

Workout #51 - Monday, 02 January 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 8:00 Mix swim & Drill	2:00
400	1 x 400 on 8:00 Pull, mix speeds	2:00
400	4 x 100 on 2:45 Kick, mix in a fast 25 on each	2:45
	***** Group Up *****	
100	4 x 25 on 1:00 Speedy!	4:00
400	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	1 x 200 on 4:00 Get Ready	2:00
600	6 x 100 on 3:00 Test Yourself!!	3:00
500	1 x 500 on 10:00 Cool down	2:00
	6:19 PM 3,000 Meters	

Workout #52 - Tuesday, 03 January 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Mix swim & Drill	1:50
600	2 x 300 on 5:15 Pull Desc 1-2	1:45
300	1 x 300 on 8:00 Kick, mix up speeds	2:40
	%%%%% Group Up %%%%%	
100	4 x 25 on :45 Speederific	3:00
100	2 x 50 on 1:10 Desc 1-2	2:20
600	3 x 200 on 3:40 Desc 1-3	1:50
100	2 x 50 on 1:10 Desc 1-2	2:20
400	2 x 200 on 3:30 Desc 1-2	1:45
100	2 x 50 on 1:10 Desc 1-2	2:20
200	1 x 200 on 6:00 GO!!!!!!!	3:00
100	1 x 100 on 5:00 Loosen	5:00
	6:21 PM 3,200 Meters	

Workout #53 - Wednesday, 04 January 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Mix swim & drill	1:50
400	1 x 400 on 10:00 Kick as desired	2:30
400	2 x 200 on 3:40 Pull, Neg. Split	1:50
	===== Group Up =====	
100	4 x 25 on :45 Wake up!	3:00
300	6 x 50 on :55 Desc 1-3 / 4-6	1:50
600	1 x 600 on 10:00 Neg Split	1:40
200	4 x 50 on :55 Desc 1-2 / 3-4	1:50
600	1 x 600 on 10:15 Neg Split each 200m	1:42
100	2 x 50 on :55 Desc 1-2	1:50
600	1 x 600 on 10:30 Neg Split each 100	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:31 PM 4,000 Meters	

Workout #54 - Thursday, 05 January 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 7:30 Swim Choice	1:52
500	10 x 50 on 1:20 Kick, get some speed going	2:40
400	1 x 400 on 7:30 Pull Choice	1:52
	***** Group Up *****	
100	4 x 25 on :45 Make Haste!!	3:00
100	2 x 50 on 1:20 F A S T	2:40
300	6 x 50 on 1:00 Strong & Steady	2:00
100	2 x 50 on 1:20 F A S T	2:40
500	2 x 250 on 4:30 Strong & Steady	1:48
100	2 x 50 on 1:20 F A S T	2:40
300	6 x 50 on 1:00 Strong & Steady	2:00
100	2 x 50 on 1:20 F A S T	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:22 PM 3,000 Meters	

Workout #59 - Monday, 09 January 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 6:00 Swim- Mix Speeds	2:00
400	1 x 400 on 8:00 Pull- Negative Split	2:00
400	2 x 200 on 4:00 Kick- Hold Steady	2:00
	(+) (+) (+) (+) (+) GROUP UP (+) (+) (+) (+) (+)	
100	4 x 25 on :45 Get Ready for Fast Swims!!	3:00
1,500	3x{1 x 100 on 2:00 Steady	2:00
	{8 x 25 on :35 Best Average	2:20
	{1 x 100 on 2:00 Steady	2:00
	{4 x 25 on :45 FAST FAST FAST	3:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:16 PM 3,100 Meters	

Workout #68 - Monday, 16 January 2012
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
400	1 x 400 on 8:00 Steady Warm Up Swim	2:00
400	8 x 50 on 1:05 Pull, -1 DPS on 2nd 25	2:10
400	16 x 25 on :35 Kick - Every 4th 25 FAST	2:20
	##### Group Up #####	
100	4 x 25 on :45 Fast Swimming!	3:00
600	6 x 100 on 1:55 Desc. 1-4	1:55
300	6 x 50 on 1:00 SPRINT!!!!	2:00
	1 on :30 Extra Rest	
400	4 x 100 on 1:55 Steady Swims	1:55
200	4 x 50 on 1:00 SPRINT!!!!	2:00
	1 on :30 Extra Rest	
200	2 x 100 on 1:55 Strong Swims	1:55
100	2 x 50 on 1:00 ALL OUT!!!!!!!!!!	2:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:21 PM 3,200 Meters	

Workout #69 - Tuesday, 17 January 2012
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
400	2 x 200 on 3:30 Swim - Desc. 1-3	1:45
600	2 x 300 on 5:45 Pull - Neg Split	1:55
400	1 x 400 on 8:00 Kick - Mix Speeds and Strokes	2:00
	\$\$\$\$\$\$\$\$ Group Up \$\$\$\$\$\$\$\$\$\$	
100	4 x 25 on :45 SPRINT! SPRINT! SPRINT!	3:00
1,800	2x{2 x 100 on 1:55 Moderate Swims	1:55
	{1 x 150 on 3:00 Neg. Split	2:00
	{4 x 100 on 1:50 2 Steady, 2 Faster	1:50
	{1 x 150 on 3:00 Moderate Pace	2:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:15 PM 3,400 Meters	

Workout #70 - Wednesday, 18 January 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:15 Warm Up Swim	1:45
400	1 x 400 on 7:25 Pull - Think about your reach	1:51
400	2 x 200 on 4:00 Kick - Desc. 1-2	2:00
	^^^^^^^^^^^^^^^^ Group Up ^^^^^^^^^^^^^^^^^	
200	4 x 50 on 1:05 Desc. 1-4	2:10
2,600	1x{1 x 500 on 8:25 Steady Swim	1:41
	{2 x 100 on 1:45 Make the Interval	1:45
	{1 x 500 on 8:20 Negative Split	1:40
	{2 x 100 on 1:45 Make the Interval	1:45
	{1 x 500 on 8:15 Last 200 Faster	1:39
	{2 x 100 on 1:45 Strong Swims	1:45
	{1 x 500 on 8:10 Pick Up the Speed!	1:38
100	1 x 100 on 3:00 Cool Down!	3:00

6:24 PM 4,300 Meters

Workout #71 - Thursday, 19 January 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:15 Steady Warm Up Swim	1:51
400	4 x 100 on 1:55 Pull - Desc. 1-4	1:55
450	6 x 75 on 1:30 Kick - Desc. by 25s	2:00
	:):):):):):):):):): Group Up (:(:(:(:(:(:(:(:(:(:	
100	4 x 25 on :45 MAX SPEED!!!!	3:00
1,800	2x{2 x 150 on 2:35 Negative Split	1:43
	{1 x 150 on 3:00 Steady Swimming	2:00
	{2 x 150 on 2:30 Stronger Swims!!	1:40
	{1 x 150 on 3:00 Steady Swimming	2:00
100	1 x 100 on 5:00 Cool Down	5:00

6:13 PM 3,350 Meters

Workout #75 - Monday, 23 January 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
400	4 x 100 on 1:50 mix drill and swim	1:50
400	8 x 50 on 1:20 Kick mix speeds	2:40
400	1 x 400 on 7:30 Pull, count strokes	1:52
	+++++ Group Up +++++	
100	4 x 25 on :45 TSAF <> FAST	3:00
	1 on :30 Extra rest before we start	
1,650	3x{6 x 75 on 2:00 Very, very fast - these hurt	2:40
	{1 x 100 on 3:00 easy	3:00
100	1 x 100 on 5:00 Loosen	5:00

6:25 PM 3,050 Meters

Workout #76 - Tuesday, 24 January 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:30 Swim as desired	1:52
400	4 x 100 on 2:30 Kick, last 25 always faster	2:30
400	8 x 50 on 1:05 Pull, Neg Split	2:10
	----- Group Up -----	
200	4 x 50 on 1:10 Desc 1-4	2:20
1,550	1x{1 x 150 on 2:40 Steady	1:47
	{2 x 150 on 2:30 Steady	1:40
	{3 x 150 on 2:20 Steady	1:33
	{2 x 50 on 1:00 Not fast, not slow	2:00
	{2 x 150 on 2:25 Steady	1:37
	{2 x 50 on 1:00 Not slow, not fast	2:00
	{1 x 150 on 6:00 Best Effort	4:00
100	1 x 100 on 5:00 Loosen	5:00

6:12 PM 3,050 Meters

Workout #77 - Wednesday, 25 January 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:00 Swim, mix speeds	1:48
450	6 x 75 on 2:00 Kick, 1st & last 25s Faster	2:40
400	1 x 400 on 7:00 Pull as desired	1:45
	##### Group Up #####	
200	4 x 50 on 1:10 Find your paces	2:20
2,400	2x{2 x 400 on 6:30 Desc 1-2+last 100 of each faster	1:38
	{8 x 50 on 1:05 Alt one EZ, one Fast	2:10
100	1 x 100 on 5:00 Loosen	5:00

6:27 PM 4,050 Meters

Workout #78 - Thursday, 26 January 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:30 Mix drill & Swim	1:50
400	4 x 100 on 1:50 Pull, Neg Split	1:50
400	4 x 100 on 2:30 Kick, middle 50 faster	2:30
	- - - - - Group Up - - - - -	
100	4 x 25 on :45 Best Effort	3:00
400	2 x 200 on 3:45 Steady, relaxed	1:52
400	2 x 200 on 3:30 Steady, less relaxed	1:45
400	2 x 200 on 3:15 Steady	1:38
200	1 x 200 on 5:00 GO!! The opposite of relaxed...	2:30
100	1 x 100 on 5:00 Loosen	5:00

6:12 PM 3,000 Meters

Workout #88 - Monday, 30 January 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 8:00 Mix swim & Drill	2:00
400	1 x 400 on 8:00 Pull, mix speeds	2:00
400	4 x 100 on 2:45 Kick, mix in a fast 25 on each	2:45
	***** Group Up *****	
100	4 x 25 on 1:00 Speedy!	4:00
400	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	1 x 200 on 4:00 Get Ready	2:00
600	6 x 100 on 3:00 Test Yourself!!	3:00
500	1 x 500 on 10:00 Cool down	2:00
	6:19 PM 3,000 Meters	

Workout #89 - Tuesday, 31 January 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:50 Mix swim & drill	1:55
450	6 x 75 on 1:45 Kick, 1st 25 fast	2:20
400	4 x 100 on 2:30 Pull, mix speeds	2:30
	***** Group Up *****	
100	4 x 25 on :45 Best Effort	3:00
1,575	3x{1 x 25 on 1:00 Easy half-way and back	4:00
	{2 x 200 on 3:30 Steady	1:45
	{2 x 50 on 1:10 Faster	2:20
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,025 Meters	

Workout #90 - Wednesday, 01 February 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
	HAPPY GROUNDHOG DAY	
600	6 x 100 on 1:45 Desc 1-4	1:45
400	8 x 50 on 1:10 Kick mix speeds	2:20
400	1 x 400 on 7:45 Pull Neg Split	1:56
	----- Group Up -----	
200	4 x 50 on 1:10 Desc 1-4	2:20
2,400	2x{1 x 600 on 10:00 Neg Split	1:40
	{2 x 200 on 3:25 Neg Split	1:42
	{2 x 100 on 1:45 Neg Split	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:25 PM 4,100 Meters	

Workout #91 - Thursday, 02 February 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
450	6 x 75 on 1:25 Mix swim & drill	1:53
200	8 x 25 on :45 Kick - fast	3:00
500	2 x 250 on 4:00 Pull as desired	1:36
200	2 x 100 on 2:45 Easy kick	2:45
	===== Group Up =====	
100	4 x 25 on :45 Best Effort	3:00
200	4 x 50 on 1:10 Desc 1-4	2:20
1,000	4 x 250 on 4:15 last 50 faster	1:42
300	4 x 75 on 1:40 All Fast	2:13
100	1 x 100 on 5:00 Loosen	5:00
	6:14 PM 3,050 Meters	

Workout #97 - Monday, 06 February 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Warm Up Swim	1:50
400	1 x 400 on 7:45 Pull, Desc by 100s	1:56
400	2 x 200 on 4:00 Kick, mix speeds	2:00
	----- Group Up -----	
100	4 x 25 on :45 Max Speed!!!!	3:00
1,500	4x{6 x 25 on :45 Best Possible Speed	3:00
	{2 x 100 on 1:50 Fast	1:50
	{1 x 25 on :55 Easy - 1/2 down, 1/2 back	3:40
100	1 x 100 on 3:00 Fast!!!!	3:00
100	1 x 100 on 5:00 Loosen	5:00
	6:21 PM 3,200 Meters	

Workout #96 - Tuesday, 07 February 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:15 Swim - Long and Steady	1:51
400	4 x 100 on 1:55 Pull - Desc 1-4	1:55
450	6 x 75 on 1:30 Kick - Last 25 Fast	2:00
	%%%%%%%%%% Group Up %%%%%%%%%%	
100	4 x 25 on :45 FAST	3:00
1,800	2x{1 x 50 on 1:30 Loosen	3:00
	{6 x 75 on 1:30 Desc. 1-3, 4-6	2:00
	{4 x 100 on 1:45 Strong	1:45
100	1 x 100 on 5:00 Cool Down	5:00
	6:15 PM 3,350 Meters	

Workout #95 - Wednesday, 08 February 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:45 Swim - 200 FR, 200 IM	1:52
600	2 x 300 on 5:50 Pull - Think DPS	1:57
400	4 x 100 on 2:00 Kick - Mix Strokes	2:00
	----- Group Up -----	
300	6 x 50 on 1:10 Desc 1-3, 4-6	2:20
2,400	1x{2 x 400 on 6:45 Steady	1:41
	{2 x 200 on 3:30 Neg. Split	1:45
	{2 x 400 on 6:30 Stronger	1:38
	{4 x 100 on 1:45 Desc. 1-4	1:45
100	1 x 100 on 5:00 Cool Down	5:00
6:26 PM 4,200 Meters		

Workout #94 - Thursday, 09 February 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 7:15 Swim - Neg. Split	1:49
400	8 x 50 on 1:05 Pull - 1 less stroke on 2nd 25	2:10
400	16 x 25 on :35 Kick - Fast every 4th 25	2:20
	@@@@@@@@ Group Up @@@@@@@@@@	
100	4 x 25 on :45 SPRINT!	3:00
300	6 x 50 on 1:10 Mix your speeds	2:20
1,500	1x{5 x 100 on 1:50 Desc. 1-5	1:50
	{4 x 100 on 1:45 Steady	1:45
	{3 x 100 on 1:42 Strong	1:42
	{2 x 100 on 1:38 Pick it up!	1:38
	{1 x 100 on 3:00 ALL YOU'VE GOT	3:00
100	1 x 100 on 3:00 Cool Down	3:00
6:14 PM 3,200 Meters		

Workout #102 - Monday, 13 February 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
1,400	2x{1 x 300 on 5:00 Mix drill and swim	1:40
	{4 x 50 on 1:30 kick, alt mod/fast	3:00
	{1 x 200 on 3:30 Pull, Negative Split	1:45
	----- Time for the fun to begin -----	
100	4 x 25 on :45 F A S T	3:00
1,500	1x{1 on 1:00 rest	
	{6 x 50 on 1:12 free	2:24
	{1 on 1:00 rest	
	{6 x 50 on 1:05 free	2:10
	{1 on 1:00 rest	
	{6 x 50 on :59 free	1:58
	{1 on 1:00 rest	
	{6 x 50 on :54 free	1:48
	{1 on 1:00 rest	
	{6 x 50 on :50 free	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:15 PM 3,100 Meters		

Workout #103 - Tuesday, 14 February 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 Swim as desired	1:48
400	4 x 100 on 2:30 Kick, moderate to fast efforts	2:30
400	4 x 100 on 2:00 Pull, Desc 1-4	2:00
)))) Go Time (((((
100	4 x 25 on :45 Wake up and move it	3:00
300	6 x 50 on 1:10 Desc 1-3, 4-6	2:20
1,200	1x{3 x 100 on 2:00 Steady	2:00
	{1 x 100 on 1:45 Fast Pace	1:45
	{2 x 100 on 2:00 Steady	2:00
	{2 x 100 on 1:45 Fast Pace	1:45
	{1 x 100 on 2:00 Steady	2:00
	{3 x 100 on 1:45 Fast Pace	1:45
100	1 x 100 on 5:00 Loosen	5:00
6:11 PM 3,000 Meters		

Workout #104 - Wednesday, 15 February 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:40 Swim as desired	1:40
400	2 x 200 on 3:40 Pull Negative Split	1:50
400	1 x 400 on 9:30 Kick as desired	2:22
	+++++ Get down to business +++++	
200	4 x 50 on 1:10 Find your speeds	2:20
2,500	1x{1 x 100 on 1:55 Neg Split	1:55
	{1 x 200 on 3:40 Steady	1:50
	{1 x 300 on 5:15 Neg Split	1:45
	{1 x 400 on 7:00 Steady	1:45
	{1 x 500 on 8:45 Neg Split	1:45
	{1 x 400 on 7:00 Steady	1:45
	{1 x 300 on 5:15 Neg Split	1:45
	{1 x 200 on 4:00 Steady	2:00
	{1 x 100 on 3:00 All you have left	3:00
100	1 x 100 on 5:00 Loosen	5:00
6:29 PM 4,200 Meters		

Workout #105 - Thursday, 16 February 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	8 x 50 on 1:25 Kick, mix speeds	2:50
400	8 x 50 on 1:00 Swim, Mix it up	2:00
400	8 x 50 on 1:05 Pull, Desc 1-4, 5-8	2:10
	***** Group Up *****	
100	4 x 25 on :45 SPEEDY	3:00
1,800	4x{2 x 150 on 2:30 Desc 1-2	1:40
	{2 x 50 on 1:15 Desc 1-2; #2 is Very Fast	2:30
	{1 x 50 on 1:30 Loosen	3:00
6:12 PM 3,100 Meters		

Workout #110 - Monday, 20 February 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
Tuesday AM Only - Monday is a holiday		
500	1 x 500 on 8:30 Swim & Drill	1:42
400	1 x 400 on 8:00 Pull, odd 50's Faster	2:00
400	4 x 100 on 2:30 Kick Negative Split	2:30
	==== Group Up =====	
200	4 x 50 on 1:10 Each one faster	2:20
1,400	4x{1 x 200 on 3:30 Steady	1:45
	{2 x 75 on 2:00 Strong Efforts - GO TIME	2:40
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,000 Meters		

Workout #111 - Tuesday, 21 February 2012
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
400	4 x 100 on 1:45 1st 25 = drill	1:45
400	8 x 50 on 1:25 Kick, some fast, some east	2:50
400	2 x 200 on 3:30 Pull, negative split	1:45
##### Group Up #####		
100	4 x 25 on :45 Best Effort	3:00
100	4 x 25 on :45 Loosen	3:00
600	4 x 150 on 3:00 Desc 1-4	2:00
25	1 x 25 on :45 Loosen	3:00
450	3 x 150 on 2:50 Desc 1-3	1:53
25	1 x 25 on :45 Loosen	3:00
300	2 x 150 on 2:40 Desc 1-2	1:47
25	1 x 25 on :45 Loosen	3:00
150	1 x 150 on 2:30 GO TIME	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:22 PM 3,075 Meters		

Workout #112 - Wednesday, 22 February 2012
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	2 x 300 on 5:15 Mix in some drills	1:45
300	12 x 25 on :53 Kick, 2 fast, 1 easy	3:32
500	1 x 500 on 8:30 Pull as desired	1:42
+++++ Group Up +++++		
300	6 x 50 on 1:05 Desc 1-3, 4-6	2:10
2,200	4x{1 x 400 on 6:30 Faster last 100	1:38
	{3 x 50 on 1:20 Very, very fast	2:40
100	1 x 100 on 5:00 Loosen	5:00
6:30 PM 4,000 Meters		

Workout #113 - Thursday, 23 February 2012
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
450	6 x 75 on 1:30 Desc 1-3, 4-6	2:00
400	1 x 400 on 10:00 Kick as desired	2:30
400	4 x 100 on 1:50 Pull, Desc 1-4	1:50
<<<<< Group Up >>>>>		
100	4 x 25 on :45 Best Effort	3:00
200	2 x 100 on 1:45 Steady	1:45
400	2 x 200 on 3:30 Steady	1:45
200	2 x 100 on 1:40 Steady	1:40
400	2 x 200 on 3:20 Steady	1:40
200	2 x 100 on 1:50 Steady	1:50
200	1 x 200 on 6:00 The best you can do	3:00
100	1 x 100 on 5:00 Loosen	5:00
6:17 PM 3,050 Meters		

Workout #118 - Monday, 27 February 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 8:00 Mix swim & Drill	2:00
400	1 x 400 on 8:00 Pull, mix speeds	2:00
400	4 x 100 on 2:45 Kick, mix in a fast 25 on each	2:45
	***** Group Up *****	
100	4 x 25 on 1:00 Speedy!	4:00
400	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	1 x 200 on 4:00 Get Ready	2:00
600	6 x 100 on 3:00 Test Yourself!!	3:00
500	1 x 500 on 10:00 Cool down	2:00
	6:19 PM 3,000 Meters	

Workout #119 - Tuesday, 28 February 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:45 Mix swim & Drill	1:45
400	1 x 400 on 11:00 Kick as desired	2:45
400	4 x 100 on 1:50 Pull, Desc 1-4	1:50
	///// Group Up \\\\)	
100	4 x 25 on :45 Best Effort	3:00
1,400	2x{2 x 50 on 1:10 #1 Easy, #2 Mod	2:20
	{2 x 100 on 1:50 Desc 1-2	1:50
	{2 x 200 on 3:20 Smooth & Steady	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:09 PM 3,000 Meters	

Workout #120 - Wednesday, 29 February 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	2 x 250 on 4:30 Drill/Swim Mix	1:48
450	6 x 75 on 2:00 Kick, mix speeds	2:40
400	1 x 400 on 7:00 Pull as desired	1:45
	##### Group Up #####	
200	4 x 50 on 1:10 Desc 1-4	2:20
2,400	1x{4 x 100 on 1:45 Steady	1:45
	{1 x 600 on 10:00 Negative Split	1:40
	{4 x 100 on 1:45 Steady	1:45
	{1 x 400 on 6:30 Negative Split	1:38
	{4 x 100 on 1:45 Steady	1:45
	{1 x 200 on 6:00 Fast!!!!	3:00
100	1 x 100 on 5:00 Loosen	5:00
	6:27 PM 4,050 Meters	

Workout #121 - Thursday, 01 March 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
450	6 x 75 on 1:25 Mix drill and swim	1:53
400	4 x 100 on 1:45 Pull, Negative Split	1:45
400	2 x 200 on 5:15 Kick, mix speeds	2:38
	+++++ Group Up +++++	
100	4 x 25 on :45 Best Effort	3:00
500	2 x 250 on 4:15 Last 50 of each faster	1:42
500	2 x 250 on 4:30 Last 100 of each faster	1:48
500	2 x 250 on 4:45 Last 150 of each faster	1:54
250	1 x 250 on 5:00 All of it fast	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:16 PM 3,200 Meters	

Workout #128 - Monday, 05 March 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
500	4 x 125 on 2:15 1st 25 always drill	1:48
400	8 x 50 on 1:20 Kick, mix speeds	2:40
450	6 x 75 on 1:25 Pull, last 25 always faster	1:53
	///// Group Up \\\生\	
200	4 x 50 on 1:05 Desc 1-4	2:10
50	2 x 25 on :50 Fast Swimming	3:20
1,300	4x{2 x 100 on 1:50 Steady, not hard, not easy	1:50
	{1 x 25 on :45 Fast	3:00
	{1 x 25 on :40 Fast	2:40
	{1 x 25 on :35 Fast	2:20
	{1 x 25 on :30 Fast	2:00
	{1 x 25 on :50 Fastest Effort	3:20
100	1 x 100 on 5:00 Loosen	5:00
	6:15 PM 3,000 Meters	

Workout #127 - Tuesday, 06 March 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 8:30 Mix swim and drill	1:42
400	4 x 100 on 2:30 Kick mix speeds	2:30
500	1 x 500 on 8:30 Pull as desired	1:42
	----- Group Up -----	
100	4 x 25 on :45 FAST	3:00
300	6 x 50 on 1:15 Desc 1-3,4-6 #6 best effort	2:30
1,100	2x{1 x 100 on 2:15 Loosen	2:15
	{6 x 75 on 2:00 Best speed you can hold	2:40
100	1 x 100 on 5:00 Cool-down	5:00
	6:19 PM 3,000 Meters	

Workout #130 - Wednesday, 07 March 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
500	2 x 250 on 4:30 Choice	1:48
500	1 x 500 on 8:30 Pull Choice	1:42
400	2 x 200 on 5:00 Kick, negative split	2:30
	==== Group Up =====	
200	4 x 50 on 1:05 Desc 1-4	2:10
	1 on :30 Extra Rest	
2,400	2x{2 x 400 on 6:40 Desc 1-2 + negative split	1:40
	{4 x 100 on 1:45 Desc 1-4, #4 is quick!	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:24 PM 4,100 Meters	

Workout #131 - Thursday, 08 March 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	12 x 50 on :55 Mix it up	1:50
400	1 x 400 on 10:00 Kick as desired	2:30
400	2 x 200 on 3:45 Pull Negative Split	1:52
	##### Group Up #####	
100	4 x 25 on :45 Best Effort	3:00
200	4 x 50 on 1:10 2 mod, 2 fast, 2 fastest	2:20
1,200	1x{3 x 100 on 1:55 Steady	1:55
	{1 x 100 on 1:40 Fast Pace	1:40
	{2 x 100 on 1:55 Steady	1:55
	{2 x 100 on 1:40 Fast Pace	1:40
	{1 x 100 on 1:55 Steady	1:55
	{3 x 100 on 1:40 Fast Pace	1:40
100	1 x 100 on 5:00 loosen	5:00
	6:10 PM 3,000 Meters	

Workout #135 - Monday, 12 March 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:00 As you like it	1:48
400	4 x 100 on 1:50 Pull, middle faster effort	1:50
400	8 x 50 on 1:20 Kick, Desc 1-4	2:40
	<><><> Group Up <><><>	
100	4 x 25 on :45 Best Effort	3:00
1,500	3x{4 x 50 on 1:00 Steady	2:00
	{3 x 50 on :55 Steady	1:50
	{2 x 50 on :50 Steady	1:40
	{1 x 50 on 2:00 FAST!!	4:00
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,000 Meters	

Workout #136 - Tuesday, 13 March 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:40 Steady	1:50
400	2 x 200 on 3:50 Pull, Desc 1-2	1:55
400	2 x 200 on 5:15 Kick, mix speeds	2:38
	><><><>< Group Up ><><><><	
200	4 x 50 on 1:10 Desc 1-4	2:20
	1 on :45 Rest	
1,400	1x{2 x 100 on 1:35 Steady	1:35
	{2 x 100 on 1:40 Steady	1:40
	{2 x 100 on 1:45 Steady	1:45
	{2 x 100 on 1:50 Steady	1:50
	{2 x 100 on 1:45 Steady	1:45
	{2 x 100 on 1:40 Steady	1:40
	{2 x 100 on 1:35 Steady	1:35
100	1 x 100 on 5:00 Loosen	5:00
6:09 PM 3,100 Meters		

Workout #137 - Wednesday, 14 March 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Desc 1-6	1:50
400	2 x 200 on 4:50 Kick Neg Split	2:25
400	8 x 50 on 1:00 Pull Mix Speeds	2:00
	+++++ Group Up +++++	
200	4 x 50 on 1:15 Desc 1-4	2:30
2,400	1x{1 x 500 on 8:15 Steady	1:39
	{2 x 300 on 5:15 Desc 1-2	1:45
	{2 x 100 on 2:00 #1 Easy, #2 Fast	2:00
	{2 x 300 on 5:30 Desc 1-2	1:50
	{1 x 500 on 10:00 FAST	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:28 PM 4,100 Meters		

Workout #138 - Thursday, 15 March 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	8 x 50 on 1:00 Mix swim & drill	2:00
400	1 x 400 on 10:00 Kick as desired	2:30
450	6 x 75 on 1:25 Pull, last 25 faster effort	1:53
	##### Group Up #####	
100	4 x 25 on :45 Best Effort	3:00
1,800	2x{4 x 150 on 2:30 Desc 1-4	1:40
	{2 x 100 on 1:45 Fast Pace	1:45
	{2 x 50 on 1:30 #1 Easy, #2 Best Effort	3:00
100	1 x 100 on 5:00 Loosen	5:00
6:13 PM 3,250 Meters		

Workout #139 - Monday, 19 March 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
450	6 x 75 on 1:25 Mix swim and drill	1:53
400	4 x 100 on 2:25 Kick last 25 faster	2:25
400	2 x 200 on 3:45 Pull Negative Split	1:52
	@@@@ Group Up @@@@	
100	4 x 25 on :45 Best Effort	3:00
450	6 x 75 on 1:20 FAST	1:47
50	1 x 50 on 1:30 Loosen	3:00
450	6 x 75 on 1:30 FASTER	2:00
50	1 x 50 on 1:30 Loosen	3:00
450	6 x 75 on 1:40 FASTEST	2:13
50	1 x 50 on 1:30 Loosen	3:00
100	1 x 100 on 3:30 FAST SQUARED!!	3:30
100	1 x 100 on 5:00 Loosen	5:00
	6:23 PM 3,050 Meters	

Workout #140 - Tuesday, 20 March 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:40 Mix swim and drill	1:50
400	8 x 50 on 1:25 Kick, alt mod and fast	2:50
400	1 x 400 on 7:00 Pull as desired	1:45
	+++++ Group Up +++++	
100	4 x 25 on :45 Best Effort	3:00
100	2 x 50 on 1:15 Moderate	2:30
900	6 x 150 on 2:30 Last 50 faster effort	1:40
100	2 x 50 on 1:15 Desc 1-2	2:30
600	6 x 100 on 1:40 Last 50 faster effort	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:14 PM 3,100 Meters	

Workout #141 - Wednesday, 21 March 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:45 Mix drill & swim	1:45
400	1 x 400 on 10:00 Kick as desired	2:30
400	2 x 200 on 3:30 Pull mix efforts @ 50	1:45
	<><><> Group Up <><><>	
200	4 x 50 on 1:05 Desc 1-4	2:10
2,600	4x{1 x 400 on 6:30 Negative Split	1:38
	{2 x 100 on 1:50 #1 Moderate, #2 Faster	1:50
	{1 x 50 on 1:30 Loosen	3:00
	6:24 PM 4,200 Meters	

Workout #142 - Thursday, 22 March 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 8:00 Swim as desired	2:00
400	2 x 200 on 5:00 Kick, mix speeds	2:30
450	6 x 75 on 1:20 Pull, last 25 faster	1:47
	///// Group Up \\\	
100	4 x 25 on :45 Best Effort	3:00
	1 on :30 Extra Rest	
1,800	1x{3 x 200 on 3:30 Steady	1:45
	{1 x 200 on 3:15 Fast Pace	1:38
	{2 x 200 on 3:30 Steady	1:45
	{1 x 200 on 3:15 Fast Pace	1:38
	{1 x 200 on 3:30 Steady	1:45
	{1 x 200 on 4:00 Fast Pace	2:00

6:05 PM 3,150 Meters

Workout #660 - Monday, 26 March 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 8:00 Mix swim & drill	2:00
400	1 x 400 on 8:00 Pull, mix speeds	2:00
400	4 x 100 on 2:45 Kick, mix in a fast 25 on each	2:45
	***** Group Up *****	
100	4 x 25 on 1:00 Speedy!	4:00
400	8 x 50 on 1:05 Desc. 1-4, 5-8	2:10
200	1 x 200 on 4:00 Get Ready!	2:00
600	6 x 100 on 3:00 Test Yourself!!!!	3:00
500	1 x 500 on 10:00 Cool Down	2:00

6:19 PM 3,000 Meters

Workout #659 - Tuesday, 27 March 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 8:00 Warm Up Swim	2:00
400	8 x 50 on 1:05 Pull - One less stroke on 2nd 25	2:10
400	16 x 25 on :35 Kick - Every 4th 25 Fast	2:20
	^^^^^^^^^^^^ Group Up ^^^^^^^^^^^^^	
100	4 x 25 on :45 Fast Fast Fast	3:00
1,800	3x{1 x 200 on 3:45 Desc. 1-2	1:52
	{1 x 100 on 1:55 Strong Swims	1:55
	{1 x 200 on 3:45 Neg. Split	1:52
	{1 x 100 on 1:55 Fast	1:55
	{1 on :30 Extra Rest	
100	1 x 100 on 5:00 Cool Down	5:00

6:16 PM 3,200 Meters

Workout #658 - Wednesday, 28 March 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 Swim - Mix Strokes	1:48
400	4 x 100 on 1:55 Pull - Mix speeds	1:55
450	6 x 75 on 1:45 Kick - 3rd 25 Fast	2:20
	##### Group Up #####	
400	8 x 50 on 1:05 Desc. 1-4, 5-8	2:10
300	3 x 100 on 1:40 Steady Swim	1:40
600	2 x 300 on 4:50 Neg. Split	1:37
600	1 x 600 on 9:30 Strong Swim	1:35
600	2 x 300 on 5:00 Desc. by 100s	1:40
300	3 x 100 on 1:45 Fast Swims	1:45
100	1 x 100 on 3:00 Cool Down	3:00
	6:30 PM 4,250 Meters	

Workout #145 - Monday, 02 April 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 8:30 Mix swim & drill	1:42
400	8 x 50 on 1:15 Kick, mix speeds	2:30
400	2 x 200 on 3:45 Pull, Desc 1-2	1:52
	***** group Up *****	
100	4 x 25 on :45 Best Effort	3:00
1,400	2x{1 x 100 on 3:00 Loosen	3:00
	{4 x 25 on :25 Best Effort	1:40
	{4 x 25 on :30 Best Effort	2:00
	{4 x 25 on :35 Best Effort	2:20
	{4 x 25 on :40 Best Effort	2:40
	{4 x 50 on 1:15 Desc 1-4	2:30
50	1 x 50 on 1:30 Loosen	3:00
50	1 x 50 on 2:00 Best Effort	4:00
100	1 x 100 on 5:00 Loosen	5:00
	6:20 PM 3,000 Meters	

Workout #144 - Tuesday, 03 April 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:45 Include some drills	1:45
400	1 x 400 on 10:00 Kick mix efforts	2:30
450	6 x 75 on 1:20 Pull, desc 1-3, 4-6	1:47
	----- Group Up -----	
200	4 x 50 on 1:10 Desc 1-4	2:20
1,600	2x{4 x 75 on 1:15 Steady	1:40
	{3 x 75 on 1:25 Steady	1:53
	{2 x 75 on 1:35 Steady	2:07
	{1 x 75 on 1:45 Best Effort	2:20
	{1 x 50 on 1:30 Loosen	3:00
	6:10 PM 3,250 Meters	

Workout #146 - Wednesday, 04 April 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
450	6 x 75 on 1:25 Mix swim and drill	1:53
400	8 x 50 on 1:00 Pull desc 1-4, 5-8	2:00
400	4 x 100 on 2:40 Kick, last 25 fast	2:40
	+++++ Group Up +++++	
200	4 x 50 on 1:00 Steady	2:00
2,800	2x{1 on :30 Extra rest	
	{2 x 400 on 6:20 Desc 1-2	1:35
	{2 x 200 on 3:20 Desc 1-2	1:40
	{2 x 100 on 1:45 Desc 1-2	1:45
100	1 x 100 on 5:00 Loosen	5:00
6:29 PM 4,350 Meters		

Workout #143 - Thursday, 05 April 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:50 Mix swim & drill	1:55
400	1 x 400 on 7:45 Pull mix efforts	1:56
450	6 x 75 on 1:55 Kick, middle 25 faster	2:33
	@@@@@ Group Up @@@@@	
300	6 x 50 on 1:10 Desc 1-3, 4-6	2:20
400	4 x 100 on 1:50 Steady	1:50
400	4 x 100 on 1:40 Steady	1:40
200	2 x 100 on 1:55 Steady	1:55
200	2 x 100 on 1:35 Steady	1:35
100	1 x 100 on 2:00 Steady	2:00
100	1 x 100 on 1:30 Steady	1:30
100	1 x 100 on 5:00 Loosen	5:00
6:17 PM 3,050 Meters		

Workout #147 - Monday, 16 April 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 include some drill work	1:50
400	2 x 200 on 3:50 Pull, Desc 1-2	1:55
400	1 x 400 on 10:00 Kick as desired	2:30
	***** Group Up *****	
100	4 x 25 on :50 fast!!	3:20
1,400	4x{1 x 50 on 1:30 Loosen	3:00
	{2 x 75 on 1:40 last 25 of each faster	2:13
	{2 x 75 on 1:25 Both fast	1:53
100	1 x 100 on 5:00 Loosen	5:00
6:14 PM 3,000 Meters		

Workout #148 - Tuesday, 17 April 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:00 Mix swim and drill	1:45
400	8 x 50 on 1:00 Pull, desc 1-4, 5-8	2:00
450	6 x 75 on 2:00 kick, last 25 faster	2:40
	+++++ group Up +++++	
100	4 x 25 on :50 Fast!	3:20
1,600	2x{1 x 50 on 1:30 Loosen	3:00
	{4 x 150 on 2:30 Rd#1 Desc 1-4, Rd#2 last 50 fast	1:40
	{3 x 50 on 1:15 #1 moderate, #2 & #3 FAST!	2:30
100	1 x 100 on 5:00 Loosen	5:00

6:12 PM 3,050 Meters

Workout #149 - Wednesday, 18 April 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:50 Mix swim and drill	1:55
600	6 x 100 on 1:50 Pull Mix speeds	1:50
400	8 x 50 on 1:30 Kick, best speed you can hold	3:00
	==== Group Up =====	
200	4 x 50 on 1:10 Desc 1-4	2:20
1,600	4 x 400 on 6:15 Desc 1-4	1:34
	1 on :30 Extra rest	
800	8 x 100 on 1:40 Desc 1-4, 5-8	1:40
100	1 x 100 on 5:00 Cool down	5:00

6:26 PM 4,100 Meters

Workout #150 - Thursday, 19 April 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
450	6 x 75 on 1:25 1st 25 always drill	1:53
400	4 x 100 on 2:30 Kick, mix speeds	2:30
400	8 x 50 on 1:00 Pull, mix speeds	2:00
	::::: Group Up :::::	
100	4 x 25 on :50 Fast!	3:20
1,800	1x{1 x 200 on 3:30 Steady	1:45
	{1 x 200 on 3:10 Fast Pace	1:35
	{1 x 200 on 3:30 Steady	1:45
	{2 x 200 on 3:15 Fast Pace	1:38
	{1 x 200 on 3:30 Steady	1:45
	{3 x 200 on 3:20 Fast Pace	1:40
100	1 x 100 on 5:00 Loosen	5:00

6:12 PM 3,250 Meters

Workout #151 - Monday, 30 April 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:00 mix swim and drill	1:48
450	6 x 75 on 1:30 pull, last 25 always faster	2:00
400	4 x 100 on 2:30 kick mix speeds	2:30
	==== Group Up =====	
100	4 x 25 on :50 Swim - FAST!!	3:20
1,500	2x{2 x 100 on 2:20 #1 easy, #2 moderate to fast	2:20
	{1 on :30 Extra Rest	
	{4 x 75 on 1:45 These need to be quick!	2:20
	{1 on :30 Extra Rest	
	{4 x 50 on 1:10 Still Quick!	2:20
	{1 on :30 Extra Rest	
	{2 x 25 on :40 Swim - FAST!!	2:40
100	1 x 100 on 5:00 Loosen	5:00

6:21 PM 3,050 Meters

Workout #152 - Tuesday, 01 May 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
400	4 x 100 on 1:50 drill / swim mix	1:50
400	2 x 200 on 3:30 Pull, mmix speeds	1:45
400	8 x 50 on 1:30 kick, alt ez/fast	3:00
	==== Group Up =====	
400	8 x 50 on 1:05 Desc 1-4 / 5-8	2:10
100	4 x 25 on :45 1-3 fast, #4 easier	3:00
600	8 x 75 on 1:15 Desc 1-4 / 5-8	1:40
100	4 x 25 on :45 1-3 fast, #4 easier	3:00
300	4 x 75 on 1:25 Desc 1-4	1:53
100	4 x 25 on :45 1-3 fast, #4 easier	3:00
150	2 x 75 on 1:35 Desc 1-2	2:07
100	1 x 100 on 5:00 Loosen	5:00

6:20 PM 3,050 Meters

Workout #153 - Wednesday, 02 May 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:20 Desc 1-2	1:40
500	10 x 50 on 1:05 Pull, mix speeds	2:10
400	1 x 400 on 10:00 Kick, choice	2:30
	***** Group Up *****	
2,900	2x{4 x 50 on 1:05 Fast Pace - Even Pace	2:10
	{1 x 400 on 6:45 Steady, even pace	1:41
	{1 x 400 on 6:35 Steady, faster pace	1:39
	{1 x 400 on 6:25 Steady, fastest pace	1:36
	{1 x 50 on 1:30 Loosen	3:00

6:23 PM 4,200 Meters

Workout #154 - Thursday, 03 May 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
=====	=====	=====
	Coach J's Last Practice!	
500	5 x 100 on 1:50 Mix swim and drill	1:50
400	4 x 100 on 2:00 Pull negative split	2:00
400	4 x 100 on 2:40 Kick, last 25 always faster	2:40
	===== Group Up =====	
100	4 x 25 on :50 Swim - FAST!!	3:20
1,600	2x{4 x 50 on 1:05 Steady	2:10
	{4 x 100 on 1:45 Desc 1-4	1:45
	{2 x 50 on :50 Super Effort!!	1:40
	{1 x 100 on 2:00 Easy	2:00
6:07 PM	3,000 Meters	

Workout #155 - Monday, 07 May 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 7:20 Swim - Mix FR/Stroke	1:50
400	8 x 50 on 1:05 Pull -1 DPS 2nd 25	2:10
400	16 x 25 on :35 Kick - Every 4th 25 FAST	2:20
	***** Group UP *****	
100	4 x 25 on :45 FAST FAST FAST	3:00
1,900	2x{6 x 100 on 1:50 1-3 Moderate, 4-6 Fast	1:50
	{6 x 50 on 1:10 SPRINT!!!!!!	2:20
	{1 x 50 on 1:30 Loosen	3:00
100	1 x 100 on 5:00 Cool Down	5:00
6:19 PM	3,300 Meters	

Workout #156 - Tuesday, 08 May 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:40 Swim - 200 FR/200 IM	1:50
600	2 x 300 on 5:45 Pull - Desc by 100s	1:55
400	1 x 400 on 8:00 Kick - Mix speeds by 50s	2:00
	@@@@@@@@ Group Up @@@@@@@@@@	
100	4 x 25 on :45 Max Breath Min Breathing	3:00
200	2 x 100 on 1:55 Moderate Effort	1:55
400	4 x 100 on 1:50 Decs. 1-4	1:50
600	6 x 100 on 1:45 All Strong Swims	1:45
400	4 x 100 on 1:50 2 Steady, 2 FAST	1:50
200	2 x 100 on 1:55 Give It All You've Got!!!	1:55
100	1 x 100 on 3:00 Cool Down	3:00
6:18 PM	3,400 Meters	

Workout #157 - Wednesday, 09 May 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:15 Swim - Mix Speeds	1:45
400	1 x 400 on 7:45 Pull - Mix Strokes	1:56
400	2 x 200 on 4:00 Kick - Desc. 1-2	2:00
	##### Group Up #####	
300	6 x 50 on 1:05 Desc. 1-3, 4-6	2:10
2,500	2x{1 x 500 on 8:30 Steady Swim	1:42
	{2 x 250 on 4:10 Desc. 1-2	1:40
	{2 x 125 on 2:00 Strong Swimming!!!	1:36
	{1 on 1:00 Extra Rest	
100	1 x 100 on 5:00 Cool Down	5:00
6:28 PM 4,300 Meters		

Workout #158 - Thursday, 10 May 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 10:00 Swim- Work on DPS	2:00
400	4 x 100 on 2:20 Pull- 1st and 4th 25 Fast	2:20
300	4 x 75 on 1:45 Kick- Mix Stokes	2:20
	##### Group Up #####	
100	4 x 25 on :45 SPRINT!!	3:00
600	3 x 200 on 3:30 Descend 1-3	1:45
450	3 x 150 on 2:30 Hold Steady	1:40
300	3 x 100 on 1:45 Descend 1-3	1:45
150	3 x 50 on :50 Hold Steady	1:40
	1 on 1:00 Extra Rest - Get Ready	
100	1 x 100 on 3:00 FAST FAST FAST!!!!!!	3:00
100	1 x 100 on 3:00 Cool Down	3:00
6:14 PM 3,000 Meters		

Workout #159 - Monday, 14 May 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:45 Mix drills and swim	1:45
400	2 x 200 on 5:00 kick, 1st & last 25 faster	2:30
400	8 x 50 on 1:00 Pull, Desc	2:00
	----- Group Up -----	
100	4 x 25 on :50 Fast!	3:20
1,600	4x{1 x 50 on 1:10 Moderate	2:20
	{2 x 75 on 1:15 Strong, Steady, Control	1:40
	{1 x 50 on 1:10 Moderate	2:20
	{2 x 75 on 2:00 FAST!!!!!!!!!!!!!!!!!!!!!!	2:40
100	1 x 100 on 5:00 Loosen	5:00
6:19 PM 3,200 Meters		

Workout #160 - Tuesday, 15 May 2012
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
400	1 x 400 on 7:00 Swim and drill mix	1:45
400	2 x 200 on 3:30 Pull, mix speeds	1:45
500	10 x 50 on 1:20 Kick, steady	2:40
	***** Group Up *****	
100	4 x 25 on :50 Fast!	3:20
300	6 x 50 on :55 Desc 1-3, 4-6	1:50
300	2 x 150 on 2:45 Strong	1:50
300	2 x 150 on 2:35 Stronger	1:43
300	2 x 150 on 2:25 Strongest	1:37
	1 on 1:00 Rest	
300	2 x 150 on 2:40 Go, go, go!	1:47
100	1 x 100 on 5:00 Loosen	5:00
6:16 PM 3,000 Meters		

Workout #161 - Wednesday, 16 May 2012
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
400	2 x 200 on 3:30 As desired	1:45
600	6 x 100 on 1:50 Pull negative split	1:50
400	4 x 100 on 2:30 Kick as desired	2:30
	===== group up =====	
200	4 x 50 on 1:05 Desc 1-4	2:10
2,300	4x{1 x 25 on 1:30 Loosen	6:00
	{1 x 400 on 6:45 Negative Split	1:41
	{3 x 50 on 1:00 Best Possible Speed	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:28 PM 4,000 Meters		

Workout #162 - Thursday, 17 May 2012
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
500	1 x 500 on 9:00 drill / swim mix	1:48
400	2 x 200 on 5:05 Kick - fast	2:32
400	2 x 200 on 3:45 Pull Negative Split	1:52
	##### Group Up #####	
100	4 x 25 on :40 Fast! == interval = 40 ==	2:40
1,800	1x{1 x 200 on 3:40 Steady	1:50
	{3 x 200 on 3:20 Fast Pace	1:40
	{1 x 200 on 3:40 Steady	1:50
	{2 x 200 on 3:20 Fast Pace	1:40
	{1 x 200 on 3:40 Steady	1:50
	{1 x 200 on 3:20 Fast Pace	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,300 Meters		

Workout #163 - Monday, 21 May 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 8:00 Mix swim & Drill	2:00
400	1 x 400 on 8:00 Pull, mix speeds	2:00
400	4 x 100 on 2:45 Kick, mix in a fast 25 on each	2:45
	***** Group Up *****	
100	4 x 25 on 1:00 Speedy!	4:00
400	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	1 x 200 on 4:00 Get Ready	2:00
600	6 x 100 on 3:00 Test Yourself!!	3:00
500	1 x 500 on 10:00 Cool down	2:00
	6:19 PM 3,000 Meters	

Workout #164 - Tuesday, 22 May 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 7:30 Mix drill and swim	1:52
400	8 x 50 on 1:20 kick, fast/easy @ 25	2:40
400	2 x 200 on 3:50 Pull, negative split	1:55
	+++++ Group Up +++++	
100	4 x 25 on :50 Swim - FAST!!	3:20
1,600	4x{1 x 200 on 3:35 Steady	1:48
	{1 x 200 on 3:15 Fast!	1:38
100	1 x 100 on 5:00 Loosen	5:00
	6:09 PM 3,000 Meters	

Workout #165 - Wednesday, 23 May 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:45 Drill / swim mix	1:52
450	6 x 75 on 1:50 Kick, last 25 faster	2:27
400	1 x 400 on 7:30 Pull as desired	1:52
	===== Group Up =====	
300	6 x 50 on 1:05 Desc 1-3, 4-6	2:10
600	6 x 100 on 1:45 Desc 1-3, 4-6	1:45
1,200	2 x 600 on 10:10 Neg Split and Desc 1-2	1:42
600	6 x 100 on 1:45 Desc 1-3, 4-6	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:29 PM 4,050 Meters	

Workout #166 - Thursday, 24 May 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:40 Swim drill mix	1:50
400	1 x 400 on 10:00 Kick as desired	2:30
600	8 x 75 on 1:20 pull, mix speeds	1:47
	----- Group Up -----	
100	4 x 25 on :50 Swim - FAST!!	3:20
1,500	1x{2 x 150 on 2:35 Desc 1-2	1:43
	{1 x 150 on 2:25 Faster	1:37
	{2 x 125 on 2:15 Desc 1-2	1:48
	{1 x 125 on 2:00 Faster	1:36
	{2 x 100 on 1:50 Desc 1-2	1:50
	{1 x 100 on 1:35 Faster	1:35
	{2 x 75 on 1:25 Desc 1-2	1:53
	{1 x 75 on 1:15 Faster	1:40
	{2 x 50 on 1:05 Desc 1-2	2:10
	{1 x 50 on 2:00 Last one, fast one!	4:00
100	1 x 100 on 5:00 Loosen	5:00

6:11 PM 3,100 Meters

Workout #170 - Monday, 28 May 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
300	1 x 300 on 6:00 Swim	2:00
400	4 x 100 on 2:10 Kick/Swim/Drill/Swim	2:10
300	6 x 50 on 1:15 Dec 1-3, 4-6	2:30
	*****GROUP UP!*****	
400	4 x 100 on 2:00 Strong	2:00
200	4 x 50 on 1:10 Finish FAST!	2:20
1,200	1x{2 x 25 on :45 Fast!	3:00
	{4 x 75 on 1:25 Strong!	1:53
	{4 x 25 on :50 Faster!	3:20
	{4 x 75 on 1:30 Strong!	2:00
	{6 x 25 on :55 ALL OUT!	3:40
	{4 x 75 on 1:25 Strong!	1:53
200	1 x 200 on 7:00 EZ	3:30

6:17 PM 3,000 Meters

Workout #169 - Tuesday, 29 May 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:45 Swim	1:52
400	1 x 400 on 10:00 Kick	2:30
400	2 x 200 on 3:45 pull	1:52
	*****GROUP UP!*****	
100	4 x 25 on :45 Quick!	3:00
300	2 x 150 on 2:40 Swim	1:47
1,400	2x{2 x 100 on 1:55 Strong, think good kick	1:55
	{4 x 75 on 1:25 1st and 3rd 25m OVER Kick!	1:53
	{4 x 50 on 1:00 Perfect Stroke Technique	2:00
100	1 x 100 on 5:00 Warm Down	5:00

6:13 PM 3,100 Meters

Workout #168 - Wednesday, 30 May 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
400	4 x 100 on 1:50 swim / drill	1:50
450	6 x 75 on 1:45 Kick	2:20
450	6 x 75 on 1:25 Pull	1:53
	*****GROUP UP!*****	
400	8 x 50 on 1:05 Dec 1-4, 5-8	2:10
2,400	1x{1 x 400 on 6:40 Negative Split	1:40
	{4 x 100 on 1:45 Middle 50 Fast	1:45
	{1 x 400 on 6:40 Negative Split	1:40
	{4 x 50 on :55 Strong kick off the walls!	1:50
	{1 x 400 on 6:40 Negative Split	1:40
	{8 x 25 on :40 Strong kick off the wall	2:40
	{1 x 400 on 7:00 Fast to the finish	1:45
100	1 x 100 on 5:00 EZ	5:00

6:30 PM 4,200 Meters

Workout #167 - Thursday, 31 May 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 8:00 Every 3rd Lap Kick	2:00
400	1 x 400 on 10:00 kick	2:30
400	4 x 100 on 2:00 Pull	2:00
	*****GROUP UP!*****	
100	4 x 25 on :45 VERY FAST!	3:00
100	4 x 25 on :45 Minimum breathing	3:00
1,500	2x{4 x 50 on 1:05 Strong Kick	2:10
	{4 x 100 on 1:40 Negative Split	1:40
	{2 x 75 on 1:20 Strong Kick - FAST!	1:47
100	1 x 100 on 5:00 Warm Down	5:00

6:11 PM 3,000 Meters

Workout #174 - Monday, 04 June 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
500	10 x 50 on :59 Desc 1-4, 5-8	1:58
400	4 x 100 on 2:30 Kick, last 25 always FAST	2:30
400	1 x 400 on 7:45 Pull as desired	1:56
	===== Group Up =====	
150	3x{1 x 25 on :40 Fast	2:40
	{1 x 25 on :50 Stronger??	3:20
	1 on :30 Extra Rest	
1,450	1x{8 x 50 on 1:05 FAST	2:10
	{1 x 100 on 2:00 Steady	2:00
	{6 x 50 on 1:10 FAST	2:20
	{1 x 100 on 2:00 Steady	2:00
	{4 x 50 on 1:15 FAST	2:30
	{1 x 100 on 2:00 Steady	2:00
	{2 x 50 on 1:20 FAST	2:40
	{1 x 100 on 2:00 Steady	2:00
	{1 x 50 on 2:00 What do you have left?	4:00
100	1 x 100 on 5:00 Loosen	5:00

6:17 PM 3,000 Meters

Workout #173 - Tuesday, 05 June 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:50 mix swim & drill	1:50
400	2 x 200 on 3:50 Pull Negative Split	1:55
400	1 x 400 on 10:00 Kick as desired	2:30
	===== Group Up =====	
200	4 x 50 on 1:05 Desc 1-4	2:10
1,300	2x{1 x 50 on 1:30 Loosen	3:00
	{4 x 100 on 1:50 Best possible sustainable pace	1:50
	{1 on :45 Rest	
	{2 x 100 on 2:10 Faster Pace	2:10
100	1 x 100 on 5:00 Loosen	5:00

6:12 PM 3,000 Meters

Workout #172 - Wednesday, 06 June 2012
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
5:00 PM Start		
400	2 x 200 on 3:40 Negative Split	1:50
400	8 x 50 on 1:00 Pull mix speeds	2:00
450	6 x 75 on 2:00 middle 25 faster	2:40
	+++++ Group Up +++++	
100	4 x 25 on :45 Strong	3:00
200	4 x 50 on 1:00 Find your pace	2:00
2,400	2x{1 x 100 on 2:30 Loosen	2:30
	{1 x 500 on 8:30 Negative Split	1:42
	{1 x 250 on 4:20 Steady and strong	1:44
	{1 x 250 on 4:30 Steady and stronger	1:48
	{2 x 50 on 1:15 #1 Moderate, #2 Max Effort	2:30
100	1 x 100 on 5:00 Loosen	5:00
6:31 PM 4,050 Meters		

Workout #171 - Thursday, 07 June 2012
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
5:00 PM Start		
1,200	2x{2 x 100 on 1:50 Drill/swim mix	1:50
	{1 x 200 on 5:00 Kick, steady	2:30
	{1 x 200 on 3:50 Pull, Neg Split	1:55
	>>>> Group Up <<<<<	
100	4 x 25 on :40 Strong	2:40
1,800	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
	{2 x 150 on 2:30 Fast Pace	1:40
	{1 x 150 on 2:45 Steady	1:50
	{3 x 150 on 3:00 Fast	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:09 PM 3,200 Meters		

Workout #178 - Monday, 11 June 2012
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
5:00 PM Start		
600	1 x 600 on 12:00 E4L Kick	2:00
200	4 x 50 on 1:15 Odds Kick, Evens Swim	2:30
400	4 x 100 on 2:00 Pull	2:00
	*****GROUP UP!*****	
300	6 x 50 on 1:10 Dec 1-3, 4-6	2:20
1,500	3x{6 x 25 on :45 Over Kick!	3:00
	{2 x 100 on 1:50 Active Recovery	1:50
	{2 x 75 on 1:30 ALL OUT!	2:00
	{1 on :45 Rest :-)	
100	1 x 100 on 5:00 Cool Down	5:00
6:18 PM 3,100 Meters		

Workout #177 - Tuesday, 12 June 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
1,200	2x{1 x 200 on 4:00 Swim	2:00
	{2 x 100 on 2:00 Kick	2:00
	{1 x 200 on 4:00 Pull	2:00
	*****GROUP UP*****	
100	4 x 25 on :45 Sprint!!	3:00
1,500	1x{3 x 50 on 1:05 Perfect Stroke	2:10
	{2 x 75 on 1:30 Pick Up Your Pace	2:00
	{3 x 100 on 1:50 Fastest Sustainable Pace	1:50
	{2 x 150 on 2:40 First and Last 50 ALL OUT!	1:47
	{1 on :45 Rest	
	{3 x 100 on 1:50 Fastest Sustainable Pace	1:50
	{2 x 75 on 1:30 Perfect Stroke	2:00
	{3 x 50 on 1:05 ALL OUT!	2:10
200	1 x 200 on 8:00 EZ	4:00
6:08 PM 3,000 Meters		

Workout #176 - Wednesday, 13 June 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
200	2 x 100 on 2:30 Middle 25 Scull	2:30
500	1 x 500 on 10:00 E4L Kick	2:00
200	4 x 50 on 1:15 Swim	2:30
300	1 x 300 on 6:00 Pull	2:00
	*****GROUP UP*****	
400	8 x 50 on 1:05 Dec 1-4, 5-8	2:10
2,400	2x{6 x 100 on 1:50 Perfect Pace	1:50
	{1 x 400 on 7:00 Negative Split	1:45
	{4 x 50 on 1:05 Perfect Stroke	2:10
100	1 x 100 on 5:00 EZ	5:00
6:31 PM 4,100 Meters		

Workout #175 - Thursday, 14 June 2012
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
600	1 x 600 on 15:00 E3L Kick	2:30
300	4 x 75 on 1:30 Perfect Stroke	2:00
300	3 x 100 on 2:00 Middle 50 = Stroke	2:00
	*****GROUP UP*****	
100	4 x 25 on :45 Fast!!	3:00
1,600	1x{2 x 100 on 1:50 Over Kick 1st 25	1:50
	{2 x 200 on 3:45 First and Last 25 ALL OUT!	1:52
	{4 x 50 on 1:05 Over Kick Last 25	2:10
	{1 on 1:00 Rest :-)	
	{2 x 200 on 3:45 1st and 3rd 50 FAST!	1:52
	{8 x 25 on :50 Finish Fast	3:20
	{1 x 200 on 3:45 Last 125 ALL YOU HAVE LEFT!	1:52
100	1 x 100 on 5:00 EZ	5:00
	6:15 PM 3,000 Meters	

Workout #179 - Monday, 18 June 2012
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 8:00 Mix swim & Drill	2:00
400	1 x 400 on 8:00 Pull, mix speeds	2:00
400	4 x 100 on 2:45 Kick, mix in a fast 25 on each	2:45
	***** Group Up *****	
100	4 x 25 on 1:00 Speedy!	4:00
400	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	1 x 200 on 4:00 Get Ready	2:00
600	6 x 100 on 3:00 Test Yourself!!	3:00
500	1 x 500 on 10:00 Cool down	2:00
	6:19 PM 3,000 Meters	

Workout #180 - Tuesday, 19 June 2012
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 7:45 Mix drills and swim	1:56
400	4 x 100 on 2:30 Kick, fast!	2:30
400	2 x 200 on 4:00 Pull, mix speeds	2:00
	----- Group Up -----	
100	4 x 25 on :50 Fast!	3:20
1,600	2x{4 x 50 on 1:15 #1 Loosen, 2-4 Desc	2:30
	{2 x 200 on 3:45 Steady, even pace	1:52
	{1 x 200 on 4:00 Think "shark chasing me" fast!	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,000 Meters	

Workout #181 - Wednesday, 20 June 2012
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	6 x 100 on 1:50 Mix speeds	1:50
400	1 x 400 on 10:00 Kick as desired	2:30
400	4 x 100 on 1:50 Pull, Desc 1-4	1:50
===== Group Up =====		
100	4 x 25 on :45 Fast!	3:00
600	6 x 100 on 1:45 Steady	1:45
600	1 x 600 on 10:30 equal or faster than above pace	1:45
	1 on :30 Extra Rest	
600	2 x 300 on 5:10 Desc 1-2	1:43
600	1 x 600 on 11:00 equal or faster than above pace	1:50
100	1 x 100 on 5:00 Loosen	5:00
6:29 PM 4,000 Meters		

Workout #182 - Thursday, 21 June 2012
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
400	1 x 400 on 8:00 NICE AND EASY WARM-UP	2:00
500	10 x 50 on 1:20 Kick - Good effort - be proud	2:40
400	16 x 25 on :30 Pull, alt faster, easier	2:00
+++++ Group Up +++++		
200	4 x 50 on 1:05 Mix speeds	2:10
1,400	2x{1 on :30 Extra Breathing Time	
	{2 x 250 on 4:45 Last 50 of each faster	1:54
	{2 x 50 on 1:15 Fast. I mean it. FAST!!	2:30
	{2 x 50 on 1:20 #1 easier, #2 Fast again. Go!!!	2:40
100	1 x 100 on 5:00 Loosen	5:00
6:16 PM 3,000 Meters		

Workout #185 - Tuesday, 26 June 2012
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	1 x 600 on 11:00 Every 4th Lap Kick	1:50
300	3 x 100 on 2:10 Mix in stroke	2:10
200	1 x 200 on 5:30 Kick	2:45
100	2 x 50 on 1:10 Pull	2:20
*****GROUP UP*****		
100	4 x 25 on :45 AO - Control your breathing	3:00
100	2 x 50 on 1:10 Work your stroke tech	2:20
1,700	2x{4 x 75 on 1:25 1st and Last 1/3 = AO!	1:53
	{1 x 50 on 1:00 Loosen	2:00
	{2 x 150 on 2:45 #1 = 60%, #2 = 85%	1:50
	{8 x 25 on :40 Odd = EZ, Even = Max Effort	2:40
100	1 x 100 on 5:00 WD	5:00
6:20 PM 3,200 Meters		

Workout #184 - Wednesday, 27 June 2012
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
1,800	3x{1 x 200 on 5:00 Free {2 x 100 on 2:50 Kick {4 x 50 on 1:15 Drill	2:30 2:50 2:30
*****GROUP UP*****		
200	4 x 50 on 1:05 Strong pace	2:10
1,900	1x{2 x 100 on 1:50 First 1/2 fast! {1 x 400 on 7:00 Keep a steady pace {4 x 75 on 1:25 Middle Fast! {1 x 400 on 7:00 Keep a steady pace {8 x 25 on :40 AO! {1 x 400 on 7:00 Keep a steady pace	1:50 1:45 1:53 1:45 2:40 1:45
200	1 x 200 on 7:00 EZ	3:30
6:38 PM 4,100 Meters		

Workout #183 - Thursday, 28 June 2012
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
200	1 x 200 on 5:00 Swim	2:30
200	2 x 100 on 2:00 Stroke	2:00
500	1 x 500 on 11:00 Every 4th Lap Kick	2:12
300	6 x 50 on 1:10 Stroke	2:20
*****GROUP UP*****		
300	6 x 50 on 1:05 Dec 1-3, 4-6	2:10
1,600	1x{2 x 100 on 1:50 Steady/Fast pace {2 x 75 on 1:30 Fast finish {3 x 100 on 1:50 Steady/Fast pace {3 x 50 on 1:05 Fast turn & fast finish {3 x 100 on 1:50 Steady/Fast pace {1 on :30 Rest {4 x 25 on :45 AO! {4 x 100 on 1:50 #1 = EZ, #2-5 = Steady/Fast pace	1:50 2:00 1:50 2:10 1:50 3:00 1:50
100	1 x 100 on 5:00 EZ	5:00
6:17 PM 3,200 Meters		

Workout #186 - Monday, 02 July 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	4 x 100 on 1:50 Swim/Drill Mix	1:50
400	2 x 200 on 3:45 Pull, middle of each faster	1:52
400	8 x 50 on 1:20 Kick, mix speeds	2:40
	~~~~~ Group Up ~~~~~	
100	4 x 25 on :40 Fast!	2:40
1,600	4x{1 on 1:00 Extra rest	
	{2 x 100 on 1:45 Steady	1:45
	{4 x 50 on 1:15 Best effort - SPEEDY!!!!	2:30
100	1 x 100 on 5:00 Loosen	5:00
6:18 PM 3,000 Meters		

**Workout #187 - Tuesday, 03 July 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 7:15 Steady & smooth	1:49
400	8 x 50 on 1:05 Pull, Mix Speeds	2:10
400	4 x 100 on 2:30 Kick last 25 Faster	2:30
	+++++ Group Up +++++	
200	4 x 50 on 1:10 Desc 1-4	2:20
400	4 x 100 on 1:50 Desc 1-4	1:50
800	4 x 200 on 3:30 Desc 1-4	1:45
200	2 x 100 on 1:50 Desc 1-2	1:50
100	2 x 50 on 1:10 Desc 1-2	2:20
100	1 x 100 on 5:00 Loosen	5:00
6:14 PM 3,000 Meters		

**Workout #188 - Wednesday, 04 July 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	8 x 50 on 1:00 mix speeds, strokes, drill	2:00
400	16 x 25 on :35 Pull, Steady	2:20
400	1 x 400 on 9:00 Kick, strong and steady	2:15
	***** Group Up *****	
100	4 x 25 on :45 Fast!	3:00
600	1 x 600 on 9:45 negative Split	1:38
1,200	6 x 200 on 3:25 last 50 faster on each	1:42
600	6 x 100 on 1:45 Desc 1-3, 4-6	1:45
300	6 x 50 on 1:05 Desc 1-3, 4-6	2:10
100	1 x 100 on 5:00 Loosen	5:00
6:32 PM 4,100 Meters		

**Workout #189 - Thursday, 05 July 2012**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
	SWIM MEET ON SATURDAY!!!	
600	6 x 100 on 1:45 Mix speeds	1:45
400	1 x 400 on 6:45 Pull, negative split	1:41
400	16 x 25 on :45 kick, alt fast/moderate	3:00
	}}}} Group Up {{{{{	
100	4 x 25 on :50 Fast!	3:20
500	2 x 250 on 4:15 Needs to be fast	1:42
100	1 x 100 on 2:30 Loosen	2:30
500	2 x 250 on 4:25 Keep it speedy	1:46
100	1 x 100 on 2:30 Loosen	2:30
250	1 x 250 on 4:35 Last one, fast one	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:17 PM 3,050 Meters	

**Workout #193 - Monday, 09 July 2012**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
500	1 x 500 on 9:00 Drill, swim mix	1:48
400	2 x 200 on 5:20 Kick, mix speeds	2:40
400	8 x 50 on 1:00 Pull, mix speeds	2:00
	==== Group Up =====	
200	4 x 50 on 1:10 Desc 1-4	2:20
1,400	4x{1 x 50 on 1:30 Easy loosen	3:00
	{2 x 75 on 1:45 Giddy up!!!!!!!!!!	2:20
	{2 x 50 on 1:15 Faster & Stronger	2:30
	{2 x 25 on :45 Fastest!	3:00
100	1 x 100 on 5:00 Loosen	5:00
	6:19 PM 3,000 Meters	

**Workout #192 - Tuesday, 10 July 2012**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
400	4 x 100 on 1:50 1st 25 drill	1:50
500	10 x 50 on 1:20 Kick, alt. mod & fast	2:40
400	1 x 400 on 7:15 Pull, mix speeds	1:49
	----- Group Up -----	
100	4 x 25 on :40 Strong & Fast	2:40
600	4 x 150 on 2:45 Desc 1-4	1:50
450	3 x 150 on 2:40 Desc 1-3	1:47
300	2 x 150 on 2:35 Desc 1-2	1:43
150	1 x 150 on 3:00 No Desc, Just FAST!	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:14 PM 3,000 Meters	

**Workout #191 - Wednesday, 11 July 2012**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	3 x 200 on 3:40 Mix speeds, drill, and swimming	1:50
400	4 x 100 on 1:50 Pull mix efforts	1:50
400	1 x 400 on 10:00 Kick as desired	2:30
	+++++ Group Up +++++	
200	4 x 50 on 1:05 Find your paces	2:10
2,400	2x{1 on :20 Extra Rest	
	{2 x 100 on 1:50 Last 50 Faster	1:50
	{1 x 400 on 6:50 Last 100m Faster	1:42
	{2 x 100 on 1:45 Negative split	1:45
	{1 x 400 on 7:15 Negative Split	1:49
100	1 x 100 on 5:00 Loosen	5:00
6:28 PM 4,100 Meters		

**Workout #190 - Thursday, 12 July 2012**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
400	1 x 400 on 7:30 Swim Drill Mix	1:52
400	1 x 400 on 11:00 Kick as desired	2:45
400	1 x 400 on 7:45 Pull as desired	1:56
	<><><> Group Up <><><>	
100	4 x 25 on :40 Max Speed	2:40
1,600	8 x 200 on 3:30 Desc 1-4, 5-8	1:45
100	1 x 100 on 5:00 Loosen	5:00
6:08 PM 3,000 Meters		

**Workout #194 - Monday, 16 July 2012**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
400	1 x 400 on 8:00 Mix swim & Drill	2:00
400	1 x 400 on 8:00 Pull, mix speeds	2:00
400	4 x 100 on 2:45 Kick, mix in a fast 25 on each	2:45
	***** Group Up *****	
100	4 x 25 on 1:00 Speedy!	4:00
400	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	1 x 200 on 4:00 Get Ready	2:00
600	6 x 100 on 3:00 Test Yourself!!	3:00
500	1 x 500 on 10:00 Cool down	2:00
6:19 PM 3,000 Meters		

**Workout #195 - Tuesday, 17 July 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	4 x 100 on 1:50 swim & drill mix	1:50
400	8 x 50 on 1:20 kick some of them fast!	2:40
400	2 x 200 on 3:40 Pull, Neg Split	1:50
	==== Group up +++++	
600	3 x 200 on 3:45 Steady	1:52
200	4 x 50 on :55 Faster Pace	1:50
400	2 x 200 on 3:45 Steady	1:52
200	4 x 50 on :55 Faster Pace	1:50
200	1 x 200 on 3:45 Steady	1:52
200	4 x 50 on :55 Faster Pace	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:17 PM 3,100 Meters	

**Workout #196 - Wednesday, 18 July 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:00 Mix speeds	1:48
400	1 x 400 on 11:00 Kick as desired	2:45
400	2 x 200 on 3:45 Pull as desired	1:52
	~~~~~ Group up ~~~~~	
100	4 x 25 on :40 Fast!	2:40
200	4 x 50 on 1:10 Strong and Steady	2:20
2,400	2x{1 x 600 on 10:30 Negative Split	1:45
	{4 x 100 on 1:50 Desc 1-4	1:50
	{4 x 50 on 1:10 Desc 1-4	2:20
100	1 x 100 on 5:00 Loosen	5:00
	6:32 PM 4,100 Meters	

Workout #197 - Thursday, 19 July 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
450	6 x 75 on 1:30 Mix swim & drill	2:00
400	4 x 100 on 1:50 Pull, Good catch!	1:50
400	2 x 200 on 5:00 Kick, last 50 of each faster	2:30
	==== Group Up =====	
100	4 x 25 on :50 Fast!	3:20
1,600	4x{1 x 250 on 4:30 Steady, even pace	1:48
	{1 x 100 on 1:50 Steady	1:50
	{1 x 50 on 1:30 Super Fast	3:00
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,050 Meters	

Workout #198 - Tuesday, 24 July 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 4:15 Mix drill and swim	2:08
400	8 x 50 on 1:00 Pull mix speeds	2:00
400	4 x 100 on 2:35 Kick, last 25 faster	2:35
	----- Group Up -----	
100	4 x 25 on :50 Fast!	3:20
1,600	4x{1 x 50 on 1:30 Loosen	3:00
	{2 x 100 on 1:45 Desc 1-2	1:45
	{6 x 25 on :30 Hold your best speed	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:14 PM 3,000 Meters		

Workout #199 - Wednesday, 25 July 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	4 x 100 on 1:50 Drill/swim mix	1:50
400	1 x 400 on 10:00 Kick as desired	2:30
500	2 x 250 on 4:30 Pull as desired	1:48
	===== Group Up =====	
200	4 x 50 on 1:05 Desc 1-4	2:10
450	6 x 75 on 1:45 Negative Split	2:20
950	2x{1 x 25 on 1:30 easy drill	6:00
	{6 x 75 on 1:30 FAST - IN CAPITAL LETTERS!	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:15 PM 3,000 Meters		

Workout #200 - Thursday, 26 July 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	4 x 150 on 2:30 Drill/swim mix	1:40
400	1 x 400 on 7:00 Pull as desired	1:45
450	6 x 75 on 1:50 Kick, last 25 faster	2:27
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
400	8 x 50 on 1:00 Find your speeds & paces	2:00
800	2 x 400 on 6:45 Desc 1-2	1:41
600	2 x 300 on 5:15 Desc 1-2	1:45
400	2 x 200 on 3:40 Desc 1-2	1:50
200	2 x 100 on 1:55 Desc 1-2	1:55
100	1 x 100 on 5:00 Loosen	5:00
6:30 PM 4,050 Meters		

Workout #201 - Tuesday, 31 July 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 7:30 1st 25 of each 100 = Drill	1:52
400	4 x 100 on 2:30 Kick, last 25 faster	2:30
400	8 x 50 on 1:00 Pull, mix speeds	2:00
	===== Group Up =====	
200	4 x 50 on 1:10 Find your speeds	2:20
1,500	1x{6 x 50 on 1:15 Fast	2:30
	{1 on 1:00 Extra Rest	
	{6 x 50 on 1:11 Fast	2:22
	{1 on 1:00 Extra Rest	
	{6 x 50 on 1:07 Fast	2:14
	{1 on 1:00 Extra rest	
	{6 x 50 on 1:03 Fast	2:06
	{1 on 1:00 Extra rest	
	{6 x 50 on :59 free	1:58
100	1 x 100 on 5:00 Loosen	5:00
6:19 PM 3,000 Meters		

Workout #202 - Wednesday, 01 August 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	2 x 250 on 4:45 Mix drill and swim	1:54
400	8 x 50 on 1:10 Kick, steady efforts	2:20
400	1 x 400 on 7:15 Pull as desired	1:49
	===== Group Up =====	
100	4 x 25 on :40 Fast!	2:40
600	6 x 100 on 1:45 Desc 1-3, 4-6	1:45
200	1 x 200 on 3:40 Smooth, happy thoughts	1:50
400	4 x 100 on 1:45 Desc 1-2, 3-4	1:45
200	1 x 200 on 3:50 Smooth - stay happy	1:55
200	2 x 100 on 1:45 Desc 1-2	1:45
100	1 x 100 on 5:00 Loosen	5:00
6:15 PM 3,100 Meters		

Workout #203 - Thursday, 02 August 2012
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
450	6 x 75 on 1:21 Mix efforts	1:48
400	1 x 400 on 9:00 Kick as desired	2:15
500	2 x 250 on 4:30 Pull micx speeds	1:48
	===== Group Up =====	
300	6 x 50 on 1:05 Desc 1-3, 4-6	2:10
200	1 x 200 on 3:35 Faster last 50	1:48
300	1 x 300 on 5:25 Negative Split	1:48
400	1 x 400 on 7:10 Faster last 100	1:48
500	1 x 500 on 8:30 Go TIme!	1:42
400	1 x 400 on 6:50 Negative Split	1:42
300	1 x 300 on 5:05 Negative Split	1:42
200	1 x 200 on 3:25 Negative Split	1:42
100	1 x 100 on 5:00 Loosen	5:00
	6:34 PM 4,050 Meters	

Workout #204 - Tuesday, 07 August 2012
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	4 x 150 on 2:40 1st 50 always drill	1:47
450	6 x 75 on 1:20 Pull, mix speeds	1:47
400	8 x 50 on 1:20 Kick, some fast	2:40
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
1,500	3x{1 x 50 on 1:30 Loosen	3:00
	{2 x 75 on 1:20 Fast!	1:47
	{2 x 75 on 1:40 Faster!!	2:13
	{2 x 75 on 2:00 Fastest!!!	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:18 PM 3,150 Meters	

Workout #205 - Wednesday, 08 August 2012
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
400	2 x 200 on 4:00 Drill / Swim Mix	2:00
400	4 x 100 on 2:30 Kick, faster last 25	2:30
400	1 x 400 on 7:30 Pull as desired	1:52
	***** Group Up *****	
100	4 x 25 on :40 FAST	2:40
450	3 x 150 on 2:45 Steady	1:50
300	2 x 150 on 2:35 Strong	1:43
150	1 x 150 on 2:25 Go for it	1:37
300	2 x 150 on 2:40 Strong	1:47
450	3 x 150 on 2:50 Strong to the finish	1:53
100	1 x 100 on 5:00 Loosen	5:00
	6:16 PM 3,050 Meters	

Workout #206 - Thursday, 09 August 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
450	6 x 75 on 1:21 Mix efforts	1:48
400	1 x 400 on 9:00 Kick as desired	2:15
500	2 x 250 on 4:30 Pull mix speeds	1:48
	==== Group Up +++++	
300	6 x 50 on 1:05 Desc 1-3, 4-6	2:10
2,400	2x{1 x 400 on 6:45 Negative Split	1:41
	{2 x 200 on 3:30 Desc 1-2	1:45
	{4 x 100 on 1:50 Build each swim	1:50
100	1 x 100 on 5:00 Loosen	5:00
6:27 PM 4,150 Meters		

Workout #207 - Tuesday, 14 August 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 8:00 Mix swim & Drill	2:00
400	1 x 400 on 8:00 Pull, mix speeds	2:00
400	4 x 100 on 2:45 Kick, mix in a fast 25 on each	2:45
	***** Group Up *****	
100	4 x 25 on 1:00 Speedy!	4:00
400	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	1 x 200 on 4:00 Get Ready	2:00
600	6 x 100 on 3:00 Test Yourself!!	3:00
500	1 x 500 on 10:00 Cool down	2:00
6:19 PM 3,000 Meters		

Workout #208 - Wednesday, 15 August 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	8 x 50 on 1:20 Kick, mix speeds	2:40
400	4 x 100 on 1:50 Pull, desc 1-4	1:50
400	2 x 200 on 3:50 Last 50 faster pace	1:55
	==== Group UP =====	
100	4 x 25 on :40 Fast	2:40
1,800	1x{1 x 200 on 3:45 Steady	1:52
	{3 x 200 on 3:25 Fast Pace	1:42
	{1 x 200 on 3:45 Steady	1:52
	{2 x 200 on 3:25 Fast Pace	1:42
	{1 x 200 on 3:45 Steady	1:52
	{1 x 200 on 4:00 Last one, fast one!!!!!!	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:13 PM 3,200 Meters		

Workout #209 - Thursday, 16 August 2012
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
600	6 x 100 on 1:45 build each swim	1:45
400	1 x 400 on 10:00 Kick as desired	2:30
400	2 x 200 on 3:30 Pull, hold low stroke count	1:45
	##### Group Up #####	
400	4 x 100 on 1:45 Steady, find a pace	1:45
	1 on :30 Extra Rest	
1,200	2 x 600 on 10:30 Desc 1-2 and Neg Split	1:45
	1 on :30 Extra Rest	
600	2 x 300 on 5:15 Desc 1-2 and Neg Split	1:45
	1 on :30 Extra Rest	
300	2 x 150 on 2:40 Desc 1-2 and neg Split	1:47
100	1 x 100 on 5:00 Loosen	5:00
	6:25 PM 4,000 Meters	

Workout #210 - Tuesday, 21 August 2012
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
500	4 x 125 on 2:20 mix drill and swim	1:52
400	2 x 200 on 5:00 Kick, mix speeds	2:30
450	6 x 75 on 1:20 Pull, last 25 faster pace	1:47
	===== Group Up =====	
200	4 x 50 on 1:10 Desc 1-4	2:20
1,400	2x{1 on :30 Extra Rest	
	{4 x 100 on 1:45 Desc 1-4	1:45
	{1 on :30 Extra Rest	
	{4 x 25 on :35 Set a fast goal time	2:20
	{1 on :30 Extra Rest	
	{4 x 25 on :40 Go for the goal time	2:40
	{1 on :30 Extra Rest	
	{4 x 25 on :45 Get that goal time!	3:00
100	1 x 100 on 5:00 Loosen	5:00
	6:17 PM 3,050 Meters	

Workout #211 - Wednesday, 22 August 2012
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
400	1 x 400 on 7:15 Smooth, think technique	1:49
400	8 x 50 on 1:20 Kick, build each	2:40
400	4 x 100 on 1:50 Pull, negative split	1:50
	+++++ Group Up +++++	
100	4 x 25 on :45 Fast!	3:00
225	3 x 75 on 1:30 Steady	2:00
225	3 x 75 on 1:35 Pick up the pace	2:07
225	3 x 75 on 1:40 Faster	2:13
225	3 x 75 on 1:45 Faster!	2:20
100	1 x 100 on 2:30 Loosen	2:30
600	6 x 100 on 1:50 Hold same pace as 75s	1:50
100	1 x 100 on 5:00 Loosen	5:00
6:20 PM 3,000 Meters		

Workout #212 - Thursday, 23 August 2012
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
500	1 x 500 on 9:00 Swim, your choice	1:48
400	8 x 50 on 1:00 pull, alt easy/moderate	2:00
400	1 x 400 on 10:00 Kick, your choice	2:30
	##### Group Up #####	
3,000	1x{2 x 100 on 1:45 Steady Pace	1:45
	{1 x 400 on 7:00 Strong	1:45
	{2 x 100 on 1:45 Steady Pace	1:45
	{1 x 400 on 6:45 Strong	1:41
	{2 x 100 on 1:45 Steady Pace	1:45
	{1 x 400 on 6:30 Strong	1:38
	{2 x 100 on 1:45 Steady Pace	1:45
	{1 x 400 on 6:45 Strong	1:41
	{2 x 100 on 1:45 Steady Pace	1:45
	{1 x 400 on 8:00 Strong Finish	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:29 PM 4,400 Meters		

Workout #213 - Tuesday, 28 August 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:45 Some drill, some swim	1:52
400	2 x 200 on 3:45 Pull, Neg Split	1:52
400	2 x 200 on 5:15 Kick, Mix the speed	2:38
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
1,600	4x{1 x 100 on 2:00 Loosen	2:00
	{4 x 50 on 1:10 Desc 1-4	2:20
	{2 x 50 on :55 FAST!	1:50
100	1 x 100 on 5:00 Loosen	5:00
6:14 PM 3,000 Meters		

Workout #214 - Wednesday, 29 August 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 7:30 Drill/Swim Mix	1:52
400	8 x 50 on 1:25 Kick, faster 2nd 25	2:50
400	4 x 100 on 1:50 Pull Desc	1:50
	----- Group Up -----	
200	4 x 50 on 1:00 Desc 1-4	2:00
400	4 x 100 on 1:55 Desc 1-4	1:55
200	4 x 50 on 1:05 Steady - not slow, not fast	2:10
400	4 x 100 on 1:45 Desc 1-4	1:45
200	4 x 50 on 1:10 Steady - not slow, not fast	2:20
400	4 x 100 on 1:40 Desc 1-4	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:18 PM 3,100 Meters		

Workout #215 - Thursday, 30 August 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	10 x 50 on :55 Mix speeds	1:50
400	1 x 400 on 7:30 Pull as desired	1:52
400	4 x 100 on 2:30 Kick steady pace	2:30
	///// Group UP \\\\\\\	
1,000	2 x 500 on 8:25 Build each from easy to fast	1:41
800	2 x 400 on 6:55 Desc 1-2	1:44
600	2 x 300 on 5:20 Negative Split	1:47
400	2 x 200 on 3:40 desc 1-2	1:50
200	2 x 100 on 1:55 #1 Very Fast, #2 Cool-down	1:55
6:29 PM 4,300 Meters		

Workout #216 - Monday, 03 September 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
1,350	3x{1 x 150 on 2:45 Swim Drill Mix	1:50
	{1 x 150 on 2:45 Pull, last 50 faster	1:50
	{1 x 150 on 4:00 Kick, last 50 faster	2:40
	===== Group Up =====	
100	4 x 25 on :40 Fast!	2:40
1,500	3x{1 x 50 on 1:30 Loosen	3:00
	{6 x 75 on 2:00 Each swim = be great!	2:40
	{ aim is to get 30"-60" rest per swim	
100	1 x 100 on 5:00 Cool-down	5:00
6:21 PM 3,050 Meters		

Workout #217 - Tuesday, 04 September 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:45 Steady & Smooth	1:52
400	4 x 100 on 2:35 kick, desc 1-4	2:35
400	1 x 400 on 7:30 Pull as desired	1:52
	----- Group Up -----	
100	4 x 25 on :45 Fast	3:00
450	3 x 150 on 2:40 Smooth	1:47
150	1 x 150 on 2:25 Fast!	1:37
300	2 x 150 on 2:40 Smooth	1:47
300	2 x 150 on 2:25 Fast!	1:37
150	1 x 150 on 2:40 Smooth	1:47
450	3 x 150 on 2:25 Fast!	1:37
100	1 x 100 on 5:00 Loosen	5:00
6:18 PM 3,200 Meters		

Workout #218 - Wednesday, 05 September 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:45 Drill / swim mix	1:45
400	1 x 400 on 10:00 Kick as desired	2:30
400	2 x 200 on 3:40 Pull Negative Split	1:50
	***** Group Up *****	
200	4 x 50 on :55 Desc 1-4	1:50
2,400	2x{2 x 100 on 2:00 Desc 1-2, #1 = EASY	2:00
	{1 x 400 on 6:40 Negative Split	1:40
	{4 x 100 on 1:40 Desc 1-2	1:40
	{4 x 50 on 1:00 All Fast	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:26 PM 4,100 Meters		

Workout #219 - Thursday, 06 September 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:50 Drill / swim mix	1:55
400	8 x 50 on 1:30 Kick, mix speeds	3:00
400	8 x 50 on 1:00 Pull, Desc 1-2	2:00
)))) Group Up (((((
100	4 x 25 on :50 Fast!	3:20
400	2 x 200 on 3:30 Smooth	1:45
400	2 x 200 on 3:20 Smooth	1:40
400	2 x 200 on 3:10 Smooth	1:35
400	2 x 200 on 3:00 Smooth	1:30
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,000 Meters	

Workout #220 - Monday, 10 September 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 8:00 Mix swim & Drill	2:00
400	1 x 400 on 8:00 Pull, mix speeds	2:00
400	4 x 100 on 2:45 Kick, mix in a fast 25 on each	2:45
	***** Group Up *****	
100	4 x 25 on 1:00 Speedy!	4:00
400	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	1 x 200 on 4:00 Get Ready	2:00
600	6 x 100 on 3:00 Test Yourself!!	3:00
500	1 x 500 on 10:00 Cool down	2:00
	6:19 PM 3,000 Meters	

Workout #221 - Tuesday, 11 September 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	8 x 50 on 1:04 Swim, but include some drills	2:08
450	6 x 75 on 1:20 Pull, last 25 always faster	1:47
400	4 x 100 on 2:30 Kick, last 50 always faster	2:30
	===== Group Up +++++	
100	4 x 25 on :50 Fast!	3:20
800	4 x 200 on 3:20 Desc 1-4	1:40
	1 on :30 Extra Rest	
800	4 x 200 on 3:10 All strong!	1:35
100	1 x 100 on 5:00 Loosen	5:00
	6:09 PM 3,050 Meters	

Workout #222 - Wednesday, 12 September 2012
Masters - Blue
10 seconds rest between sets

Meters	Set Description	PACE
5:00 PM Start		
800	4 x 200 on 3:30 Neg Split	1:45
400	8 x 50 on 1:20 Kick, mix speeds	2:40
400	1 x 400 on 7:00 Pull as desired	1:45
]]]]] Group Up [[[[[
200	4 x 50 on 1:05 Alt Moderate/Fast	2:10
200	2 x 100 on 1:45 Desc 1-2	1:45
200	1 x 200 on 3:30 Steady	1:45
400	1 x 400 on 6:30 Negative Split	1:38
600	1 x 600 on 9:30 Build (start easy, finish fast)	1:35
400	1 x 400 on 6:30 Negative Split	1:38
200	1 x 200 on 3:30 Steady	1:45
200	2 x 100 on 1:50 Desc 1-2	1:50
100	1 x 100 on 5:00 Loosen	5:00
6:24 PM 4,100 Meters		

Workout #223 - Thursday, 13 September 2012
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	2 x 300 on 5:30 Drill/Swim Mix	1:50
400	2 x 200 on 5:00 Kick mix speeds	2:30
400	2 x 200 on 3:45 Pull as desired	1:52
	+++++ Group Up +++++	
100	4 x 25 on :45 Fast!	3:00
1,600	2x{1 x 50 on 1:30 Loosen	3:00
	{2 x 250 on 4:30 Desc 1-2	1:48
	{1 x 250 on 4:20 Go Time!	1:44
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,200 Meters		

Workout #224 - Monday, 17 September 2012
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	6 x 100 on 1:50 Swim / Drill Mix	1:50
400	2 x 200 on 3:30 Pull Neg Split	1:45
400	1 x 400 on 9:00 Kick Choice	2:15
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
1,650	3x{2 x 100 on 1:50 Start EZ or Mod, Last 25 Fast!	1:50
	{2 x 75 on 1:30 Start EZ or Mod, Last 25 Fast!	2:00
	{2 x 50 on 1:10 Start EZ or Mod, Last 25 Fast!	2:20
	{2 x 25 on :50 Fast!	3:20
	{1 x 50 on 1:30 Loosen	3:00
6:11 PM 3,150 Meters		

Workout #225 - Tuesday, 18 September 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 7:30 Mix it up	1:52
450	6 x 75 on 2:00 Kick, mix speeds	2:40
400	4 x 100 on 1:50 Pull, Desc 1-4	1:50
	///// Group Up \\\	
200	4 x 50 on 1:10 Mod/Fast @ 25	2:20
300	4 x 75 on 1:30 Steady	2:00
75	1 x 75 on 1:20 Fast!	1:47
225	3 x 75 on 1:30 Steady	2:00
150	2 x 75 on 1:20 Fast!	1:47
150	2 x 75 on 1:30 Steady	2:00
225	3 x 75 on 1:20 Fast!	1:47
75	1 x 75 on 1:30 Steady	2:00
300	4 x 75 on 1:20 Fast!	1:47
100	1 x 100 on 5:00 Loosen	5:00
	6:21 PM 3,050 Meters	

Workout #226 - Wednesday, 19 September 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
450	6 x 75 on 1:30 1st 25 Drill	2:00
400	1 x 400 on 9:00 Kick choice	2:15
600	3 x 200 on 3:30 Pull Desc	1:45
	==== Group Up =====	
200	4 x 50 on 1:10 Desc 1-4	2:20
2,500	2x{1 x 400 on 6:35 Steady	1:39
	{4 x 100 on 1:45 Desc 1-4	1:45
	{1 x 400 on 6:45 Neg Split	1:41
	{1 x 50 on 1:30 Loosen	3:00
	6:22 PM 4,150 Meters	

Workout #227 - Thursday, 20 September 2012
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	10 x 50 on 1:00 Mix speeds	2:00
400	1 x 400 on 7:30 Pull mix speeds	1:52
400	2 x 200 on 5:30 Kick alt speed @ 50	2:45
	----- Group Up -----	
100	4 x 25 on :50 Fast!	3:20
1,500	1x{5 x 100 on 2:00 Steady	2:00
	{4 x 100 on 1:52 Steady	1:52
	{3 x 100 on 1:46 Steady	1:46
	{2 x 100 on 1:41 Steady	1:41
	{1 x 100 on 3:00 last one. fast one.	3:00
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,000 Meters	

Workout #228 - Monday, 24 September 2012
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Mix swim and drill	1:50
450	6 x 75 on 1:20 Pull, last 25 faster	1:47
400	4 x 100 on 2:30 Kick as desired	2:30
	~~~~~ Group Up ~~~~~	
100	4 x 25 on :50 Fast!	3:20
1,400	1x{4 x 50 on 1:02 How fast are you today?	2:04
	{1 on :30 rest	
	{4 x 50 on :59 Any faster	1:58
	{1 on :30 rest	
	{4 x 50 on :56 How about now?	1:52
	{1 on :30 rest	
	{4 x 50 on :53 Now?	1:46
	{1 on :30 rest	
	{4 x 50 on :50 Maybe now?	1:40
	{1 on :30 rest	
	{4 x 50 on :47 Move it!	1:34
	{1 on :30 rest	
	{4 x 50 on :44 Almost done!	1:28
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,050 Meters	

**Workout #229 - Tuesday, 25 September 2012**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 5:15 Kick, last 50 faster	2:38
400	2 x 200 on 3:30 Swim, mix speeds	1:45
400	2 x 200 on 3:30 Pull, negative split	1:45
	##### Group UP #####	
100	4 x 25 on :45 Fast!	3:00
1,800	4x{1 x 50 on 1:30 Loosen	3:00
	{2 x 100 on 1:55 Steady - elbow up	1:55
	{2 x 100 on 1:35 Steady - remember to kick!	1:35
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,200 Meters	

**Workout #230 - Wednesday, 26 September 2012**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	6 x 100 on 1:50 Drill / Swim Mix	1:50
400	1 x 400 on 10:00 Kick as desired	2:30
400	2 x 200 on 3:30 Pull, Desc 1-2	1:45
	+++++ Group Up +++++	
200	4 x 50 on 1:05 Desc 1-4	2:10
2,500	2x{1 x 50 on 1:30 Loosen	3:00
	{1 x 500 on 8:15 Negative Split	1:39
	{2 x 300 on 5:00 Negative Split	1:40
	{1 x 100 on 1:45 FAST	1:45
100	1 x 100 on 5:00 Cool down	5:00
6:26 PM 4,200 Meters		

**Workout #231 - Thursday, 27 September 2012**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	3 x 200 on 3:30 Mix swim and drill	1:45
400	8 x 50 on 1:00 Pull Mix speeds	2:00
450	6 x 75 on 1:45 Kick, last 25 faster	2:20
	===== Group Up =====	
200	4 x 50 on 1:10 Desc 1-4	2:20
450	3 x 150 on 2:40 Steady	1:47
150	1 x 150 on 2:20 Fast!	1:33
300	2 x 150 on 2:40 Steady	1:47
150	1 x 150 on 2:20 Faster	1:33
150	1 x 150 on 2:40 Steady	1:47
150	1 x 150 on 2:20 Fastest	1:33
100	1 x 100 on 5:00 Loosen	5:00
6:16 PM 3,100 Meters		

**Workout #234 - Monday, 01 October 2012**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	4 x 150 on 2:30 Swim / Drill Mix	1:40
400	4 x 100 on 1:50 Pull Desc 1-4	1:50
400	8 x 50 on 1:05 Kick, mix speeds	2:10
	===== Group Up =====	
200	4 x 50 on 1:10 Desc 1-4	2:20
1,000	4x{3 x 75 on 2:00 Fast!	2:40
	{1 x 25 on 1:00 Loosen	4:00
300	4 x 75 on 2:15 Faster!	3:00
100	1 x 100 on 5:00 Loosen	5:00
6:20 PM 3,000 Meters		

**Workout #235 - Tuesday, 02 October 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 7:30 Swim, as you want	1:52
400	2 x 200 on 5:10 Kick, some of it fast	2:35
600	3 x 200 on 3:30 Pull, Negative Split	1:45
	***** Group Up *****	
1,600	4x{2 x 150 on 2:30 Desc 1-2	1:40
	{2 x 50 on 1:15 #1 Fast, #2 Easier	2:30
100	1 x 100 on 5:00 Loosen	5:00
	6:09 PM 3,100 Meters	

**Workout #236 - Wednesday, 03 October 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Swim, drill mix	1:45
400	4 x 100 on 2:30 Kick, last 25 always fast	2:30
400	1 x 400 on 7:00 Pull as desired	1:45
	----- Group Up -----	
200	4 x 50 on 1:05 Get ready	2:10
800	2 x 400 on 6:30 Desc 1-2 + neg split	1:38
400	2 x 200 on 3:20 Desc 1-2	1:40
800	2 x 400 on 6:30 Desc 1-2 + neg split	1:38
400	4 x 100 on 1:45 Desc 1-4	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:26 PM 4,100 Meters	

**Workout #237 - Thursday, 04 October 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	8 x 50 on 1:00 Hold a steady pace	2:00
450	3 x 150 on 2:45 Pull, last 50 faster	1:50
450	6 x 75 on 2:00 Kick, last 25 faster	2:40
	##### Group Up #####	
100	4 x 25 on :50 Fast!	3:20
800	4 x 200 on 3:30 Desc 1-4	1:45
100	2 x 50 on 1:05 Steady - not easy, not fast	2:10
400	2 x 200 on 3:15 Fast!	1:38
100	2 x 50 on 1:05 Steady	2:10
200	1 x 200 on 4:00 Best Effort Possible!	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:18 PM 3,100 Meters	

**Workout #242 - Monday, 08 October 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 8:00 Mix swim & Drill	2:00
400	1 x 400 on 8:00 Pull, mix speeds	2:00
400	4 x 100 on 2:45 Kick, mix in a fast 25 on each	2:45
	***** Group Up *****	
100	4 x 25 on 1:00 Speedy!	4:00
400	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	1 x 200 on 4:00 Get Ready	2:00
600	6 x 100 on 3:00 Test Yourself!!	3:00
500	1 x 500 on 10:00 Cool down	2:00
	6:19 PM 3,000 Meters	

**Workout #243 - Tuesday, 09 October 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:45 negative Split	1:45
400	2 x 200 on 5:00 kick, mix speeds	2:30
400	2 x 200 on 3:30 Pull, Desc 1-2	1:45
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
400	2 x 200 on 3:45 Desc 1-2	1:52
400	2 x 200 on 3:30 Desc 1-2	1:45
400	2 x 200 on 3:15 Desc 1-2	1:38
200	2 x 100 on 1:45 Desc 1-2	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:10 PM 3,000 Meters	

**Workout #244 - Wednesday, 10 October 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 7:00 Mix drill and swim	1:45
400	4 x 100 on 1:50 Pull, mix speeds	1:50
600	8 x 75 on 1:50 Kick, last 25 faster	2:27
	===== Group Up =====	
200	4 x 50 on 1:00 Find your pace	2:00
2,400	2x{1 on :30 extra rest	
	{1 x 600 on 10:00 What can you do?	1:40
	{8 x 75 on 1:20 Build each swim	1:47
100	1 x 100 on 5:00 Loosen	5:00
	6:27 PM 4,100 Meters	

**Workout #245 - Thursday, 11 October 2012**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	4 x 150 on 2:30 1st 25 = drill	1:40
450	6 x 75 on 1:25 Pull, negative split	1:53
400	1 x 400 on 10:00 Kick as desired	2:30
	##### Group Up #####	
100	4 x 25 on :50 Fast!	3:20
1,500	1x{1 x 250 on 4:50 Steady	1:56
	{2 x 250 on 4:20 Fast!	1:44
	{2 x 250 on 4:50 Steady	1:56
	{1 x 250 on 4:20 Fast!	1:44
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,150 Meters	

**Workout #247 - Monday, 15 October 2012**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:15 Mix drill & Swim	1:45
400	4 x 100 on 1:50 Pull Neg Split	1:50
400	8 x 50 on 1:20 Kick, alt mod/fast	2:40
	***** Group Up *****	
100	4 x 25 on :50 Fast!	3:20
1,500	2x{2 x 100 on 1:45 Desc 1-2	1:45
	{3 x 75 on 1:30 Desc 1-3	2:00
	{4 x 50 on 1:15 Desc 1-4	2:30
	{5 x 25 on 1:00 As Fast As Possible	4:00
100	1 x 100 on 5:00 Loosen	5:00
	6:20 PM 3,100 Meters	

**Workout #248 - Tuesday, 16 October 2012**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Mix speeds, include some drill	1:50
450	6 x 75 on 2:00 Kick, last 25 faster	2:40
400	1 x 400 on 7:30 Pull, negative split	1:52
	***** Group Up *****	
200	4 x 50 on 1:10 Desc 1-4	2:20
1,350	1x{2 x 75 on 1:30 Smooth	2:00
	{2 x 75 on 1:25 Steady	1:53
	{2 x 75 on 1:20 Strong	1:47
	{2 x 75 on 1:15 Superb	1:40
	{2 x 75 on 1:10 Stunning	1:33
	{2 x 75 on 1:18 Snazzy	1:44
	{2 x 75 on 1:23 Stimulating	1:51
	{2 x 75 on 1:28 Skillful	1:57
	{2 x 75 on 1:33 Smashing	2:04
100	1 x 100 on 5:00 loosen	5:00
	6:11 PM 3,100 Meters	

**Workout #249 - Wednesday, 17 October 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 As desired	1:48
400	4 x 100 on 2:20 Kick, build each one	2:20
500	2 x 250 on 4:30 Pull Desc 1-2	1:48
	///// Group Up \\\	
200	4 x 50 on 1:00 Desc 1-4	2:00
	1 on :30 extra rest	
800	2 x 400 on 6:30 Negative split	1:38
100	2 x 50 on 1:10 Desc 1-2	2:20
600	2 x 300 on 5:00 Desc 1-2	1:40
100	2 x 50 on 1:10 Desc 1-2	2:20
400	2 x 200 on 3:25 Desc 1-2	1:42
100	2 x 50 on 1:10 Desc 1-2	2:20
200	2 x 100 on 1:45 Desc 1-2	1:45
100	1 x 100 on 4:00 Loosen	4:00
	6:30 PM 4,000 Meters	

**Workout #250 - Thursday, 18 October 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:40 Drill / Swim Mix	1:50
400	4 x 100 on 1:50 Pull, Desc 1-4	1:50
400	8 x 50 on 1:30 Kick, work it!	3:00
	)))) Group Up (((((	
200	4 x 50 on 1:05 Desc 1-4	2:10
100	4 x 25 on :40 Fast!	2:40
1,200	1x{3 x 100 on 2:00 Steady	2:00
	{1 x 100 on 1:40 Fast Pace	1:40
	{2 x 100 on 2:00 Steady	2:00
	{2 x 100 on 1:40 Fast Pace	1:40
	{1 x 100 on 2:00 Steady	2:00
	{3 x 100 on 1:40 Fast Pace	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,000 Meters	

**Workout #256 - Monday, 22 October 2012**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 drill swim mix	1:50
400	2 x 200 on 3:45 Pull, Desc 1-2	1:52
400	4 x 100 on 2:30 Kick Negative Split	2:30
	----- Group Up -----	
100	4 x 25 on :45 Fast	3:00
200	4 x 50 on 1:05 Desc 1-4	2:10
1,400	4x{1 x 50 on 1:30 Loosen	3:00
	{4 x 50 on 1:20 Alternate 1 Mod, 1 Fast	2:40
	{1 on :30 Extra Rest	
	{2 x 50 on 1:30 Maximum Effort	3:00
6:24 PM	3,100 Meters	

**Workout #257 - Tuesday, 23 October 2012**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 Mix of speeds	1:48
400	2 x 200 on 5:15 Kick, last 50 always faster	2:38
450	6 x 75 on 1:20 Pull, last 25 always faster	1:47
	===== Group Up =====	
200	4 x 50 on 1:10 Build each swim	2:20
400	4 x 100 on 1:45 Desc 1-4	1:45
400	4 x 100 on 1:40 Desc 1-4	1:40
400	4 x 100 on 1:35 Desc 1-4	1:35
200	4 x 50 on 1:00 Desc 1-4; #4 is max effort	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:11 PM	3,050 Meters	

**Workout #258 - Wednesday, 24 October 2012**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Build last 100	1:50
400	2 x 200 on 5:00 Kick, Desc 1-2	2:30
400	8 x 50 on 1:00 Pull, steady pace	2:00
	===== Group Up =====	
2,600	2x{1 x 500 on 8:15 Negative Split	1:39
	{2 x 200 on 3:30 Desc 1-2	1:45
	{3 x 100 on 1:50 All Three @ Fast Pace	1:50
	{1 x 100 on 2:30 Loosen	2:30
6:19 PM	4,000 Meters	



**Workout #259 - Thursday, 25 October 2012**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
600	6 x 100 on 1:50 Pull, Desc 1-3, 4-6	1:50
400	1 x 400 on 10:00 Kick as desired	2:30
300	2 x 150 on 2:40 Build Each	1:47
	///// Group Up \\\	
100	4 x 25 on :50 Fast!	3:20
600	4 x 150 on 2:40 Desc 1-4	1:47
450	3 x 150 on 2:35 Desc 1-3	1:43
300	2 x 150 on 2:30 Desc 1-2	1:40
	1 on :30 Extra rest	
150	1 x 150 on 3:00 Last one, fast one	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,000 Meters	

**Workout #266 - Monday, 29 October 2012**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
600	6 x 100 on 1:50 drill & swim mix	1:50
400	2 x 200 on 3:55 Pull Desc 1-2	1:58
450	3 x 150 on 3:30 Kick Neg Split	2:20
	----- Group Up -----	
1,650	3x{2 x 25 on :40 fast	2:40
	{2 x 50 on 1:05 Fast	2:10
	{2 x 75 on 1:25 Fast	1:53
	{2 x 50 on 1:05 Fast	2:10
	{2 x 25 on :40 Fast	2:40
	{1 x 100 on 2:30 Loosen	2:30
	6:10 PM 3,100 Meters	

**Workout #267 - Tuesday, 30 October 2012**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 As you want	1:48
400	8 x 50 on 1:00 Pull, mix speeds	2:00
400	4 x 100 on 2:30 Kick, last 25 faster	2:30
	<><><> Group Up <><><>	
200	4 x 50 on 1:10 Desc 1-4	2:20
1,400	4x{2 x 150 on 2:30 Desc 1-2	1:40
	{2 x 25 on :40 #1 Moderate, #2 Fast	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:08 PM 3,000 Meters	

**Workout #268 - Wednesday, 31 October 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	4 x 150 on 2:30 Whoooooooooooo	1:40
400	1 x 400 on 7:15 Pull, don't get scared	1:49
400	8 x 50 on 1:20 Kick, hallo-refic	2:40
	---- Group Up, if you dare ----	
200	4 x 50 on 1:05 Find a frightful pace	2:10
2,500	2x{2 x 400 on 6:35 Desc 1-2... BOO!	1:39
	{4 x 100 on 1:40 Treat yourself to 4 fast swims	1:40
	{1 x 50 on 1:20 Spooky Slow	2:40
6:21 PM 4,100 Meters		

**Workout #269 - Thursday, 01 November 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	1 x 600 on 10:00 As desired	1:40
400	1 x 400 on 7:00 Pull as desired	1:45
400	1 x 400 on 10:00 Kick as desired	2:30
	----- Group Up -----	
400	2 x 200 on 3:30 Desc 1-2	1:45
400	2 x 200 on 3:35 Desc 1-2	1:48
400	2 x 200 on 3:40 Desc 1-2	1:50
400	2 x 200 on 3:45 Desc 1-2	1:52
100	1 x 100 on 5:00 Loosen	5:00
6:10 PM 3,100 Meters		

**Workout #272 - Monday, 05 November 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 8:00 Mix swim & Drill	2:00
400	1 x 400 on 8:00 Pull, mix speeds	2:00
400	4 x 100 on 2:45 Kick, mix in a fast 25 on each	2:45
	***** Group Up *****	
100	4 x 25 on 1:00 Speedy!	4:00
400	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	1 x 200 on 4:00 Get Ready	2:00
600	6 x 100 on 3:00 Test Yourself!!	3:00
500	1 x 500 on 10:00 Cool down	2:00
6:19 PM 3,000 Meters		

**Workout #273 - Tuesday, 06 November 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 swim and drill	1:48
400	2 x 200 on 5:15 kick, speed mix	2:38
400	8 x 50 on 1:00 pull, alt. easy/moderate	2:00
	----- Group Up -----	
100	4 x 25 on :50 Fast!	3:20
400	2 x 200 on 3:40 Desc 1-2	1:50
400	2 x 200 on 3:30 Desc 1-2	1:45
400	2 x 200 on 3:20 Desc 1-2	1:40
100	1 x 100 on 2:15 Loosen	2:15
200	1 x 200 on 6:00 Best Effort	3:00
100	1 x 100 on 5:00 Loosen	5:00
	6:17 PM 3,000 Meters	

**Workout #274 - Wednesday, 07 November 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Desc 1-3, 4-6	1:50
400	8 x 50 on 1:20 Kick desc 1-4, 5-8	2:40
400	1 x 400 on 7:00 Pull, mix speeds	1:45
	***** Group Up *****	
200	4 x 50 on 1:05 Desc 1-4	2:10
2,500	2x{1 x 600 on 10:00 Negative Split	1:40
	{2 x 200 on 3:30 Desc 1-2	1:45
	{2 x 100 on 1:45 Desc 1-2	1:45
	{1 x 50 on 1:30 Loosen	3:00
	6:22 PM 4,100 Meters	

**Workout #275 - Thursday, 08 November 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	8 x 75 on 1:15 last 25 always faster	1:40
400	1 x 400 on 10:00 Kick as desired	2:30
400	2 x 200 on 3:40 Pull Desc 1-2	1:50
	===== Group Up =====	
100	4 x 25 on :55 Fast!	3:40
500	2 x 250 on 4:00 Steady	1:36
400	2 x 200 on 3:15 Steady	1:38
300	2 x 150 on 2:30 Steady	1:40
200	2 x 100 on 1:45 Steady	1:45
100	2 x 50 on 1:00 Finish 'em off strong	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,100 Meters	

**Workout #279 - Monday, 12 November 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:30 drill/swim mix	1:54
400	8 x 50 on 1:20 Kick neg split	2:40
400	2 x 200 on 3:45 Pull, desc 1-2	1:52
	==== Group Up =====	
400	8 x 50 on 1:05 Desc 1-3, 4-6	2:10
200	4 x 50 on 1:15 Desc 1-4	2:30
150	6 x 25 on :50 Think easy speed	3:20
200	4 x 50 on 1:15 Desc 1-4	2:30
150	6 x 25 on :40 Fast, remember to use your kick	2:40
200	4 x 50 on 1:15 Desc 1-4	2:30
150	6 x 25 on :30 Fast, hold a good tempo	2:00
200	4 x 50 on 1:15 Desc 1-4	2:30
100	1 x 100 on 5:00 Loosen	5:00

6:26 PM 3,050 Meters

**Workout #280 - Tuesday, 13 November 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:50 1st 25 of each = drill	1:50
400	1 x 400 on 11:00 Kick mix speeds	2:45
400	8 x 50 on 1:05 Pull, alt easy/fast @ 50	2:10
	----- Group Up -----	
1,600	1x{4 x 75 on 1:55 Desc 1-4 through whole set	2:33
	{1 x 25 on :45 Fast	3:00
	{4 x 75 on 1:45 Desc	2:20
	{1 x 25 on :45 Fast	3:00
	{4 x 75 on 1:35 Desc	2:07
	{1 x 25 on :45 Fast	3:00
	{4 x 75 on 1:25 Desc	1:53
	{1 x 25 on :45 Fast	3:00
	{4 x 75 on 1:15 Desc	1:40
100	1 x 100 on 5:00 Loosen	5:00

6:15 PM 3,100 Meters

**Workout #281 - Wednesday, 14 November 2012**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	8 x 75 on 1:20 Last 25 faster	1:47
400	2 x 200 on 5:00 Kick, neg split	2:30
400	4 x 100 on 1:50 Pull, Desc	1:50
	***** Group Up *****	
100	4 x 25 on :45 Fast	3:00
200	4 x 50 on 1:00 Find your paces	2:00
2,000	2x{1 x 400 on 6:20 Negative Split	1:35
	{2 x 200 on 3:30 Desc 1-2	1:45
	{2 x 100 on 1:50 Desc 1-2	1:50
50	1 x 50 on 1:30 Loosen	3:00
200	1 x 200 on 4:00 Best effort	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:29 PM 4,050 Meters		

**Workout #282 - Thursday, 15 November 2012**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	2 x 300 on 5:15 Desc 1-2, include some drill	1:45
450	6 x 75 on 1:50 Kick, mix speeds	2:27
400	1 x 400 on 6:45 Pull as desired	1:41
	+++++ Group Up +++++	
300	6 x 50 on 1:05 Desc 1-3, 4-6	2:10
1,200	1x{3 x 100 on 1:50 Steady	1:50
	{1 x 100 on 1:35 Fast Pace	1:35
	{2 x 100 on 1:50 Steady	1:50
	{2 x 100 on 1:35 Fast Pace	1:35
	{1 x 100 on 1:50 Steady	1:50
	{3 x 100 on 1:35 Fast Pace	1:35
100	1 x 100 on 5:00 Loosen	5:00
6:07 PM 3,050 Meters		

**Workout #286 - Monday, 19 November 2012**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	6 x 100 on 1:50 drill / swim mix	1:50
400	1 x 400 on 7:00 Pull, neg split, hold dps	1:45
400	8 x 50 on 1:20 Kick, mix speeds	2:40
	===== Group Up =====	
100	4 x 25 on :40 Fast!	2:40
1,400	4x{1 x 25 on 1:00 Easy	4:00
	{4 x 50 on 1:10 Alt Moderate / Fast @ 50	2:20
	{1 x 25 on 1:00 Easy	4:00
	{1 x 100 on 3:00 Max Effort	3:00
100	1 x 100 on 5:00 Loosen	5:00
6:21 PM 3,000 Meters		

**Workout #287 - Tuesday, 20 November 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:45 Include some drills	1:52
400	8 x 50 on 1:00 Pull, mix speeds	2:00
400	4 x 100 on 2:20 Kick, negative split	2:20
	***** Group Up *****	
200	4 x 50 on 1:05 Desc 1-4	2:10
100	4 x 25 on :40 Fast!	2:40
400	4 x 100 on 1:50 Desc 1-4	1:50
400	4 x 100 on 1:40 Desc 1-4	1:40
400	4 x 100 on 1:30 Desc 1-4	1:30
100	1 x 100 on 5:00 Loosen	5:00
	Friday, 0500-0700, Distance Dare - 5km or 2 hour swim!	
	6:12 PM 3,000 Meters	

**Workout #288 - Wednesday, 21 November 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:15 Neg Split	1:45
400	2 x 200 on 3:40 Pull, mix speeds	1:50
450	6 x 75 on 2:00 Kick, last 25 faster	2:40
	=Friday, 0500-0700, Distance Dare - 5km or 2 hour swim=	
100	4 x 25 on :40 Fast!	2:40
1,550	1x{4 x 150 on 2:30 Desc 1-4	1:40
	{3 x 150 on 2:25 Desc 1-3	1:37
	{2 x 150 on 2:20 Desc 1-2	1:33
	{1 x 50 on 1:30 Loosen	3:00
	{1 x 150 on 3:00 Best Effort	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,200 Meters	

**Workout #295 - Monday, 26 November 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:00 Mix swim & drill	1:48
450	6 x 75 on 1:30 Pull, mix speeds	2:00
400	4 x 100 on 2:30 Kick, mix speeds	2:30
	==== Group Up =====	
200	4 x 50 on 1:05 Desc 1-4	2:10
1,500	2x{4 x 25 on :40 Strong & Fast	2:40
	{4 x 50 on 1:05 Desc from easy to moderate	2:10
	{6 x 75 on 2:00 Best sustainable pace	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:21 PM 3,150 Meters	

**Workout #294 - Tuesday, 27 November 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:45 Last 25 faster	1:45
400	8 x 50 on 1:20 Kick alt mod/fast	2:40
400	1 x 400 on 7:00 Pull hold steady stroke count	1:45
	----- Group Up -----	
100	4 x 25 on :50 Strong	3:20
1,650	3x{3 x 150 on 2:30 Desc 1-3	1:40
	{1 x 100 on 2:30 Easy	2:30
6:07 PM	3,150 Meters	

**Workout #293 - Wednesday, 28 November 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Mix drill and swim	1:45
400	1 x 400 on 7:00 Pull, steady and strong	1:45
400	1 x 400 on 11:00 Kick as desired	2:45
	::::: Group Up :::::	
200	4 x 50 on 1:05 Find your paces	2:10
2,400	1x{4 x 100 on 1:40 desc 1-4	1:40
	{2 x 200 on 3:20 Desc 1-2	1:40
	{2 x 400 on 6:40 Desc 1-2	1:40
	{2 x 200 on 3:20 Desc 1-2	1:40
	{4 x 100 on 1:40 Desc 1-4	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:24 PM	4,100 Meters	

**Workout #292 - Thursday, 29 November 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	4 x 150 on 2:35 MIx drill and swim	1:43
400	2 x 200 on 5:15 Kick last 50 faster	2:38
400	4 x 100 on 1:50 Pull Neg Split	1:50
	<<<<< Group Up >>>>>	
100	4 x 25 on :45 Strong	3:00
1,500	1x{2 x 200 on 3:30 Desc 1-2	1:45
	{2 x 200 on 3:20 Desc 1-2	1:40
	{2 x 200 on 3:10 Desc 1-2	1:35
	{1 x 100 on 2:30 Loosen	2:30
	{1 x 200 on 5:00 Best you can do	2:30
100	1 x 100 on 5:00 Loosen	5:00
6:11 PM	3,100 Meters	

**Workout #302 - Monday, 03 December 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 8:00 Mix swim & Drill	2:00
400	1 x 400 on 8:00 Pull, mix speeds	2:00
400	4 x 100 on 2:45 Kick, mix in a fast 25 on each	2:45
	***** Group Up *****	
100	4 x 25 on 1:00 Speedy!	4:00
400	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	1 x 200 on 4:00 Get Ready	2:00
600	6 x 100 on 3:00 Test Yourself!!	3:00
500	1 x 500 on 10:00 Cool down	2:00
	6:19 PM 3,000 Meters	

**Workout #303 - Tuesday, 04 December 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:00 Swim drill mix	1:48
400	1 x 400 on 7:30 Pull mix speeds	1:52
400	4 x 100 on 2:30 Kick last 25 faster effort	2:30
	==== Group Up =====	
100	4 x 25 on :40 Speedy	2:40
1,800	1x{1 x 200 on 3:40 Steady	1:50
	{3 x 200 on 3:20 Fast Pace	1:40
	{1 x 200 on 3:40 Steady	1:50
	{2 x 200 on 3:20 Fast Pace	1:40
	{1 x 200 on 3:40 Steady	1:50
	{1 x 200 on 3:20 Fast Pace	1:40
100	1 x 100 on 5:00 loosen	5:00
	6:11 PM 3,300 Meters	

**Workout #304 - Wednesday, 05 December 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:30 Desc 1-3	1:45
400	8 x 50 on 1:20 kick mix efforts	2:40
400	2 x 200 on 3:40 Pull negative split	1:50
	##### Group Up #####	
200	4 x 50 on 1:00 Desc 1-4	2:00
2,400	1x{1 x 600 on 10:00 Negative Split	1:40
	{2 x 300 on 5:15 Desc 1-2	1:45
	{3 x 200 on 3:40 Negative Split	1:50
	{1 x 600 on 11:00 Build to the finish	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:27 PM 4,100 Meters	



**Workout #305 - Thursday, 06 December 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:50 Mix efforts	1:50
400	2 x 200 on 3:40 Pull Desc 1-2	1:50
450	6 x 75 on 2:00 kick last 25 faster	2:40
	+++++ Group Up +++++	
200	4 x 50 on 1:05 Desc 1-4	2:10
1,300	2x{2 x 250 on 4:40 Last 50 faster	1:52
	{2 x 75 on 1:45 Last 50 faster	2:20
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,050 Meters		

**Workout #311 - Monday, 10 December 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:50 Mix drill and swim	1:50
400	2 x 200 on 3:45 Pull mix speeds	1:52
400	1 x 400 on 9:00 Kick as desired	2:15
	===== GROUP UP =====	
1,500	2x{5 x 75 on 1:30 Desc 1-5	2:00
	{5 x 50 on 1:00 Desc 1-5	2:00
	{5 x 25 on :50 Fast!	3:20
100	1 x 100 on 5:00 Loosen	5:00
6:11 PM 3,000 Meters		

**Workout #312 - Tuesday, 11 December 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:00 drill/swim mix	1:48
400	4 x 100 on 2:30 kick, mix efforts	2:30
400	2 x 200 on 3:50 pull, Decs 1-2	1:55
	===== Group Up =====	
75	3 x 25 on :40 Fast!	2:40
1,525	1x{5 x 75 on 1:15 Fast!	1:40
	{1 x 100 on 1:50 Steady	1:50
	{4 x 75 on 1:15 Fast!	1:40
	{1 x 100 on 1:50 Steady	1:50
	{3 x 75 on 1:15 Fast!	1:40
	{1 x 100 on 1:50 Steady	1:50
	{2 x 75 on 1:15 Fast!	1:40
	{1 x 100 on 1:50 Steady	1:50
	{1 x 75 on 1:15 Fast!	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:06 PM 3,000 Meters		

**Workout #313 - Wednesday, 12 December 2012**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	8 x 75 on 1:20 Mix efforts	1:47
400	8 x 50 on 1:00 Pull, Desc 1-4, 5-8	2:00
400	1 x 400 on 10:00 Kick as desired	2:30
	)))) Group Up (((((	
200	4 x 50 on 1:05 Steady	2:10
450	6 x 75 on 1:15 Fast pace	1:40
400	1 x 400 on 6:40 Steady	1:40
375	5 x 75 on 1:20 last 25 faster	1:47
400	1 x 400 on 6:30 Steady	1:38
300	4 x 75 on 1:25 last 50 faster	1:53
400	1 x 400 on 6:20 Steady	1:35
100	1 x 100 on 5:00 Loosen	5:00
	6:31 PM 4,025 Meters	

**Workout #314 - Thursday, 13 December 2012**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	3 x 200 on 3:40 Mix drill and swim	1:50
400	4 x 100 on 2:30 kick desc 1-4	2:30
400	4 x 100 on 1:50 Pull mix effort,hold strokecount	1:50
	##### Group Up #####	
100	4 x 25 on :40 Fast!	2:40
1,400	1x{3 x 100 on 1:50 Steady	1:50
	{1 x 100 on 1:35 Fast Pace	1:35
	{2 x 100 on 1:50 Steady	1:50
	{2 x 100 on 1:35 Fast Pace	1:35
	{1 x 100 on 1:50 Steady	1:50
	{3 x 100 on 1:35 Fast Pace	1:35
	{1 x 100 on 2:00 Steady	2:00
	{1 x 100 on 2:00 FAST!!!	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:07 PM 3,000 Meters	

**Workout #315 - Monday, 17 December 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	10 x 50 on :55 mix speeds	1:50
400	1 x 400 on 7:30 pull as desired	1:52
400	4 x 100 on 2:30 kick last 25 faster	2:30
	***** group Up *****	
100	4 x 25 on :40 Fast!	2:40
1,500	1x{6 x 50 on :54 free	1:48
	{1 on :30 rest	
	{6 x 50 on :52 free	1:44
	{1 on :30 rest	
	{6 x 50 on :50 free	1:40
	{1 on :30 rest	
	{6 x 50 on :48 free	1:36
	{1 on :30 rest	
	{6 x 50 on :46 free	1:32
100	1 x 100 on 5:00 loosen	5:00
	6:08 PM 3,000 Meters	

**Workout #316 - Tuesday, 18 December 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 drill / swim mix	1:45
400	1 x 400 on 7:45 Pull as desired	1:56
400	8 x 50 on 1:20 kick mix efforts	2:40
	----- Group Up -----	
200	4 x 50 on 1:05 Decs 1-4	2:10
1,300	2x{1 x 50 on 1:30 Loosen	3:00
	{6 x 100 on 1:50 alt 1 mod, 1 fast	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:10 PM 3,000 Meters	

**Workout #317 - Wednesday, 19 December 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	8 x 75 on 1:20 drill / swim mix	1:47
800	2x{2 x 100 on 1:50 Pull desc 1-2	1:50
	{2 x 100 on 2:30 Kick Desc 1-2	2:30
	///// Group Up \\\	
300	6 x 50 on 1:00 Desc 1-3, 4-6	2:00
2,400	2x{6 x 50 on 1:05 alt mod/fast	2:10
	{4 x 100 on 1:50 Desc 1-3, ease off on #4	1:50
	{1 x 500 on 8:30 Negative Split	1:42
100	1 x 100 on 5:00 Loosen	5:00
	6:29 PM 4,200 Meters	

**Workout #318 - Thursday, 20 December 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 choice	1:48
500	1 x 500 on 9:15 Pull choice	1:51
400	1 x 400 on 11:00 Kick choice	2:45
	>>>> group Up <<<<<	
100	4 x 25 on :45 Fast!	3:00
1,600	4x{2 x 50 on 1:15 Both Fast!	2:30
	{2 x 150 on 2:35 last 50 faster	1:43
100	1 x 100 on 5:00 Loosen	5:00
6:14 PM 3,200 Meters		

**Workout #327 - Wednesday, 26 December 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 AM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 mix swim / drill	1:50
400	4 x 100 on 1:50 Pull, last 25 faster	1:50
400	8 x 50 on 1:20 Kick mix speeds	2:40
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
1,400	2x{1 x 50 on 1:30 Loosen	3:00
	{4 x 150 on 2:35 Desc 1-4	1:43
	{1 x 50 on 1:15 As fast as possible	2:30
100	1 x 100 on 5:00 Loosen	5:00
6:10 AM 3,000 Meters		

**Workout #328 - Wednesday, 26 December 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 mix swim / drill	1:50
400	4 x 100 on 1:50 Pull, last 25 faster	1:50
400	8 x 50 on 1:15 Kick mix speeds	2:30
	----- Group Up -----	
200	4 x 50 on 1:10 Fast!	2:20
800	2 x 400 on 6:15 Desc 1-2	1:34
100	2 x 50 on 1:05 #1 Mod, #2 Fast	2:10
600	2 x 300 on 5:00 Desc 1-2	1:40
100	2 x 50 on 1:05 #1 Mod, #2 Fast	2:10
400	2 x 200 on 3:30 Desc 1-2	1:45
100	2 x 50 on 1:05 #1 Mod, #2 Fast	2:10
200	2 x 100 on 1:50 Desc 1-2	1:50
100	1 x 100 on 5:00 Loosen	5:00
6:33 PM 4,000 Meters		

**Workout #329 - Thursday, 27 December 2012**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	4 x 150 on 2:45 mix swim / drill	1:50
400	2 x 200 on 3:40 Pull, last 25 faster	1:50
400	4 x 100 on 2:30 Kick mix speeds	2:30
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
1,800	2x{2 x 200 on 3:25 last 100 of each faster	1:42
	{2 x 150 on 2:40 last 50 of each faster	1:47
	{2 x 75 on 1:30 last 25 of each faster	2:00
	{1 x 50 on 1:15 Loosen	2:30
6:09 PM 3,300 Meters		

**Workout #333 - Tuesday, 01 January 2013**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 AM Start		
Meters	Set Description	PACE
=====	=====	=====
	Wednesday Morning	
500	2 x 250 on 4:25 Mix drill and swim	1:46
500	2 x 250 on 4:30 Pull, mix speeds	1:48
400	4 x 100 on 2:35 Kick desc 1-4	2:35
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
1,700	2x{1 x 25 on 1:00 Loosen	4:00
	{3 x 125 on 2:00 last 25 always faster	1:36
	{3 x 75 on 1:30 Last 25 always faster	2:00
	{3 x 50 on 1:05 Fast!!!!!!!	2:10
	{3 x 25 on :45 Stay fast!	3:00
100	1 x 100 on 5:00 Loosen	5:00
6:16 AM 3,300 Meters		