fast	2:40
500	5:37 PM	1 x 500 on 9:00 Neg Split	1:48
300	5:47 PM	3 x 100 on 1:35 Desc	1:35
500	5:53 PM	1 x 500 on 8:45 Neg Split	1:45
300	6:03 PM	3 x 100 on 1:45 Desc	1:45
500	6:10 PM	1 x 500 on 8:30 Neg Split	1:42
300	6:20 PM	3 x 100 on 1:55 Desc	1:55
100	6:27 PM	1 x 100 on 5:00 Loosen	5:00
	6:32 PM	4,000 Meters	

Workout #3161 - Thursday, 09 December 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Swim & Drill	1:58
400	5:13 PM	8 x 50 on 1:15 Kick, Evens Faster	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Faster in the middle ///// Group Up \\\	1:55
100	5:33 PM	4 x 25 on :40 Fast	2:40
400	5:37 PM	2 x 200 on 3:30 Desc	1:45
400	5:45 PM	2 x 200 on 3:20 Desc	1:40
400	5:53 PM	2 x 200 on 3:10 Desc	1:35
50	6:01 PM	1 x 50 on 1:30 Loosen	3:00
200	6:04 PM	1 x 200 on 4:00 Best Effort	2:00
100	6:09 PM	1 x 100 on 5:00 Loosen	5:00
	6:14 PM	3,050 Meters	

Workout #3108 - Monday, 13 December 2021
Masters - Blue Masters
1 minute rest between sets

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

Workout #3111 - Tuesday, 14 December 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:05 Kick, Desc	2:10
400	5:22 PM	8 x 50 on 1:00 Pull, Mixed Efforts *** Group Up ***	2:00
200	5:31 PM	4 x 50 on 1:05 Desc	2:10
600	5:37 PM	3 x 200 on 3:40 Desc	1:50
600	5:49 PM	3 x 200 on 3:30 Desc	1:45
200	6:01 PM	1 x 200 on 3:20 Desc	1:40
100	6:06 PM	1 x 100 on 5:00 cool down	5:00
	6:11 PM	3,100 Meters	

Workout #3114 - Wednesday, 15 December 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:40 Mix Swim and Drill	1:50
400	5:12 PM	4 x 100 on 2:10 Kick, desc	2:10
400	5:22 PM	8 x 50 on 1:00 Pull, mixed efforts ***Group Up!***	2:00
200	5:31 PM	4 x 50 on 1:05 Desc	2:10
2,400	5:37 PM	2x{4 x 100 on 1:50 Desc {2 x 200 on 3:30 Desc {1 x 400 on 6:30 Steady	1:50 1:45 1:38
100	6:20 PM	1 x 100 on 5:00 Cool Down	5:00
	6:25 PM	4,100 Meters	

Workout #3117 - Thursday, 16 December 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix Swim and Drill	1:50
400	5:12 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:23 PM	4 x 100 on 2:00 Pull, Mixed efforts	2:00
		*****Group Up!*****	
100	5:32 PM	4 x 25 on :40 fast!!!!	2:40
600	5:36 PM	6 x 100 on 1:45 Desc 1-3, 4-6	1:45
100	5:48 PM	1 x 100 on 2:00 easy	2:00
400	5:51 PM	4 x 100 on 1:40 Desc 1-4	1:40
100	5:59 PM	1 x 100 on 2:00 easy	2:00
200	6:02 PM	2 x 100 on 1:35 fast!!!!	1:35
100	6:07 PM	1 x 100 on 5:00 Cool Down	5:00
	6:12 PM	3,000 Meters	

Workout #3164 - Monday, 20 December 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Swim & Drill	1:58
400	5:13 PM	4 x 100 on 2:15 Kick, Faster in the middle	2:15
400	5:23 PM	4 x 100 on 1:55 Pull, Desc	1:55
		///// Group Up \\\	
100	5:32 PM	4 x 25 on :40 Fast	2:40
1,400	5:36 PM	2x{4 x 100 on 1:50 Desc	1:50
		{4 x 50 on 1:05 Desc	2:10
		{4 x 25 on :35 Fast	2:20
100	6:05 PM	1 x 100 on 5:00 Loosen	5:00
	6:10 PM	3,000 Meters	

Workout #3167 - Tuesday, 21 December 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Swim & Drill	1:57
400	5:13 PM	4 x 100 on 2:15 Kick, Desc	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, Neg Split	2:10
		///// Group Up \\\	
100	5:33 PM	4 x 25 on :40 Fast	2:40
200	5:37 PM	4 x 50 on 1:05 Desc	2:10
1,200	5:43 PM	8 x 150 on 2:40 Swim a fast 50 within each	1:47
100	6:06 PM	1 x 100 on 5:00 Loosen	5:00
	6:11 PM	3,000 Meters	

Workout #3170 - Wednesday, 22 December 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:55 Swim & Drill	1:58
400	5:13 PM	8 x 50 on 1:15 Kick, Neg Split	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Desc ///// Group Up \\\	1:55
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
600	5:39 PM	3 x 200 on 3:30 Desc	1:45
600	5:51 PM	1 x 600 on 10:15 Each 200 faster	1:42
600	6:03 PM	6 x 100 on 1:45 Desc 1-3/4-6	1:45
600	6:15 PM	1 x 600 on 10:15 Desc 100s 1-3/4-6	1:42
100	6:27 PM	1 x 100 on 5:00 Loosen	5:00
	6:32 PM	4,100 Meters	

Workout #3173 - Thursday, 23 December 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim & Drill	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, Evens Fast	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Odds Fast ///// Group Up \\\	2:10
100	5:34 PM	4 x 25 on :40 Fast	2:40
450	5:38 PM	6 x 75 on 1:20 Hold best pace	1:47
50	5:47 PM	1 x 50 on 1:15 Easier	2:30
450	5:50 PM	6 x 75 on 1:30 Hold best pace	2:00
50	6:00 PM	1 x 50 on 1:15 Easier	2:30
450	6:03 PM	6 x 75 on 1:40 Hold best pace	2:13
100	6:14 PM	1 x 100 on 5:00 Loosen	5:00
	6:19 PM	3,050 Meters	

Workout #3122 - Monday, 27 December 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:40 Mix Swim and Drill	1:50
400	5:12 PM	8 x 50 on 1:10 kick	2:20
400	5:23 PM	4 x 100 on 1:50 Pull, Desc 1-4 *****Group Up!*****	1:50
1,500	5:32 PM	2x{4 x 75 on 1:20 Build Each {4 x 75 on 1:15 Fast, Steady {1 x 75 on 1:50 easy {1 x 75 on 1:30 All Out!	1:47 1:40 2:27 2:00
100	6:01 PM	1 x 100 on 5:00 Cool Down	5:00
	6:06 PM	3,000 Meters	

Workout #3129 - Tuesday, 28 December 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:50 Mix drill and swim	1:57
400	5:13 PM	8 x 50 on 1:10 kick	2:20
400	5:24 PM	4 x 100 on 2:00 pull	2:00
		***** Group UP! *****	
100	5:33 PM	4 x 25 on :40 fast!!!!	2:40
1,600	5:37 PM	8 x 200 on 3:30 Desc 1-4, 5-8	1:45
100	6:06 PM	1 x 100 on 5:00 Cool Down	5:00
	6:11 PM	3,200 Meters	

Workout #3146 - Wednesday, 29 December 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 mix swim and drill	1:50
400	5:12 PM	4 x 100 on 2:10 kick	2:10
400	5:22 PM	8 x 50 on 1:00 pull	2:00
		*****GROUP UP*****	
100	5:31 PM	4 x 25 on :40 fast	2:40
2,400	5:35 PM	2x{4 x 100 on 1:40 Decs 1-4	1:40
		{2 x 200 on 3:30 Build Each	1:45
		{1 x 400 on 6:40	1:40
100	6:17 PM	1 x 100 on 5:00 Cool Down	5:00
	6:22 PM	4,000 Meters	

Workout #3149 - Thursday, 30 December 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix Swim and Drill	1:50
400	5:12 PM	4 x 100 on 2:10 kick	2:10
400	5:22 PM	8 x 50 on 1:10 pull	2:20
		*****group up!*****	
100	5:33 PM	4 x 25 on :40 fast!!!!	2:40
300	5:37 PM	6 x 50 on :55 Desc 1-2, 3-4, 5-6	1:50
800	5:44 PM	8 x 100 on 1:40 Build Each	1:40
300	5:59 PM	6 x 50 on :55 Desc 1-2, 3-4, 5-6	1:50
100	6:06 PM	4 x 25 on :40 fast!!!!	2:40
100	6:10 PM	1 x 100 on 5:00 cool down	5:00
	6:15 PM	3,100 Meters	