

**Workout #644 - Wednesday, 01 January 2014**  
**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 5:15 Kick Neg Split	2:38
400	8 x 50 on 1:00 Pull Mix Speeds	2:00
	+++++ Group Up +++++	
200	4 x 50 on 1:05 Desc 1-4	2:10
2,400	1x{2 x 300 on 5:30 Desc 1-2	1:50
	{1 x 600 on 10:30 Negative Split	1:45
	{2 x 300 on 5:15 Desc 1-2	1:45
	{6 x 100 on 2:00 Alt Easy, Fast	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:29 PM 4,100 Meters		

**Workout #645 - Thursday, 02 January 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 8:45 mix swim and drill	1:45
400	8 x 50 on 1:20 Kick as desired	2:40
400	16 x 25 on :35 Pull, alt fast, easy	2:20
	+++++ Group Up +++++	
100	4 x 25 on :50 FAST!!	3:20
1,500	2x{1 on :30 Extra Rest	
	{2 x 125 on 2:10 Last 50 of each faster	1:44
	{4 x 75 on 1:20 Desc 1-2	1:47
	{4 x 50 on 1:20 FAST!!!	2:40
100	1 x 100 on 5:00 Loosen	5:00
6:15 PM 3,000 Meters		

**Workout #649 - Monday, 06 January 2014**  
**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 #650 - Tuesday, 07 January 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 10:00 Swim, Drill Mix	2:00
400	4 x 100 on 1:50 Pull, build each swim	1:50
450	6 x 75 on 1:50 Kick, mix efforts	2:27
	##### Group Up #####	
100	4 x 25 on :45 GO, GO, GO!	3:00
400	2 x 200 on 3:15 Desc 1-2	1:38
400	2 x 200 on 3:10 Desc 1-2	1:35
400	2 x 200 on 3:05 Desc 1-2	1:32
400	2 x 200 on 3:00 Desc 1-2	1:30
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,150 Meters		

**Workout #651 - Wednesday, 08 January 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 7:00 As desired	1:45
600	2 x 300 on 5:15 Pull, mix efforts	1:45
450	6 x 75 on 1:45 Kick, last 25 faster	2:20
	===== Group Up =====	
100	4 x 25 on :40 Speedy	2:40
200	4 x 50 on 1:00 Hold the pace	2:00
600	1 x 600 on 9:50 Steady, smooth	1:38
200	4 x 50 on 1:05 Hold that pace!	2:10
600	1 x 600 on 10:10 Negative Split	1:42
200	4 x 50 on 1:10 Hold best above effort	2:20
600	1 x 600 on 10:30 Best you have! Bring it!!	1:45
100	1 x 100 on 5:00 Loosen	5:00
6:33 PM 4,050 Meters		

**Workout #652 - Thursday, 09 January 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 8:45 Mix swim and drill	2:11
450	6 x 75 on 1:40 kick, last 25 faster	2:13
400	1 x 400 on 8:45 Pull, mix speeds	2:11
	===== group Up =====	
100	4 x 25 on :40 Fast!	2:40
1,800	1x{3 x 150 on 2:40 Steady	1:47
	{1 x 150 on 2:20 Fast Pace	1:33
	{2 x 150 on 2:40 Steady	1:47
	{2 x 150 on 2:20 Fast Pace	1:33
	{1 x 150 on 2:40 Steady	1:47
	{3 x 150 on 2:20 Fast Pace	1:33
100	1 x 100 on 5:00 Loosen	5:00
6:11 PM 3,250 Meters		

**Workout #634 - Monday, 13 January 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	4 x 100 on 1:45 Mix swim & drills	1:45
450	6 x 75 on 1:45 Kick, harder on the middle 25	2:20
400	4 x 100 on 2:00 Pull, Desc 1-4	2:00
150	1 x 150 on 2:30 Swim - stretch out/loosen	1:40
	----- Group Up -----	
1,600	4x{4 x 25 on :40 Fast!	2:40
	{2 x 50 on 1:05 Steady	2:10
	{2 x 75 on 1:40 Fast!	2:13
	{1 x 50 on 1:30 Loosen	3:00
100	1 x 100 on 4:00 Cool Down	4:00

6:17 PM 3,100 Meters

**Workout #635 - Tuesday, 14 January 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	4 x 150 on 3:00 Swim	2:00
400	4 x 100 on 2:15 Kick, mix up strokes	2:15
400	8 x 50 on 1:00 Pull, desc 1-4, 5-8	2:00
	----- GROUP UP -----	
100	4 x 25 on :40 Fast!	2:40
600	4 x 150 on 2:40 Desc 1-2, 3-4	1:47
150	2 x 75 on 1:15 Fast & Strong	1:40
25	1 x 25 on 1:00 Easy	4:00
600	4 x 150 on 2:30 Desc 1-2, 3-4	1:40
150	2 x 75 on 1:25 Fast & Strong	1:53
100	1 x 100 on 4:00 Cool Down	4:00

6:13 PM 3,125 Meters

**Workout #636 - Wednesday, 15 January 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
800	4 x 200 on 3:45 Mix swim & drill	1:52
300	6 x 50 on 1:00 Pull, Desc 1-3, 4-6	2:00
200	8 x 25 on :50 Kick, increase tempo on evens	3:20
100	1 x 100 on 2:00 Swim, Stretch Out - Long strokes	2:00
	-----GROUP UP -----	
2,400	2x{4 x 50 on 1:00 Desc 1-4	2:00
	{2 x 400 on 6:30 Desc 1-2	1:38
	{1 x 200 on 3:20 Build each 50	1:40
100	1 x 100 on 3:00 Hard	3:00
100	1 x 100 on 5:00 Cool down	5:00

6:25 PM 4,000 Meters

**Workout #637 - Thursday, 16 January 2014**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	3 x 200 on 4:00 Mix swim & drill	2:00
600	4 x 150 on 2:45 Pull, steady	1:50
300	4 x 75 on 1:45 Kick - 1st & last 25 faster	2:20
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
600	3 x 200 on 3:30 Desc 1-3	1:45
200	4 x 50 on 1:00 Desc 1-4	2:00
400	2 x 200 on 3:15 Desc 1-2	1:38
200	4 x 50 on 1:00 Desc 1-4	2:00
200	1 x 200 on 4:00 Fast - All you have left	2:00
100	1 x 100 on 4:00 Loosen	4:00
	6:16 PM 3,300 Meters	

**Workout #663 - Monday, 20 January 2014**  
**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 3:45 Pull, middle of each faster	1:52
400	8 x 50 on 1:15 Kick, mix speeds	2:30
	~~~~~ Group Up ~~~~~	
100	4 x 25 on :40 Fast!	2:40
1,600	4x{1 on :45 Extra rest	
	{4 x 50 on 1:10 Best effort - SPEEDY!!!!	2:20
	{2 x 100 on 1:45 Steady	1:45
	6:12 PM 3,100 Meters	

**Workout #664 - Tuesday, 21 January 2014**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	2 x 300 on 5:30 Swim / Drill Mix	1:50
400	8 x 50 on 1:00 Pull, mix efforts	2:00
450	6 x 75 on 2:00 Kick, last 25 faster effort	2:40
	----- Group Up -----	
100	4 x 25 on :45 Fast	3:00
1,700	2x{1 x 50 on 1:20 Get ready for the fun	2:40
	{2 x 100 on 1:46 Desc 1-2	1:46
	{2 x 100 on 1:40 Desc 1-2	1:40
	{2 x 100 on 1:34 Desc 1-2	1:34
	{2 x 100 on 1:28 Desc 1-2	1:28
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,350 Meters	

**Workout #665 - Wednesday, 22 January 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
450	6 x 75 on 1:30 Drill, swim mix	2:00
400	2 x 200 on 5:05 kick, build each	2:32
400	4 x 100 on 1:50 Pull, Desc 1-4	1:50
	===== Group Up =====	
200	4 x 50 on 1:10 Desc 1-4	2:20
2,500	1x{1 x 500 on 8:00 1st and last 100 faster	1:36
	{2 x 100 on 1:36 Desc 1-2	1:36
	{1 x 400 on 6:30 Middle faster	1:38
	{2 x 100 on 1:38 Desc 1-2	1:38
	{1 x 300 on 5:00 1st and last 100 faster	1:40
	{2 x 100 on 1:40 Desc 1-2	1:40
	{1 x 200 on 3:25 Middle faster	1:42
	{2 x 100 on 1:42 Desc 1-2	1:42
	{1 x 100 on 1:50 Last and last 25 faster	1:50
	{2 x 100 on 1:50 Desc 1-2	1:50
100	1 x 100 on 5:00 Loosen	5:00
6:25 PM 4,050 Meters		

**Workout #666 - Thursday, 23 January 2014**  
**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	16 x 25 on :40 Kick as 2 fast, 1 easy	2:40
400	2 x 200 on 3:30 Pull, last 50 faster	1:45
	***** Group Up *****	
100	4 x 25 on :40 SPEED ++++++	2:40
1,450	2x{1 x 250 on 4:30 Last 50 FAST	1:48
	{1 x 25 on 1:00 Easy	4:00
	{6 x 75 on 2:00 Fastest pace you can maintain	2:40
100	1 x 100 on 5:00 Loosen	5:00
6:17 PM 3,050 Meters		

**Workout #638 - Monday, 27 January 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:30 Mix swim & drills	1:50
400	4 x 100 on 2:00 Pull, Steady even pace	2:00
200	4 x 50 on 1:15 Kick, faster on 2nd 25	2:30
200	1 x 200 on 4:00 Swim, Steady even pace	2:00
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
1,200	2x{6 x 75 on 1:30 Strong; Desc 1-3, 4-6	2:00
	{2 x 50 on 1:10 Fast!	2:20
	{1 x 50 on 1:30 Easy	3:00
75	1 x 75 on 2:00 Build	2:40
75	1 x 75 on 2:00 Last 25 FAST!	2:40
75	1 x 75 on 2:00 Last 50 FAST!	2:40
75	1 x 75 on 2:00 Maximum Effort!	2:40
100	1 x 100 on 4:00 Cool Down	4:00

6:19 PM 3,100 Meters

**Workout #639 - Tuesday, 28 January 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:00 Mix swim & drills	1:48
300	4 x 75 on 2:00 Kick, Harder on middle 25	2:40
600	6 x 100 on 1:50 Pull - Build each 25	1:50
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
600	4 x 150 on 2:40 Desc 1-4	1:47
150	2 x 75 on 1:30 #1 Mod., #2 Fast!	2:00
300	2 x 150 on 2:40 Build within each 150	1:47
300	4 x 75 on 1:30 #1 & #3 Mod., #2 & #4 Fast!	2:00
150	1 x 150 on 2:50 Last 75 Fast!	1:53
100	1 x 100 on 4:00 Cool Down	4:00

6:13 PM 3,100 Meters

**Workout #640 - Wednesday, 29 January 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:45 Mix swim & drill	1:52
450	3 x 150 on 3:00 Pull, last 50 faster	2:00
300	3 x 100 on 2:15 Kick, last 25 faster	2:15
100	1 x 100 on 2:00 Stretch out and get ready	2:00
	***** Group Up *****	
2,800	2x{2 x 400 on 6:45 Strong and steady	1:41
	{1 x 200 on 4:00 Hard	2:00
	{4 x 100 on 1:50 Desc 1-4	1:50
100	1 x 100 on 4:00 Cool Down	4:00

6:29 PM 4,350 Meters

**Workout #641 - Thursday, 30 January 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 8:30 Mix swim & drills	2:08
400	8 x 50 on 1:00 Pull, Desc 1-4, 5-8	2:00
200	8 x 25 on :50 Kick; every 4th one fast	3:20
400	1 x 400 on 7:45 Swim steady	1:56
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
200	2 x 100 on 1:45 Steady	1:45
100	2 x 50 on 1:00 Desc 1-2	2:00
400	4 x 100 on 1:50 Negative split	1:50
100	2 x 50 on 1:00 Desc 1-2	2:00
600	6 x 100 on 1:55 Negative split	1:55
100	2 x 50 on 1:00 Desc 1-2, #2 - Fast!	2:00
100	1 x 100 on 4:00 Cool Down	4:00
	6:20 PM 3,100 Meters	

**Workout #674 - Monday, 03 February 2014**  
**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 #675 - Tuesday, 04 February 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Drill/Swim Mix	1:50
450	3 x 150 on 2:45 Pull, last 50 faster	1:50
400	8 x 50 on 1:15 Kick, 2nd 25 always faster	2:30
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
600	3 x 200 on 3:25 Desc 1-3	1:42
600	3 x 200 on 3:15 Desc 1-3	1:38
600	3 x 200 on 3:05 Desc 1-3	1:32
100	1 x 100 on 5:00 Loosen	5:00
	6:16 PM 3,450 Meters	

**Workout #676 - Wednesday, 05 February 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
500	2 x 250 on 4:30 Mix drill and swim	1:48
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 *****	
800	1 x 800 on 13:30 Negative Split	1:41
50	2 x 25 on :50 Desc 1-2	3:20
800	2 x 400 on 6:40 Negative Split	1:40
50	2 x 25 on :50 Desc 1-2	3:20
800	4 x 200 on 3:15 Desc 1-4	1:38
100	1 x 100 on 5:00 Loosen	5:00
	6:27 PM 4,000 Meters	

**Workout #677 - Thursday, 06 February 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:30 Desc 1-2, include some drills	1:50
400	4 x 100 on 1:45 Pull, negative split	1:45
400	1 x 400 on 10:00 Kick as desired	2:30
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
600	4 x 150 on 2:40 Strong & Steady	1:47
450	3 x 150 on 2:35 Stronger	1:43
300	2 x 150 on 2:30 Smooth	1:40
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 3,100 Meters	

**Workout #681 - Monday, 10 February 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
500	2 x 250 on 5:00 Swim: Build as you go	2:00
500	5 x 100 on 2:00 Pull: Steady Efforts	2:00
300	4 x 75 on 1:45 Kick: Last 25 Fast	2:20
100	1 x 100 on 2:00 Swim - Stretch it out	2:00
	----- Group Up -----	
100	4 x 25 on :40 Build speed	2:40
200	4 x 50 on 1:15 #2 & #4 Fast!	2:30
150	2 x 75 on 1:30 Steady	2:00
200	8 x 25 on :45 Odds Cruise, Evens Fast!	3:00
200	4 x 50 on 1:10 #2 & #4 Fast!	2:20
150	2 x 75 on 1:30 Steady	2:00
300	12 x 25 on :50 Odds Cruise, Evens Fast!	3:20
200	4 x 50 on 1:00 #2 & #4 Fast!	2:00
100	1 x 100 on 3:00 Cool Down	3:00
	6:23 PM 3,000 Meters	



**Workout #683 - Tuesday, 11 February 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
300	1 x 300 on 6:00 Warm Up - Mix in some drills	2:00
400	8 x 50 on 1:00 Pull, Desc 1-4, 5-8	2:00
400	8 x 50 on 1:30 Kick - Every other faster	3:00
300	1 x 300 on 5:00 Swim - Build each 100	1:40
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
1,350	3x{4 x 75 on 1:30 Descend 1-4	2:00
	{1 x 150 on 2:50 Steady	1:53
150	2 x 75 on 1:40 Fast Efforts!	2:13
	6:11 PM 3,000 Meters	

**Workout #684 - Wednesday, 12 February 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:45 Warm up, mix in some drills	1:56
200	8 x 25 on :45 Kick, evens fast	3:00
450	6 x 75 on 1:30 Pull-Middle 25 Faster	2:00
400	4 x 100 on 1:45 Swim, Descend 1-4	1:45
	----- Group Up -----	
200	4 x 50 on 1:00 Descend 1-4	2:00
800	2 x 400 on 6:40 Descend 1-2	1:40
400	2 x 200 on 3:30 Descend 1-2	1:45
800	2 x 400 on 6:50 Descend 1-2	1:42
400	8 x 50 on 1:00 Odds Cruise, Evens Fast	2:00
100	1 x 100 on 3:00 Cool Down	3:00
	6:29 PM 4,150 Meters	

**Workout #685 - Thursday, 13 February 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:30 Warm up	1:45
600	3 x 200 on 3:40 Pull, Descend 1-3	1:50
400	4 x 100 on 2:10 Kick - Middle 50 Faster	2:10
50	1 x 50 on 1:30 Stretch Out/Get Ready	3:00
	----- Group Up -----	
1,800	3x{4 x 50 on 1:00 Descend 1-4	2:00
	{2 x 100 on 1:50 Descend 1-2	1:50
	{1 x 200 on 3:30 Hard, Fast Effort!	1:45
100	1 x 100 on 3:00 Cool Down	3:00
	6:11 PM 3,350 Meters	

**Workout #695 - Monday, 17 February 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	4 x 150 on 2:40 1st 25 always drill	1:47
400	16 x 25 on :40 Kick, alt moderate and fast	2:40
400	2 x 200 on 3:20 Pull, mix efforts	1:40
	%%%% Group Up %%%%	
1,650	3x{2 x 25 on :55 Best Effort on Both!	3:40
	{3 x 50 on 1:15 Fast last 25s	2:30
	{4 x 75 on 1:30 Fast last 25s	2:00
	{1 x 50 on 1:30 Loosen	3:00
6:12 PM	3,050 Meters	

**Workout #696 - Tuesday, 18 February 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:30 Swim, mix speeds	1:45
400	2 x 200 on 5:15 Kick, last 50 faster	2:38
400	2 x 200 on 3:30 Pull, negative split	1:45
	##### Group UP #####	
100	4 x 25 on :40 Fast!	2:40
1,700	4x{2 x 100 on 1:50 Faster last 25	1:50
	{2 x 100 on 1:35 Faster last 50	1:35
	{1 x 25 on 1:00 Loosen	4:00
6:04 PM	3,000 Meters	

**Workout #697 - Wednesday, 19 February 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:40 Swim, include some drills	1:50
500	10 x 50 on 1:00 Pull, mix speeds	2:00
450	6 x 75 on 2:00 Kick, 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
2,300	1x{1 x 500 on 8:30 Negative Split	1:42
	{2 x 250 on 4:30 Desc 1-2	1:48
	{1 x 500 on 8:40 Negative Split	1:44
	{5 x 100 on 1:45 Best speed you can hold	1:45
	{1 x 50 on 1:30 Loosen	3:00
	{5 x 50 on 1:15 Best Effort	2:30
100	1 x 100 on 5:00 Loosen	5:00
6:31 PM	4,050 Meters	

**Workout #698 - Thursday, 20 February 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:45 Mix speeds	1:45
400	16 x 25 on :45 kick, alt fast/moderate	3:00
400	1 x 400 on 6:45 Pull, negative split	1:41
	}}}} Group Up {{{{	
100	4 x 25 on :40 Fast!	2:40
500	2 x 250 on 4:15 Last 50 Faster!	1:42
50	1 x 50 on 1:30 Loosen	3:00
500	2 x 250 on 4:25 Last 100 Faster!!	1:46
50	1 x 50 on 1:30 Loosen	3:00
500	2 x 250 on 4:35 What do you have left?	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:19 PM 3,200 Meters	

**Workout #691 - Monday, 24 February 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:30 Build each 200	1:45
600	2 x 300 on 5:15 Pull: Steady pace	1:45
400	4 x 100 on 2:10 Kick: Middle 50 harder	2:10
100	1 x 100 on 2:00 Stretch out/Get ready	2:00
	----- Group Up -----	
100	4 x 25 on :40 Fast efforts!	2:40
450	6 x 75 on 1:30 Odds easier, Evens fast	2:00
150	6 x 25 on :45 Odds easier, Evens fast	3:00
300	4 x 75 on 1:20 Odds easier, Evens fast	1:47
150	6 x 25 on :50 Odds easier, Evens fast	3:20
150	2 x 75 on 1:10 #1 easier, #2 fast	1:33
150	6 x 25 on 1:00 Odds easier, Evens FAST!!	4:00
100	1 x 100 on 3:00 Cool Down	3:00
	6:20 PM 3,050 Meters	

**Workout #692 - Tuesday, 25 February 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	4 x 100 on 2:00 Mix swimming & drills	2:00
400	8 x 50 on :55 Steady, solid effort	1:50
250	10 x 25 on :45 Kick: Sprint every 3rd one	3:00
400	4 x 100 on 1:45 Steady pace	1:45
	+++++ Group Up +++++	
100	4 x 25 on :40 Fast efforts!	2:40
1,550	2x{1 x 25 on 1:00 1/2 down & back/Get Ready!	4:00
	{1 x 150 on 2:50 Fast effort!	1:53
	{1 x 25 on 1:00 Easy	4:00
	{1 x 125 on 2:10 Fast effort!	1:44
	{1 x 50 on 1:30 Steady	3:00
	{1 x 100 on 1:45 Fast effort!	1:45
	{1 x 75 on 1:50 Steady	2:27
	{1 x 75 on 1:10 Fast effort!	1:33
	{1 x 100 on 2:00 Steady	2:00
	{1 x 50 on :50 Fast effort!	1:40
100	1 x 100 on 2:00 Cool Down	2:00
6:15 PM 3,200 Meters		

**Workout #693 - Wednesday, 26 February 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	2 x 250 on 4:45 Swim & Mix in Drills	1:54
400	4 x 100 on 2:00 Pull, Build each 100	2:00
450	6 x 75 on 1:45 Kick; Middle 25 fast	2:20
100	1 x 100 on 2:00 Swim/Get Ready	2:00
	----- Group Up -----	
400	2 x 200 on 3:20 Descend 1-2	1:40
400	1 x 400 on 6:30 Negative Split	1:38
400	4 x 100 on 1:50 Descend 1-4	1:50
400	1 x 400 on 6:30 Negative Split	1:38
400	8 x 50 on 1:00 Descend 1-4, 5-8	2:00
400	1 x 400 on 6:30 Negative Split	1:38
100	1 x 100 on 2:00 Cool Down	2:00
6:27 PM 3,950 Meters		

**Workout #694 - Thursday, 27 February 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 4:50 Swim	1:37
400	2 x 200 on 4:15 Kick: Mix up strokes	2:08
400	1 x 400 on 7:30 Pull, build-each 100 faster	1:52
100	1 x 100 on 2:00 Swim: Steady/Get Ready	2:00
	----- Group Up -----	
100	4 x 25 on :40 Fast efforts!	2:40
1,500	3x{2 x 50 on 1:00 Steady	2:00
	{2 x 100 on 2:30 Fast! 90-100% effort	2:30
	{1 x 100 on 2:00 Steady/recovery swim	2:00
	{4 x 25 on :40 1 & 3 Steady, 2 & 4 Fast	2:40
100	1 x 100 on 3:00 Cool Down	3:00
	6:16 PM 3,200 Meters	

**Workout #708 - Monday, 03 March 2014**  
**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 #709 - Tuesday, 04 March 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:00 Mix swim & Drill	1:40
400	1 x 400 on 7:00 Pull, Think Distance per Stroke	1:45
400	4 x 100 on 2:20 Kick - Every 4th 25 Sprint	2:20
	^^^^^^^^^^^^^^^^ Group Up ^^^^^^^^^^^^^^^^^	
100	4 x 25 on :40 Max Effort, Min Breathing	2:40
400	2 x 200 on 3:30 Steady Pace	1:45
400	4 x 100 on 1:40 Faster Pace	1:40
400	2 x 200 on 3:15 Steady Pace	1:38
400	4 x 100 on 1:40 Fastest Pace!	1:40
100	1 x 100 on 5:00 Cool Down	5:00
	6:11 PM 3,200 Meters	

**Workout #710 - Wednesday, 05 March 2014**  
**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 1:50 Pull - Mix speeds	1:50
450	6 x 75 on 1:45 Kick - 1st and last 25 faster	2:20
	##### Group Up #####	
200	4 x 50 on 1:05 Desc. 1-4	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
	6:26 PM 4,050 Meters	

**Workout #711 - Thursday, 06 March 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:30 Mix swim & drill	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 Go Time!	3:00
1,400	2x{2 x 100 on 1:45 Steady & Smooth	1:45
	{1 x 150 on 3:00 FAST!	2:00
	{2 x 100 on 1:55 Steady & Smooth	1:55
	{1 x 150 on 3:00 FAST!!!!	2:00
50	1 x 50 on 1:30 Easy	3:00
150	1 x 150 on 4:00 Last one, fast one!	2:40
100	1 x 100 on 5:00 Cool Down	5:00
	6:15 PM 3,200 Meters	

**Workout #703 - Monday, 10 March 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	2 x 250 on 4:30 Warm Up: Build speed on 2nd 250	1:48
450	6 x 75 on 1:50 Kick-Evens faster	2:27
400	4 x 100 on 2:00 Pull; descend 1-4	2:00
100	1 x 100 on 2:00 Easy Swim: Stretch/Long strokes	2:00
	***** Group Up *****	
100	4 x 25 on :40 Build Speed	2:40
50	1 x 50 on 1:00 2nd 25 Fast!	2:00
150	2 x 75 on 1:30 Build Speed, Finish Fast!	2:00
150	6 x 25 on :45 Odds Cruise, Evens Fast!	3:00
50	1 x 50 on 1:00 2nd 25 Fast!	2:00
150	2 x 75 on 1:30 Build Speed, Finish Fast!	2:00
200	8 x 25 on :50 Odds Cruise, Evens Fast!	3:20
50	1 x 50 on 1:00 2nd 25 Fast!	2:00
150	2 x 75 on 1:30 Build Speed, Finish Fast!	2:00
250	10 x 25 on :55 Odds Cruise, Evens Fast!	3:40
50	1 x 50 on 1:00 2nd 25 Fast!	2:00
150	2 x 75 on 1:30 Fast! Best Effort!	2:00
100	1 x 100 on 2:00 Cool Down	2:00
	6:29 PM 3,050 Meters	

**Workout #704 - Tuesday, 11 March 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	4 x 150 on 2:45 Warm up, mix in drills	1:50
400	1 x 400 on 7:30 Pull - Build each 100	1:52
400	8 x 50 on 1:15 Kick: Push the 2nd 25	2:30
	***** Group Up *****	
100	4 x 25 on :40 Build Speed Each 25	2:40
1,400	2x{4 x 75 on 1:20 Descend 1-4	1:47
	{1 x 150 on 2:45 Negative Split	1:50
	{2 x 75 on 1:30 Descend 1-2	2:00
	{3 x 25 on :30 Best Effort	2:00
	{1 x 25 on 1:00 Easy Swim	4:00
150	2 x 75 on 1:40 Best Effort on Both	2:13
100	1 x 100 on 2:00 Cool Down	2:00
	6:12 PM 3,150 Meters	

**Workout #705 - Wednesday, 12 March 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:30 Easy Swim, Mix in Drills	1:45
400	8 x 50 on :55 Steady	1:50
300	12 x 25 on :40 Kick: Push the evens	2:40
400	2 x 200 on 3:30 Steady Swims, Long Strokes	1:45
	***** Group Up *****	
200	4 x 50 on :55 Steady Efforts	1:50
200	1 x 200 on 3:20 Build the Swim, finish strong	1:40
400	1 x 400 on 6:30 Negative Split	1:38
200	4 x 50 on :55 Steady Efforts	1:50
200	1 x 200 on 3:20 Build the swim, finish strong	1:40
400	1 x 400 on 6:40 Negative Split	1:40
200	4 x 50 on :55 Steady Efforts	1:50
200	1 x 200 on 3:20 Build the swim, finish strong	1:40
400	1 x 400 on 6:50 Negative Split	1:42
100	1 x 100 on 2:00 Cool Down	2:00
	6:30 PM 4,000 Meters	

**Workout #707 - Thursday, 13 March 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 4:00 Swim, mix in drills	2:00
300	6 x 50 on 1:15 Kick: 2nd 25 faster	2:30
600	4 x 150 on 2:40 Pull: Descend 1-4	1:47
100	1 x 100 on 2:00 Steady Swim	2:00
	<<<<<< Group Up >>>>>>	
100	4 x 25 on :40 Fast efforts!	2:40
1,600	2x{2 x 200 on 3:15 Steady Swims, Descend 1-2	1:38
	{2 x 100 on 1:45 Descend 1-2	1:45
	{4 x 50 on :55 Descend 1-4, last one fast!	1:50
100	1 x 100 on 2:00 Cool Down	2:00
	6:08 PM 3,200 Meters	



**Workout #730 - Monday, 17 March 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:00 Drill, swim mix	1:40
400	8 x 50 on 1:20 Kick, 2nd 25 faster	2:40
400	4 x 100 on 1:50 Pull, Desc	1:50
===== Group Up =====		
100	4 x 25 on :40 Zoom!!!	2:40
500	10 x 50 on 1:10 Alternate 1 Max, 2 Easy	2:20
400	8 x 50 on 1:15 Alternate 1 Max, 1 Easy	2:30
300	6 x 50 on 1:20 Alternate 2 Max, 1 Easy	2:40
200	4 x 50 on 1:25 3 Max, 1 Easy	2:50
100	2 x 50 on 1:30 Both Max	3:00
100	1 x 100 on 5:00 Loosen	5:00
6:25 PM 3,100 Meters		

**Workout #729 - Tuesday, 18 March 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
800	8 x 100 on 1:45 drill, swim mix	1:45
400	1 x 400 on 7:00 Pull, mix speeds	1:45
400	2 x 200 on 5:30 Kick, middle faster effort	2:45
***** Group Up *****		
200	4 x 50 on 1:05 Desc 1-4	2:10
300	3 x 100 on 1:50 Desc 1-3	1:50
100	1 x 100 on 1:35 Strong & Steady	1:35
200	2 x 100 on 1:50 Desc 1-2	1:50
200	2 x 100 on 1:35 Strong & Steady	1:35
100	1 x 100 on 1:50 Smooth	1:50
300	3 x 100 on 1:35 Strong & Steady	1:35
100	1 x 100 on 5:00 Loosen	5:00
6:15 PM 3,100 Meters		

**Workout #728 - Wednesday, 19 March 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
400	1 x 400 on 7:00 Swim, Drill Mix	1:45
300	6 x 50 on 1:00 Swim, Desc 1-3, 4-6	2:00
450	6 x 75 on 1:20 Pull, last 25 faster	1:47
400	4 x 100 on 2:30 Kick, desc	2:30
@@@@@ Group Up @@@@@		
500	1 x 500 on 8:00 Negative Split	1:36
500	5 x 100 on 1:45 Desc 1-5	1:45
500	2 x 250 on 4:05 Last 100 Faster	1:38
500	5 x 100 on 1:45 Desc 1-5	1:45
500	4 x 125 on 2:05 Desc 1-4	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:29 PM 4,150 Meters		

**Workout #727 - Thursday, 20 March 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
500	1 x 500 on 8:30 Swim/drill mix	1:42
400	1 x 400 on 8:00 Pull as desired	2:00
400	8 x 50 on 1:20 Kick, alt mod/fast	2:40
	///// Group Up \\\	
100	4 x 25 on :40 Fast	2:40
750	3 x 250 on 4:10 Desc 1-3	1:40
100	4 x 25 on :55 FAST	3:40
750	3 x 250 on 4:20 Desc 1-3	1:44
100	1 x 100 on 5:00 Loosen	5:00
6:13 PM 3,100 Meters		

**Workout #720 - Monday, 24 March 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 6:00 #1-Easy, #2-Build each 50	2:00
400	1 x 400 on 6:50 Pull: Build each 50	1:42
400	2 x 200 on 4:00 Kick-Mix Strokes	2:00
50	1 x 50 on 1:30 Swim Easy/Stretch Out	3:00
	*****GROUP UP*****	
100	4 x 25 on :40 Hard Effort:Get some speed going	2:40
600	8 x 75 on 1:20 Descend 1-4, 5-8	1:47
50	1 x 50 on 1:30 Easy Swim	3:00
450	6 x 75 on 1:30 Odds easier, evens fast!	2:00
50	1 x 50 on 1:30 Easy Swim	3:00
300	4 x 75 on 1:40 All Strong Efforts (85-90%)	2:13
50	1 x 50 on 1:30 Easy Swim	3:00
150	2 x 75 on 1:50 Best Effort	2:27
100	1 x 100 on 3:00 Cool Down	3:00
6:24 PM 3,300 Meters		

**Workout #721 - Tuesday, 25 March 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
500	2 x 250 on 5:00 Swim, #1-easy, #2-Build	2:00
450	6 x 75 on 1:50 Kick:Middle 25 Hard	2:27
400	4 x 100 on 1:50 Pull: Build each 100	1:50
100	1 x 100 on 2:00 Easy Swim/Stretch Out	2:00
	+++++++GROUP UP+++++++	
100	4 x 25 on :45 Solid Effort on all 4 swims	3:00
1,600	2x{2 x 150 on 2:40 Descend 1-2	1:47
	{4 x 75 on 1:30 Steady Swims, ~80-85% effort	2:00
	{1 x 150 on 2:50 Fast Swim	1:53
	{1 x 50 on 1:30 Easy Swim	3:00
100	1 x 100 on 3:00 Cool Down	3:00
6:15 PM 3,250 Meters		

**Workout #735 - Wednesday, 26 March 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:40 Swim: Build each swim	1:50
400	4 x 100 on 2:00 Kick: Middle 50 faster	2:00
450	3 x 150 on 2:30 Pull: Middle 50 faster	1:40
200	1 x 200 on 3:40 Steady Swim	1:50
	^^^^^^^^^^^^ GROUP UP ^^^^^^^^^^^^^	
200	4 x 50 on 1:00 Steady Swims - Hold Your Pace	2:00
400	1 x 400 on 6:30 Negative Split	1:38
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:40 Steady Swim - Hold Your Pace	1:40
200	4 x 50 on 1:00 Descend 1-4	2:00
400	1 x 400 on 6:50 Negative Split	1:42
400	4 x 100 on 1:45 Descend 1-4	1:45
200	4 x 50 on 1:00 Last Set - All Fast Swims	2:00
100	1 x 100 on 3:00 Cool Down	3:00
	6:30 PM 4,150 Meters	

**Workout #736 - Thursday, 27 March 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 7:30 Steady Swim	1:52
300	12 x 25 on :50 Kick: Odds Steady, Evens Fast	3:20
400	8 x 50 on :55 Pull: Descend 1-4, 5-8	1:50
300	1 x 300 on 5:45 Steady Swim	1:55
	^^^^^^^^^^^^ GROUP UP ^^^^^^^^^^^^^	
100	4 x 25 on :40 Build Speed on Each One	2:40
1,500	3x{4 x 100 on 1:45 Strong Swims	1:45
	{2 x 50 on 1:30 FAST	3:00
50	1 x 50 on 2:00 Easy Swim/Recovery	4:00
100	1 x 100 on 2:00 Best Effort	2:00
100	1 x 100 on 4:00 Cool Down	4:00
	6:21 PM 3,250 Meters	

**Workout #726 - Monday, 31 March 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	4 x 100 on 2:30 Kick, mix speeds	2:30
600	8 x 75 on 1:20 Swim, drill mix	1:47
400	2 x 200 on 3:30 Pull, negative split	1:45
	+++++ Group Up +++++	
100	4 x 25 on :55 Speedy	3:40
1,500	1x{6 x 50 on :58 Strong and Steady	1:56
	{1 on 1:00 rest	
	{6 x 50 on :55 Strong and Steady	1:50
	{1 on 1:00 rest	
	{6 x 50 on :52 Strong and Steady	1:44
	{1 on 1:00 rest	
	{6 x 50 on :49 Strong and Steady	1:38
	{1 on 1:00 rest	
	{6 x 50 on :46 Strong and Steady	1:32
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,100 Meters	

**Workout #725 - Tuesday, 01 April 2014**  
**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	2 x 200 on 5:00 Kick, mix speeds	2:30
100	4 x 25 on :45 Kick, Fast	3:00
400	1 x 400 on 7:30 Pull, mix efforts	1:52
	)))) Group Up (((((	
100	4 x 25 on :40 Go Time!	2:40
1,500	1x{1 x 100 on 1:55	1:55
	{1 x 100 on 2:05	2:05
	{1 x 100 on 1:50	1:50
	{1 x 100 on 2:10	2:10
	{1 x 100 on 1:45	1:45
	{1 x 100 on 2:15	2:15
	{1 x 100 on 1:40	1:40
	{1 x 100 on 2:20	2:20
	{1 x 100 on 1:35	1:35
	{1 x 100 on 2:25	2:25
	{1 x 100 on 1:30	1:30
	{1 x 100 on 2:30	2:30
	{1 x 100 on 1:25	1:25
	{1 x 100 on 2:35	2:35
	{1 x 100 on 4:00 Last one, fast one	4:00
100	1 x 100 on 5:00 Loosen	5:00
	6:16 PM 3,100 Meters	

**Workout #724 - Wednesday, 02 April 2014**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	8 x 75 on 1:20 Swim, drill mix	1:47
400	1 x 400 on 10:00 Kick as desired	2:30
400	4 x 100 on 1:50 Pull, negative split	1:50
	----- Group Up -----	
2,700	1x{1 x 300 on 5:20 Steady	1:47
	{1 x 300 on 4:45 Fast Pace	1:35
	{1 x 300 on 5:20 Steady	1:47
	{2 x 300 on 4:45 Fast Pace	1:35
	{1 x 300 on 5:20 Steady	1:47
	{3 x 300 on 4:45 Fast Pace	1:35
6:17 PM 4,100 Meters		

**Workout #723 - Thursday, 03 April 2014**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	3 x 200 on 3:30 Swim, drill mix	1:45
400	8 x 50 on 1:05 Pull, alt easy, moderate efforts	2:10
450	6 x 75 on 2:00 Kick, last 25 faster	2:40
	ooooo Group Up ooooo	
200	4 x 50 on 1:05 Desc 1-4	2:10
1,000	8 x 125 on 2:15 Alternate Easy/Hard Effort	1:48
100	1 x 100 on 2:30 Loosen	2:30
250	2 x 125 on 2:30 Last two, fast two	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:15 PM 3,100 Meters		

**Workout #737 - Monday, 07 April 2014**  
**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 #738 - Tuesday, 08 April 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
300	2 x 150 on 2:50 Steady Swims	1:53
400	1 x 400 on 7:00 Pull: Build, each 100 faster	1:45
200	4 x 50 on 1:20 Kick: 2nd 25 Faster	2:40
300	2 x 150 on 2:40 Steady Swims	1:47
	***** GROUP UP *****	
200	4 x 50 on 1:00 Descend 1-4	2:00
600	3 x 200 on 3:30 Steady, solid swims	1:45
200	4 x 50 on 1:00 Descend 1-4	2:00
400	2 x 200 on 3:20 Steady, solid swims	1:40
200	4 x 50 on 1:00 Descend 1-4	2:00
200	1 x 200 on 3:10 Hard! What do you have left?	1:35
100	1 x 100 on 3:00 Cool Down	3:00
	6:12 PM 3,100 Meters	

**Workout #739 - Wednesday, 09 April 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:45 Swim: Descend 1-3	1:52
300	12 x 25 on :50 Kick: Odds Easy, Evens Fast	3:20
400	8 x 50 on 1:00 Pull: Descend 1-4, 5-8	2:00
	***** GROUP UP *****	
2,800	2x{1 x 600 on 10:15 Negative Split	1:42
	{2 x 300 on 5:00 Descend 1-2	1:40
	{1 x 200 on 3:30 Steady Swim	1:45
100	1 x 100 on 3:00 Cool Down	3:00
	6:25 PM 4,200 Meters	

**Workout #740 - Thursday, 10 April 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:40 Steady Swims	1:50
400	4 x 100 on 2:20 Kick:2nd half of each 100 faster	2:20
300	1 x 300 on 5:20 Pull: Negative Split	1:47
100	1 x 100 on 2:00 Easy Swim/Stretch Out	2:00
	***** GROUP UP *****	
100	4 x 25 on :40 Build Speed on Each Swim	2:40
600	4 x 150 on 2:30 Negative Split Each Swim	1:40
150	2 x 75 on 1:10 Fast Efforts!	1:33
600	4 x 150 on 2:30 Negative Split Each Swim	1:40
150	2 x 75 on 1:10 Fast efforts!	1:33
100	1 x 100 on 3:00 Cool Down	3:00
	6:10 PM 3,100 Meters	

**Workout #1205 - Sunday, 13 April 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 6:00 swim mix in drills	2:00
400	2 x 200 on 4:00 pull	2:00
400	8 x 50 on 1:00 kick	2:00
	***GROUP UP***	
100	4 x 25 on :40 free	2:40
200	4 x 50 on 1:00 Dec 1-4	2:00
150	6 x 25 on :35 Fast!	2:20
300	6 x 50 on :55 Dec 1-3, 4-6	1:50
200	8 x 25 on :30 fast	2:00
400	8 x 50 on :50 Dec 1-4, 5-8	1:40
150	6 x 25 on :35 Fast!	2:20
300	6 x 50 on 1:00 Dec 1-3. 4-6	2:00
100	1 x 100 on 3:00 Cool Down	3:00

6:20 PM 3,300 Meters

**Workout #745 - Monday, 14 April 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 6:00 Mix swim + Drill	2:00
400	1 x 400 on 7:45 Pull, Build each 100	1:56
400	2 x 200 on 4:00 Kick, mix speeds	2:00
	+++++ Group Up +++++	
1,600	4x{4 x 25 on :45 Max Speed - BE HONEST!	3:00
	{1 x 100 on 2:15 Steady, easy swim	2:15
	{4 x 50 on 1:05 Desc 1-3, #4 Easy	2:10
	4th round, last 50 is Max 50!!!!	
100	1 x 100 on 5:00 Easy	5:00

6:16 PM 3,100 Meters

**Workout #746 - Tuesday, 15 April 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:50 Swim & Drill Mix	1:50
400	8 x 50 on 1:05 Pull, odd 50's Faster	2:10
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
1,200	4x{2 x 75 on 1:45 Strong Pace - 90% Effort	2:20
	{1 x 150 on 2:35 Steady - 80% Effort	1:43
150	2 x 75 on 2:00 Max Effort - 1,000% Effort	2:40
100	1 x 100 on 5:00 Loosen	5:00

6:15 PM 3,050 Meters

**Workout #747 - Wednesday, 16 April 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	8 x 75 on 1:20 Last 25 faster	1:47
400	2 x 200 on 4:45 Kick, neg split	2:22
400	4 x 100 on 1:50 Pull, Desc	1:50
	***** Group Up *****	
200	4 x 50 on 1:05 Find your paces	2:10
2,100	2x{1 x 400 on 6:20 Negative Split	1:35
	{2 x 200 on 3:15 Desc 1-2	1:38
	{2 x 100 on 1:40 Desc 1-2	1:40
	{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

6:25 PM 4,000 Meters

**Workout #748 - Thursday, 17 April 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:15 swim & drill mix	1:51
450	6 x 75 on 1:30 Pull, Desc 1-4	2:00
400	8 x 50 on 1:20 Kick, Alt ez and fast	2:40
	%%%% Group Up %%%%	
100	4 x 25 on :45 S P E E D Y	3:00
1,650	3x{2 x 200 on 3:15 Negative Split	1:38
	{1 x 150 on 3:15 Best Effort	2:10
100	1 x 100 on 5:00 Cool Down	5:00

6:13 PM 3,200 Meters

**Workout #741 - Monday, 21 April 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
300	1 x 300 on 5:30 Easy Swim	1:50
400	2 x 200 on 3:50 Pull: Last 100 of each faster	1:55
400	2 x 200 on 4:30 Kick: Middle 100 of each faster	2:15
300	1 x 300 on 5:30 Swim: Negative Split	1:50
	***** GROUP UP *****	
1,800	2x{4 x 50 on 1:00 Steady Swims	2:00
	{4 x 100 on 1:50 Descend 1-4 to 85% effort	1:50
	{4 x 50 on 1:30 FAST! Best effort on all	3:00
	{4 x 25 on :45 #2 & #4 Fast!	3:00
100	1 x 100 on 3:00 Cool Down	3:00

6:18 PM 3,300 Meters



**Workout #742 - Tuesday, 22 April 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	2 x 250 on 4:30 Steady Swims	1:48
500	5 x 100 on 2:00 Pull: Second 50 of each faster	2:00
300	4 x 75 on 1:45 Kick: Middle 25 Hard	2:20
100	1 x 100 on 2:00 Easy Swim/Stretch Out	2:00
	***** GROUP UP *****	
100	4 x 25 on :40 Build: each one faster	2:40
400	4 x 100 on 1:50 Descend 1-4, #4 FAST	1:50
200	4 x 50 on 1:00 Odds Steady, Evens Strong	2:00
200	2 x 100 on 1:40 Fast swims!	1:40
200	4 x 50 on 1:00 Odds Steady, Evens Strong	2:00
400	4 x 100 on 1:50 Descend 1-4; #4 FAST	1:50
100	4 x 25 on :45 Build: each one faster	3:00
100	1 x 100 on 2:00 Last one FAST one!	2:00
100	1 x 100 on 3:00 Cool Down	3:00
	6:19 PM 3,200 Meters	

**Workout #743 - Wednesday, 23 April 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:45 Steady Swims	1:52
400	4 x 100 on 1:50 Kick: Middle 50 faster	1:50
300	2 x 150 on 2:50 Pull: Solid effort	1:53
200	1 x 200 on 3:45 Steady Swim	1:52
	*****GROUP UP*****	
3,000	2x{4 x 50 on 1:00 Steady Swims	2:00
	{3 x 100 on 1:45 Descend 1-3	1:45
	{1 x 500 on 8:30 Negative Split	1:42
	{2 x 250 on 4:15 #1: Steady; #2: Fast Pace	1:42
100	1 x 100 on 3:00 Cool Down	3:00
	6:27 PM 4,400 Meters	

**Workout #744 - Thursday, 24 April 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 6:40 Steady Swim	1:40
400	8 x 50 on :55 Pull: Descend 1-4, 5-8	1:50
400	16 x 25 on :45 Kick: Evens Faster	3:00
200	1 x 200 on 3:30 Steady Swim	1:45
	*****GROUP UP*****	
100	4 x 25 on :40 Fast efforts!	2:40
500	2 x 250 on 4:30 Descend 1-2	1:48
150	2 x 75 on 1:15 Solid swims	1:40
100	1 x 100 on 1:45 Faster effort	1:45
500	2 x 250 on 4:30 Descend 1-2	1:48
200	2 x 100 on 1:40 Solid Swims, Descend 1-2	1:40
50	1 x 50 on 1:00 FAST!	2:00
100	1 x 100 on 3:00 Cool Down	3:00
	6:16 PM 3,100 Meters	

**Workout #749 - Monday, 28 April 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Swim / Drill Mix	1:50
400	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
1,500	1x{6 x 100 on 1:50 Start EZ or Mod, Last 25 Fast!	1:50
	{6 x 75 on 1:30 Start EZ or Mod, Last 25 Fast!	2:00
	{6 x 50 on 1:10 Start EZ or Mod, Last 25 Fast!	2:20
	{6 x 25 on 1:00 Fast!	4:00
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,100 Meters	

**Workout #750 - Tuesday, 29 April 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Mix swim and drill	1:45
450	6 x 75 on 1:45 Kick, last 25 faster	2:20
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
150	1 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
450	3 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 #751 - Wednesday, 30 April 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

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{4 x 100 on 1:38 Fast Pace	1:38
	{2 x 200 on 3:10 Desc 1-2	1:35
	{1 x 400 on 6:10 Negative Split	1:32
	{1 x 100 on 2:30 Loosen	2:30
6:16 PM	4,000 Meters	

**Workout #752 - Thursday, 01 May 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:00 Swim - Neg. Split	1:48
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 :40 Max Speed	2:40
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 1:40 Strong	1:40
	{2 x 100 on 1:35 Pick it up!	1:35
	{1 on :30 Rest	
	{1 x 100 on 3:00 ALL YOU'VE GOT	3:00
100	1 x 100 on 3:00 Cool Down	3:00
6:07 PM	3,000 Meters	

**Workout #757 - Monday, 05 May 2014**  
**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 #758 - Tuesday, 06 May 2014**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
400	2 x 200 on 3:45 Steady Swims to Warm Up	1:52
300	1 x 300 on 5:00 Pull: Build each 100	1:40
400	4 x 100 on 2:10 Kick: Middle 50 faster	2:10
400	2 x 200 on 3:30 Swim, Descend 1-2	1:45
***** GROUP UP *****		
100	4 x 25 on :40 Get some speed going	2:40
600	3 x 200 on 3:20 Solid & Strong Swims	1:40
200	4 x 50 on 1:00 Descend 1-4	2:00
400	2 x 200 on 3:30 Solid & Strong Swims	1:45
200	4 x 50 on 1:00 Descend 1-4	2:00
200	1 x 200 on 3:40 Last one - Fast effort!	1:50
100	1 x 100 on 3:00 Cool Down	3:00
6:14 PM 3,300 Meters		

**Workout #759 - Wednesday, 07 May 2014**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	4 x 150 on 2:45 Swim Easy and Long to Warm Up	1:50
400	4 x 100 on 1:50 Pull: 2nd 50 of each 100 faster	1:50
400	8 x 50 on 1:15 Kick:Odd=w/board, Even=no board	2:30
150	1 x 150 on 2:30 Negative Split	1:40
^^^^^^^^^^^^^^^^GROUP UP^^^^^^^^^^^^^^^^		
200	4 x 50 on 1:05 Descend 1-4	2:10
2,400	2x{1 x 300 on 5:15 Steady Swim, 80% effort	1:45
	{6 x 100 on 1:45 Each 100 Faster	1:45
	{1 x 300 on 5:30 Negative Split	1:50
100	1 x 100 on 5:00 Cool Down	5:00
6:31 PM 4,250 Meters		

**Workout #760 - Thursday, 08 May 2014**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
500	2 x 250 on 5:00 Descend 1-2	2:00
600	6 x 100 on 1:55 Pull: Steady, strong swims	1:55
300	4 x 75 on 1:45 Kick: Middle 25 FAST	2:20
=====GROUP UP=====		
100	4 x 25 on :40 Solid, quick swims	2:40
450	3 x 150 on 2:40 Descend 1-3	1:47
300	4 x 75 on 1:15 Hold a strong pace	1:40
300	2 x 150 on 2:35 Descend 1-2	1:43
300	4 x 75 on 1:15 Hold a strong pace	1:40
150	1 x 150 on 2:30 Negative Split	1:40
150	2 x 75 on 1:15 Fast efforts!	1:40
100	1 x 100 on 5:00 Cool Down	5:00
6:17 PM 3,250 Meters		

**Workout #753 - Monday, 12 May 2014**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
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
500	20 x 25 on :35 Hold best maintainable speed	2:20
50	1 x 50 on 1:30 Loosen	3:00
500	10 x 50 on 1:10 Hold best maintainable speed	2:20
50	1 x 50 on 1:30 Loosen	3:00
500	5 x 100 on 2:20 Hold best maintainable speed	2:20
100	1 x 100 on 5:00 Loosen	5:00
6:26 PM 3,100 Meters		

**Workout #754 - Tuesday, 13 May 2014**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
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 :40 FAST	2:40
1,650	3x{1 x 100 on 2:30 Loosen	2:30
	{ #3 & #6 are max efforts	
	{6 x 75 on 1:20 Desc. 1-3, 4-6	1:47
100	1 x 100 on 5:00 Cool Down	5:00
6:12 PM 3,200 Meters		

**Workout #755 - Wednesday, 14 May 2014**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
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 -----		
200	4 x 50 on 1:05 Find your paces!	2:10
400	4 x 100 on 1:45 Desc 1-2, 3-4	1:45
400	2 x 200 on 3:20 negative Split	1:40
800	2 x 400 on 6:20 Build by 100s	1:35
400	2 x 200 on 3:15 negative split	1:38
400	4 x 100 on 1:40 Desc 1-2, 3-4	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:27 PM 4,100 Meters		

**Workout #756 - Thursday, 15 May 2014**  
**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 :40 Best Effort	2:40
1,850	2x{1 x 25 on 1:00 Easy half-way and back	4:00
	{4 x 200 on 3:15 Steady	1:38
	{2 x 50 on 1:10 Max, Fast, Hard, ZOOM!	2:20
100	1 x 100 on 5:00 Loosen	5:00

6:15 PM 3,300 Meters

**Workout #761 - Monday, 19 May 2014**  
**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
300	1 x 300 on 4:30 Pull: Steady and Smooth	1:30
400	4 x 100 on 2:15 Kick: Middle 50 Faster	2:15
400	2 x 200 on 3:30 Steady Swims	1:45
	*****GROUP UP*****	
100	4 x 25 on :40 Build Some Speed	2:40
1,200	3x{4 x 50 on 1:10 1&3 Moderate; 2&4 FAST!	2:20
	{4 x 25 on 1:00 1&3 Moderate; 2&4 MAX EFFORT!	4:00
	{2 x 50 on 1:10 #1-Moderate, #2-FAST!	2:20
50	1 x 50 on 1:30 Easy Swim	3:00
100	2 x 50 on 1:30 FAST SWIMS!!!!	3:00
100	1 x 100 on 3:00 Cool Down	3:00

6:21 PM 3,050 Meters

**Workout #762 - Tuesday, 20 May 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:00 Swim and Drill Mix	1:45
400	8 x 50 on :55 Pull: Desc 1-4, 5-8	1:50
300	12 x 25 on :45 Kick: Alt Easy & Fast	3:00
300	2 x 150 on 2:50 Swim: Build each 50	1:53
	*****GROUP UP*****	
100	4 x 25 on :40 Get some speed going	2:40
600	6 x 100 on 1:55 Odds=Steady, Evens=Fast	1:55
100	2 x 50 on 1:00 Steady Pace	2:00
400	4 x 100 on 1:45 Odds=Steady, Evens=Fast	1:45
100	2 x 50 on 1:00 Steady Pace	2:00
200	2 x 100 on 1:35 Odds=Steady, Evens=Fast	1:35
100	2 x 50 on 1:00 Steady Pace	2:00
100	1 x 100 on 3:00 ALL OUT, MAX EFFORT!	3:00
100	1 x 100 on 3:00 Cool Down	3:00

6:20 PM 3,200 Meters

**Workout #763 - Wednesday, 21 May 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	2 x 250 on 4:30 Swim: Build each swim	1:48
450	6 x 75 on 2:00 Kick: Middle 25 Fast	2:40
500	5 x 100 on 1:55 Pull: Steady efforts	1:55
	*****GROUP UP*****	
2,000	2x{1 x 500 on 7:45 Negative Split	1:33
	{2 x 250 on 4:20 Descend 1-2	1:44
500	5 x 100 on 1:40 Descend 1-5, #5 = FAST	1:40
100	1 x 100 on 4:00 Cool Down	4:00
6:22 PM 4,050 Meters		

**Workout #764 - Thursday, 22 May 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	4 x 150 on 2:50 1&3 = Moderate; 2&4 = Faster	1:53
400	8 x 50 on 1:20 Kick: Alt Hard and Moderate	2:40
400	4 x 100 on 1:50 Pull - Descend 1-4	1:50
	*****GROUP UP*****	
100	4 x 25 on :40 Fast efforts!	2:40
250	5 x 50 on :50 Descend 1-5	1:40
250	2 x 125 on 2:10 Descend 1-2	1:44
250	1 x 250 on 3:45 Fast Swim	1:30
250	2 x 125 on 2:10 Descend 1-2	1:44
250	5 x 50 on :50 Descend 1-5	1:40
	1 on :30 EXTRA REST	
250	1 x 250 on 5:00 LAST ONE, FAST ONE	2:00
100	1 x 100 on 4:00 Cool Down	4:00
6:17 PM 3,100 Meters		

**Workout #765 - Monday, 26 May 2014**  
**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
400	4 x 100 on 1:50 Pull Desc 1-4	1:50
450	6 x 75 on 1:45 Kick Last 25 Fast	2:20
	<+> GROUP UP <+>	
100	4 x 25 on :40 Speedy	2:40
600	8 x 75 on 1:35 #4, #8 FAST (all others steady)	2:07
	25 1 x 25 on :45 Easy, start early	3:00
450	6 x 75 on 1:30 #3, #6 FAST	2:00
	25 1 x 25 on :45 Easy, start early	3:00
300	4 x 75 on 1:25 #2, #4 FAST	1:53
	25 1 x 25 on 1:15 Easy, start early	5:00
	75 1 x 75 on 5:00 LAST ONE, FAST ONE	6:40
100	1 x 100 on 3:00 Cool Down!!	3:00
6:22 PM 3,050 Meters		

**Workout #766 - Tuesday, 27 May 2014**  
**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 :40 Fast!	2:40
1,500	3x{2 x 150 on 2:35 last 50 faster	1:43
	{4 x 50 on 1:15 Desc 1-4, #1 Easy	2:30
100	1 x 100 on 5:00 Loosen	5:00
6:14 PM 3,100 Meters		

**Workout #767 - Wednesday, 28 May 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:45 desc 1-3/4-6	1:45
400	8 x 50 on 1:15 Kick, last 25 faster	2:30
400	2 x 200 on 3:45 Pull Steady Stroke Count	1:52
	***** Group Up *****	
2,500	1x{1 x 100 on 1:45 neg split	1:45
	{1 x 200 on 3:25 steady	1:42
	{1 x 300 on 5:00 neg split	1:40
	{1 x 400 on 6:30 steady	1:38
	{1 x 500 on 8:10 neg split	1:38
	{1 x 400 on 6:40 steady	1:40
	{1 x 300 on 5:10 neg split	1:43
	{1 x 200 on 3:35 steady	1:48
	{1 x 100 on 5:00 Last one, fast one	5:00
100	1 x 100 on 5:00 Loosen	5:00
6:24 PM 4,000 Meters		

**Workout #768 - Thursday, 29 May 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 8:00 Swim/drill mix	2:00
400	8 x 50 on 1:05 Pull, less strokes 2nd 25	2:10
400	16 x 25 on :35 Kick - Every 4th 25 FASTER	2:20
	***** Group Up *****	
100	4 x 25 on :40 Fast	2:40
400	4 x 100 on 1:50 Desc 1-4, get a feel for today	1:50
800	1x{8 x 100 on 1:45 Alt #1 Moderate, #2 Max Effort	1:45
50	1 x 50 on 1:30 Loosen	3:00
400	1x{4 x 100 on 2:00 Alt #1 Moderate, #2 Max Effort	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:15 PM 3,050 Meters		



**Workout #769 - Monday, 02 June 2014**  
**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 #770 - Tuesday, 03 June 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
400	2 x 200 on 3:50 Steady Swims, Mix in Drills	1:55
300	2 x 150 on 2:45 Pull: Middle 50 faster	1:50
400	4 x 100 on 2:15 Kick: Middle 50 of Each Faster	2:15
200	1 x 200 on 3:30 Swim: Steady	1:45
	+++++++GROUP UP+++++++	
100	4 x 25 on :40 Fast efforts!	2:40
1,700	2x{1 x 50 on 1:30 Easy Swim	3:00
	{2 x 100 on 1:50 Descend 1-2	1:50
	{3 x 200 on 3:20 #1-Steady, #2-Build, #3-Fast	1:40
100	1 x 100 on 3:00 Cool Down	3:00
	6:10 PM 3,200 Meters	

**Workout #771 - Wednesday, 04 June 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
300	1 x 300 on 5:15 Easy Swim	1:45
300	6 x 50 on 1:10 Kick: Alt. Mod & Hard	2:20
400	2 x 200 on 3:45 Pull: Build each 200	1:52
300	1 x 300 on 5:15 Swim: Moderate Effort	1:45
	^^^^^^^^^^GROUP UP^^^^^^^^^^	
600	1 x 600 on 10:00 Steady, Smooth Pace	1:40
600	2 x 300 on 5:10 Descend 1-2	1:43
600	3 x 200 on 3:30 Descend 1-3	1:45
600	2 x 300 on 5:10 Descend 1-2	1:43
600	1 x 600 on 10:00 Negative Split	1:40
100	1 x 100 on 3:00 Cool Down	3:00
	6:32 PM 4,400 Meters	

**Workout #772 - Thursday, 05 June 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	2 x 250 on 4:30 Steady Swim, Mix in Drills	1:48
500	5 x 100 on 1:50 Pull: Middle 50 Faster	1:50
300	4 x 75 on 1:50 Kick: Middle 25 Hard	2:27
100	1 x 100 on 2:00 Swim Easy/Get Ready	2:00
	*****GROUP UP*****	
100	4 x 25 on :40 Fast efforts!	2:40
1,500	2x{1 on :30 Extra 30 Seconds Rest	
	{2 x 75 on 1:15 Steady Swims	1:40
	{2 x 150 on 2:30 Descend 1-2	1:40
	{2 x 75 on 1:15 Steady Swims	1:40
	{1 x 150 on 2:30 Fast effort! Get up and GO!!!!	1:40
100	1 x 100 on 3:00 Cool Down	3:00

6:07 PM 3,100 Meters

**Workout #773 - Monday, 09 June 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 AM Start

Meters	Set Description	PACE
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 *****	
1,550	2x{3 x 100 on 1:50 last 25 always faster	1:50
	{3 x 75 on 1:25 Last 25 always faster	1:53
	{3 x 50 on 1:00 Fast!!!!!!!	2:00
	{3 x 25 on :45 Stay fast!	3:00
	{1 x 25 on 1:00 Loosen	4:00
100	1 x 100 on 5:00 Loosen	5:00

6:10 AM 3,050 Meters

**Workout #774 - Tuesday, 10 June 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
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
1,300	2x{2 x 75 on 1:15 Fast	1:40
	{2 x 75 on 1:20 Faster	1:47
	{2 x 75 on 1:25 Fasterer	1:53
	{2 x 75 on 1:30 Fastester	2:00
	{1 x 50 on 1:30 Loosen	3:00
150	2 x 75 on 2:00 Last ones, fast ones	2:40
100	1 x 100 on 5:00 Loosen	5:00

6:13 PM 3,100 Meters

**Workout #775 - Wednesday, 11 June 2014**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
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
2,400	2x{2 x 100 on 1:50 Desc 1-2	1:50
	{1 x 500 on 8:15 Negative Split	1:39
	{2 x 250 on 4:00 Negative Split	1:36
100	1 x 100 on 5:00 Cool down	5:00
	6:23 PM 4,100 Meters	

**Workout #776 - Thursday, 12 June 2014**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
500	10 x 50 on 1:00 Swim, Mix it up	2:00
400	8 x 50 on 1:20 Kick, mix speeds	2:40
400	8 x 50 on 1:05 Pull, Desc 1-4, 5-8	2:10
	***** Group Up *****	
200	4 x 50 on 1:00 Desc 1-4	2:00
1,300	2x{2 x 200 on 3:10 Desc 1-2	1:35
	{4 x 50 on 1:05 Desc 1-4; #4 is Very Fast!	2:10
	{1 x 50 on 1:30 Loosen	3:00
200	2 x 100 on 1:35 BONUS!! Desc 1-2	1:35
100	1 x 100 on 5:00 Loosen	5:00
	6:14 PM 3,100 Meters	

**Workout #794 - Monday, 16 June 2014**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:30 Swim: Steady Swims	1:45
600	2 x 300 on 5:30 Pull: Build each swim by 100s	1:50
400	2 x 200 on 5:00 Kick: Middle 100 faster	2:30
	+++++++ GROUP UP +++++++	
500	10 x 50 on :52 #3, 6 & 9 - FAST!	1:44
	50 2 x 25 on :40 1-Steady, #2: FAST!	2:40
400	8 x 50 on :56 #2, 5 & 8: FAST!	1:52
	50 2 x 25 on :40 1: Steady, #2: FAST!	2:40
300	6 x 50 on 1:00 Odds: Steady, Evens: FAST!!	2:00
	50 2 x 25 on :40 1: Steady, #2: FAST!	2:40
200	4 x 50 on 1:04 Odds: Steady, Evens: FASTER!	2:08
	1 on :30 Extra Rest - Get Ready to Go!	
100	2 x 50 on 1:08 What do you have left?	2:16
100	1 x 100 on 5:00 Cool Down	5:00
	6:21 PM 3,150 Meters	

**Workout #796 - Tuesday, 17 June 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
400	1 x 400 on 7:15 Swim: Mix in some drills	1:49
300	6 x 50 on :55 Pull: Work the evens harder	1:50
300	12 x 25 on :50 Kick: Evens faster	3:20
400	1 x 400 on 6:30 Swim: Second half faster	1:38
	*****GROUP UP*****	
100	4 x 25 on :40 Get some speed going	2:40
1,600	2x{2 x 50 on 1:00 Steady Pace	2:00
	{4 x 100 on 1:50 Descend 1-4	1:50
	{2 x 50 on 1:00 Steady Pace	2:00
	{2 x 100 on 2:00 Two FAST Swims!	2:00
100	1 x 100 on 5:00 Cool Down	5:00
6:16 PM 3,200 Meters		

**Workout #797 - Wednesday, 18 June 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
500	2 x 250 on 4:30 Steady Swims	1:48
450	6 x 75 on 1:30 Kick: Middle 25 Faster	2:00
500	5 x 100 on 1:50 Pull: Middle 50 of each faster	1:50
	^^^^^^^^^^GROUP UP^^^^^^^^^^	
500	1 x 500 on 7:40 Steady Swim	1:32
500	2 x 250 on 4:15 Descend 1-2	1:42
500	5 x 100 on 1:45 Pick up tempo 2nd 1/2 of each sw	1:45
500	2 x 250 on 4:15 Descend 1-2	1:42
500	1 x 500 on 7:40 Negative Split	1:32
100	1 x 100 on 5:00 Cool Down	5:00
6:24 PM 4,050 Meters		

**Workout #798 - Thursday, 19 June 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:20 Steady Swims, Mix in Drills	1:47
400	2 x 200 on 3:30 Pull: Negative Split	1:45
400	2 x 200 on 4:00 Kick: Pick up speed each 50	2:00
	^^^^^^^^^^ GROUP UP ^^^^^^^^^^^	
100	4 x 25 on :40 Fast efforts!	2:40
1,500	3x{1 x 250 on 4:20 Steady Swim	1:44
	{2 x 100 on 1:40 Faster efforts, Descend 1-2	1:40
	{1 x 50 on 1:00 FAST!	2:00
100	1 x 100 on 5:00 Cool Down	5:00
6:05 PM 3,100 Meters		

**Workout #789 - Monday, 23 June 2014**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
	MONDAY PM = AQUATHLON, NO PRACTICE!	
	SWIM MEET SATURDAY AM = SEE YOU THERE!	
600	2 x 300 on 5:30 Swim & Drill	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 -----	
1,400	2x{4 x 50 on 1:05 Desc 1-4	2:10
	{6 x 75 on 1:45 #1 Moderate, #2-6 Best Speed	2:20
	{1 x 50 on 1:30 Easy	3:00
150	2 x 75 on 2:00 Faster?	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:14 PM 3,050 Meters	

**Workout #788 - Tuesday, 24 June 2014**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
	SWIM MEET SATURDAY AM = SEE YOU THERE!	
600	6 x 100 on 1:50 Swim & Drill	1:50
400	8 x 50 on 1:00 Pull, Mix Efforts	2:00
400	4 x 100 on 2:15 Kick, mix speeds	2:15
	----- Group Up -----	
100	4 x 25 on :40 Speedy!!	2:40
450	3 x 150 on 2:50 Desc 1-3	1:53
450	3 x 150 on 2:40 Desc 1-3	1:47
450	3 x 150 on 2:30 Desc 1-3	1:40
50	1 x 50 on 1:30 Loosen	3:00
150	1 x 150 on 5:00 Last one, fast one	3:20
100	1 x 100 on 5:00 Loosen	5:00
	6:17 PM 3,150 Meters	

**Workout #787 - Wednesday, 25 June 2014**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
	SWIM MEET SATURDAY AM = SEE YOU THERE!	
600	3 x 200 on 3:30 Swim & Drill	1:45
400	1 x 400 on 7:00 Pull, Mix Efforts	1:45
400	1 x 400 on 10:00 Kick as desired	2:30
	----- Group Up -----	
200	4 x 50 on 1:15 Desc 1-4	2:30
800	2 x 400 on 6:15 Negative Split & Descend 1-2	1:34
800	8 x 100 on 1:45 Desc 1-4	1:45
800	16 x 50 on :55 Desc 1-4, 5-8, 9-12, 13-16	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:27 PM 4,100 Meters	

**Workout #786 - Thursday, 26 June 2014**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
	SWIM MEET SATURDAY AM = SEE YOU THERE!	
600	4 x 150 on 2:40 Swim & Drill	1:47
400	8 x 50 on 1:20 Kick mix efforts	2:40
400	4 x 100 on 1:50 Pull, Negative Split	1:50
	----- Group Up -----	
100	4 x 25 on :40 F A S T	2:40
	Alt Moderate and Faster Efforts	
1,600	1x{1 x 100 on 2:00	2:00
	{1 x 100 on 1:55	1:55
	{1 x 100 on 2:05	2:05
	{1 x 100 on 1:50	1:50
	{1 x 100 on 2:10	2:10
	{1 x 100 on 1:45	1:45
	{1 x 100 on 2:15	2:15
	{1 x 100 on 1:40	1:40
	{1 x 100 on 2:20	2:20
	{1 x 100 on 1:35	1:35
	{1 x 100 on 2:25	2:25
	{1 x 100 on 1:30	1:30
	{1 x 100 on 2:30	2:30
	{1 x 100 on 1:25	1:25
	{1 x 100 on 2:35	2:35
	{1 x 100 on 1:20	1:20
100	1 x 100 on 5:00 Loosen	5:00
	6:15 PM 3,200 Meters	

**Workout #807 - Monday, 30 June 2014**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	2 x 300 on 5:45 Swim, Mix in some drills	1:55
400	2 x 200 on 4:00 Pull: Descend 1-2	2:00
400	4 x 100 on 2:00 Kick: Middle 50 faster	2:00
	***** GROUP UP *****	
100	4 x 25 on :40 Build some speed	2:40
450	9 x 50 on :55 1st 25 moderate, 2nd 25 fast	1:50
50	1 x 50 on 1:30 Recovery Swim	3:00
450	9 x 50 on 1:00 20 meters moderate then FAST	2:00
50	1 x 50 on 1:30 Recovery Swim	3:00
450	9 x 50 on 1:05 15 meters moderate then FAST	2:10
50	1 x 50 on 1:30 Recovery Swim	3:00
50	1 x 50 on 1:30 Final Swim - Best Effort	3:00
100	1 x 100 on 3:00 Cool Down	3:00
	6:21 PM 3,150 Meters	

**Workout #808 - Tuesday, 01 July 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 10:00 Swim: Mix in Some Drills	2:00
300	3 x 100 on 1:50 Pull: Build Each Swim	1:50
600	8 x 75 on 1:45 Kick:Odds Moderate, Evens Faster	2:20
	***** GROUP UP *****	
100	4 x 25 on :40 Descend 1-4	2:40
1,500	2x{4 x 100 on 1:50 Descend 1-4	1:50
	{4 x 50 on :55 Descend 1-4	1:50
	{1 x 100 on 2:00 Fast, Strong Effort	2:00
	{1 x 50 on 1:30 Recovery Swim	3:00
100	1 x 100 on 2:00 Very Fast - Best Effort	2:00
100	1 x 100 on 3:00 Cool Down	3:00
6:13 PM 3,200 Meters		

**Workout #809 - Wednesday, 02 July 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:50 Swim: #1&2=Easy, #3=Build Swim	1:55
300	1 x 300 on 5:30 Pull: Build by 100's	1:50
400	4 x 100 on 2:00 Kick: 2nd 50 of each faster	2:00
100	1 x 100 on 2:00 Swim: Stretch out, get ready	2:00
	***** GROUP UP *****	
300	3 x 100 on 1:45 Steady Swims	1:45
300	2 x 150 on 2:30 Descend 1-2	1:40
300	1 x 300 on 5:00 Negative Split	1:40
300	3 x 100 on 1:45 Steady Swims	1:45
300	2 x 150 on 2:25 Descend 1-2	1:37
300	1 x 300 on 4:50 Negative Split	1:37
300	3 x 100 on 1:45 Steady Swims	1:45
300	2 x 150 on 2:20 Descend 1-2	1:33
300	1 x 300 on 4:40 Negative Split	1:33
100	1 x 100 on 5:00 Cool Down	5:00
6:34 PM 4,200 Meters		

**Workout #811 - Thursday, 03 July 2014**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
5:00 PM Start		
500	2 x 250 on 4:45 Swim: Middle 100 Drills	1:54
500	5 x 100 on 1:45 Pull: Middle 50 of each faster	1:45
450	6 x 75 on 1:45 Kick: Odds=Moder, Evens=Faster	2:20
	***** GROUP UP *****	
100	4 x 25 on :40 Build Some Speed	2:40
1,250	2x{4 x 125 on 2:05 Descend 1-4	1:40
	{1 x 75 on 1:15 Strong Pace	1:40
	{1 x 50 on :50 Fast!	1:40
	1 on :30 Extra 30 seconds rest	
250	2 x 125 on 2:30 Two FAST Efforts! Finish Hard!	2:00
100	1 x 100 on 5:00 Cool Down	5:00
6:10 PM 3,150 Meters		

**Workout #785 - Monday, 07 July 2014**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
5:00 PM Start		
AQUATHLON MONDAY = NO MONDAY PM PRACTICE		
SWIM MEET SATURDAY = SEE YOU THERE!!!		
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 #793 - Monday, 07 July 2014**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
5:00 PM Start		
AQUATHLON MONDAY = NO MONDAY PM PRACTICE		
SWIM MEET SATURDAY = SEE YOU THERE!!!		
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 #784 - Tuesday, 08 July 2014**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
	SWIM MEET SATURDAY AM = SEE YOU THERE!	
600	2 x 300 on 5:30 Swim & Drill	1:50
400	2 x 200 on 4:00 Kick, mix speeds	2:00
400	1 x 400 on 7:45 Pull, Desc by 100s	1:56
	----- Group Up -----	
1,800	1x{1 x 200 on 3:25 Steady	1:42
	{2 x 200 on 3:15 Desc 1-2	1:38
	{3 x 200 on 3:05 Desc 1-3	1:32
	{2 x 200 on 3:20 Desc 1-2	1:40
	{1 on :30 Smile, extra rest	
	{1 x 200 on 4:00 Last one, fast one	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:07 PM 3,300 Meters	

**Workout #792 - Tuesday, 08 July 2014**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
	SWIM MEET SATURDAY AM = SEE YOU THERE!	
600	2 x 300 on 5:30 Swim & Drill	1:50
400	2 x 200 on 4:00 Kick, mix speeds	2:00
400	1 x 400 on 7:45 Pull, Desc by 100s	1:56
	----- Group Up -----	
1,800	1x{1 x 200 on 3:25 Steady	1:42
	{2 x 200 on 3:15 Desc 1-2	1:38
	{3 x 200 on 3:05 Desc 1-3	1:32
	{2 x 200 on 3:20 Desc 1-2	1:40
	{1 on :30 Smile, extra rest	
	{1 x 200 on 4:00 Last one, fast one	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:07 PM 3,300 Meters	

**Workout #783 - Wednesday, 09 July 2014**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
	SWIM MEET SATURDAY AM = SEE YOU THERE!	
600	6 x 100 on 1:50 Swim & Drill	1:50
400	4 x 100 on 1:55 Pull, Desc by 100s	1:55
400	8 x 50 on 1:15 Kick, mix speeds	2:30
	----- Group Up -----	
200	4 x 50 on 1:05 Find your paces	2:10
2,450	1x{2 x 600 on 9:30 Negative Split & Desc 1-2	1:35
	{6 x 100 on 1:45 Alt 1 EZ, 1 Strong	1:45
	{1 x 50 on 1:30 Loosen	3:00
	{6 x 100 on 2:00 Alt #1 Easy, #2-3 FAST	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:27 PM 4,150 Meters	

**Workout #791 - Wednesday, 09 July 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
=====	=====	=====
	SWIM MEET SATURDAY AM = SEE YOU THERE!	
600	6 x 100 on 1:50 Swim & Drill	1:50
400	4 x 100 on 1:55 Pull, Desc by 100s	1:55
400	8 x 50 on 1:15 Kick, mix speeds	2:30
	----- Group Up -----	
200	4 x 50 on 1:05 Find your paces	2:10
2,450	1x{2 x 600 on 9:30 Negative Split & Desc 1-2	1:35
	{6 x 100 on 1:45 Alt 1 EZ, 1 Strong	1:45
	{1 x 50 on 1:30 Loosen	3:00
	{6 x 100 on 2:00 Alt #1 Easy, #2-3 FAST	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:27 PM 4,150 Meters	

**Workout #782 - Thursday, 10 July 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
=====	=====	=====
	SWIM MEET SATURDAY AM = SEE YOU THERE!	
400	1 x 400 on 7:00 Swim & Drill	1:45
600	2 x 300 on 5:15 Pull, Desc 1-2	1:45
400	1 x 400 on 10:00 Kick as desired	2:30
	----- Group Up -----	
100	4 x 25 on :40 Sprints	2:40
1,500	3x{2 x 150 on 2:45 Each 50 Faster	1:50
	{2 x 75 on 2:00 Best Efforts	2:40
	{1 x 50 on 1:30 Loosen, start early	3:00
	6:08 PM 3,000 Meters	

**Workout #790 - Thursday, 10 July 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
=====	=====	=====
	SWIM MEET SATURDAY AM = SEE YOU THERE!	
400	1 x 400 on 7:00 Swim & Drill	1:45
600	2 x 300 on 5:15 Pull, Desc 1-2	1:45
400	1 x 400 on 10:00 Kick as desired	2:30
	----- Group Up -----	
100	4 x 25 on :40 Sprints	2:40
1,500	3x{2 x 150 on 2:45 Each 50 Faster	1:50
	{2 x 75 on 2:00 Best Efforts	2:40
	{1 x 50 on 1:30 Loosen, start early	3:00
	6:08 PM 3,000 Meters	

**Workout #814 - Monday, 14 July 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:20 Easy Swims - Warm up	1:40
400	8 x 50 on :55 Pull: Descend 1-4, 5-8	1:50
200	8 x 25 on :45 Kick: Evens - Sprint	3:00
400	1 x 400 on 7:00 Swim: Mix in Drills	1:45
	***** GROUP UP *****	
300	12 x 25 on :50 #3, 6, 9, 12 - MAX EFFORT	3:20
150	2 x 75 on 1:25 Start slow, finish FAST!	1:53
250	10 x 25 on :50 #3, 6, 9 - MAX EFFORT	3:20
150	2 x 75 on 1:25 Start slow, finish FAST!	1:53
200	8 x 25 on :55 #3, 6 = MAX EFFORT	3:40
150	2 x 75 on 1:25 Start slow, finish FAST!	1:53
150	6 x 25 on :55 #3, 6 - MAX EFFORT	3:40
150	2 x 75 on 1:25 Start slow, finish FAST!	1:53
100	1 x 100 on 5:00 Cool Down	5:00
	6:30 PM 3,000 Meters	

**Workout #815 - Tuesday, 15 July 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:40 Easy swimming and drills	1:50
300	2 x 150 on 3:00 Pull: Build each swim	2:00
400	8 x 50 on 1:10 Kick: Odds Mod, Even Faster	2:20
100	1 x 100 on 2:00 Easy Swim/Stretch Out	2:00
	***** GROUP UP *****	
100	4 x 25 on :40 Get some speed going	2:40
1,350	3x{4 x 75 on 1:25 Descend 1-4	1:53
	{2 x 75 on 1:45 FAST SWIMS!!	2:20
50	1 x 50 on 1:30 Easy Swim	3:00
150	2 x 75 on 2:00 FAST SWIMS!!	2:40
100	1 x 100 on 5:00 Cool Down	5:00
	6:19 PM 3,150 Meters	

**Workout #816 - Wednesday, 16 July 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
300	1 x 300 on 5:35 Easy Swim, Mix in Drills	1:52
400	4 x 100 on 1:45 Pull: Desend 1-4	1:45
400	8 x 50 on 1:10 Kick: Descend 1-4, 5-8	2:20
300	1 x 300 on 5:00 Build the Swim	1:40
	*****GROUP UP*****	
400	1 x 400 on 6:45 Steady Swim	1:41
400	2 x 200 on 3:15 Descend 1-2	1:38
400	4 x 100 on 1:45 Descend 1-4	1:45
400	8 x 50 on :50 Hold a Strong Pace On All	1:40
400	4 x 100 on 1:45 Descend 1-4	1:45
400	2 x 200 on 3:15 Descend 1-2	1:38
400	1 x 400 on 6:15 Strong Swim & Negative Split	1:34
100	1 x 100 on 5:00 Cool Down	5:00
	6:33 PM 4,300 Meters	

**Workout #817 - Thursday, 17 July 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 8:45 Easy Swim/Mix in Drills	1:45
450	6 x 75 on 1:50 Kick: Middle 25 Faster	2:27
500	5 x 100 on 1:50 Pull: Middle 50 Faster	1:50
	***** GROUP UP *****	
100	4 x 25 on :40 Build Some Speed	2:40
1,200	2x{4 x 50 on :55 Hold a Strong Pace	1:50
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 200 on 3:10 Fast Effort!	1:35
	1 on :30 Extra 30 Seconds Rest	
200	1 x 200 on 3:30 Fast, Fast, FAST!	1:45
100	1 x 100 on 3:00 Cool Down	3:00
	6:07 PM 3,050 Meters	

**Workout #826 - Monday, 21 July 2014**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
500	1 x 500 on 9:00 Swim & Drill	1:48
400	4 x 100 on 2:20 Kick, Change Efforts	2:20
450	6 x 75 on 1:20 Pull, last 25 stronger effort	1:47
	----- Group Up -----	
100	4 x 25 on :40 FAST! FAST! FAST!	2:40
1,500	2x{1 x 25 on 1:00 Easy	4:00
	{2 x 50 on :50 Fastest Possible Effort	1:40
	{1 x 25 on :50 Easy	3:20
	{2 x 50 on :55 Fastest Possible Effort	1:50
	{1 x 25 on :50 Easy	3:20
	{2 x 50 on 1:00 Fastest Possible Effort	2:00
	{1 x 25 on :50 Easy	3:20
	{2 x 50 on 1:05 Fastest Possible Effort	2:10
	{1 x 25 on :50 Easy	3:20
	{2 x 50 on 1:10 Fastest Possible Effort	2:20
	{1 x 25 on :50 Easy	3:20
	{2 x 50 on 1:15 Fastest Possible Effort	2:30
100	1 x 100 on 5:00 Loosen	5:00
	6:16 PM 3,050 Meters	

**Workout #825 - Tuesday, 22 July 2014**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
600	6 x 100 on 1:45 Mix swim & Drill	1:45
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 :40 Best Effort	2:40
1,600	2x{1 x 100 on 2:00 Steady	2:00
	{2 x 50 on 1:00 Steady	2:00
	{1 x 100 on 1:50 Faster Pace	1:50
	{2 x 50 on 1:00 Steady	2:00
	{1 x 100 on 1:40 Faster Pace	1:40
	{2 x 50 on 1:00 Steady	2:00
	{1 x 100 on 1:30 Faster Pace	1:30
	{1 x 100 on 3:00 Loosen	3:00
	6:08 PM 3,100 Meters	

**Workout #824 - Wednesday, 23 July 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	10 x 50 on 1:00 Swim, include some drills	2:00
400	2 x 200 on 3:20 Pull, last 50 always faster	1:40
500	10 x 50 on 1:20 Kick, last 25 faster	2:40
	==== Group Up +++++	
200	4 x 50 on 1:05 Mix efforts	2:10
2,500	2x{1 x 500 on 8:00 Negative Split	1:36
	{6 x 50 on 1:05 Alt Easier and Faster	2:10
	{1 x 200 on 3:20 Negative Split	1:40
	{4 x 50 on 1:05 Alt Easier and Faster	2:10
	{1 x 50 on 1:30 Loosen	3:00

6:28 PM 4,100 Meters

**Workout #823 - Thursday, 24 July 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:20 Swim Drill Mix	1:47
400	2 x 200 on 5:00 Kick, Mix efforts	2:30
400	1 x 400 on 7:00 Pull as desired	1:45
	==== Group Up =====	
100	4 x 25 on :40 ZOOM!	2:40
750	3 x 250 on 4:00 Desc 1-3 + Last 50 Faster	1:36
500	2 x 250 on 4:15 Desc 1-2 + Last 100 Faster	1:42
250	1 x 250 on 4:30 Last 150 Faster	1:48
100	1 x 100 on 5:00 Loosen	5:00

6:09 PM 3,100 Meters

**Workout #822 - Monday, 28 July 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:30 Easy Swimming, Mix in Drills	1:50
400	8 x 50 on 1:00 Pull: Descend 1-4, 5-8	2:00
400	8 x 50 on 1:15 Kick: Evens Faster	2:30
	***** GROUP UP *****	
100	4 x 25 on :40 Get Going - Build Some Speed	2:40
600	8 x 75 on 1:25 Odds Easier, Evens Faster	1:53
150	6 x 25 on :50 Descend 1-3, 4-6, 4&6 FAST!	3:20
300	4 x 75 on 1:20 Odds Easier, Evens Fast	1:47
150	6 x 25 on 1:00 Descend 1-3, 4-6, 4&6 FAST!	4:00
150	2 x 75 on 1:15 #1-Easier, #2-Fast	1:40
50	1 x 50 on 1:30 Easy Swim - Get Ready	3:00
150	2 x 75 on 2:00 FAST EFFORTS!!!!	2:40
100	1 x 100 on 3:00 Cool Down	3:00

6:24 PM 3,150 Meters

**Workout #827 - Tuesday, 29 July 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:00 Easy Swim, Mix in Drills	1:48
500	5 x 100 on 1:50 Pull: Middle 50 of each faster	1:50
450	6 x 75 on 1:50 Kick: 1st&3rd 25 faster	2:27
	*****GROUP UP*****	
100	4 x 25 on :40 Descend 1-4	2:40
1,500	2x{3 x 50 on :55 Hold a Steady Pace	1:50
	{2 x 150 on 2:45 Descend 1-2	1:50
	{3 x 50 on :55 Hold a Steady Pace	1:50
	{2 x 75 on 2:00 FAST SWIMS!	2:40
100	1 x 100 on 5:00 Cool Down	5:00

6:13 PM 3,150 Meters

**Workout #828 - Wednesday, 30 July 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 4:00 Steady Swims	2:00
600	2 x 300 on 5:30 Pull: Build each swim by 100s	1:50
400	4 x 100 on 2:00 Kick: Middle 50 Faster	2:00
	*****GROUP UP*****	
400	1 x 400 on 7:00 Steady Swim	1:45
200	4 x 50 on :55 Descend 1-4	1:50
400	4 x 100 on 1:45 Descend 1-4	1:45
800	2 x 400 on 6:50 Descend 1-2 & Neg Split	1:42
400	4 x 100 on 1:45 Descend 1-4	1:45
200	4 x 50 on :55 Hold a Steady Pace	1:50
400	1 x 400 on 6:30 Strong Swim - Negative Split	1:38
100	1 x 100 on 3:00 Cool Down	3:00

6:30 PM 4,300 Meters

**Workout #829 - Thursday, 31 July 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:15 Easy Swim and Drills	1:49
500	10 x 50 on :55 Pull: Descend 1-4, 5-8	1:50
200	8 x 25 on :45 Kick: Alt Moderate & Hard	3:00
300	1 x 300 on 5:10 Stretch Out/Get Ready	1:43
	*****GROUP UP*****	
100	4 x 25 on :40 Build Some Speed	2:40
1,500	3x{1 x 50 on 1:00 Steady Swim	2:00
	{2 x 100 on 1:40 2 Strong Swims	1:40
	{1 x 50 on 1:00 Steady Swim	2:00
	{2 x 100 on 1:40 2 Strong Swims	1:40
50	1 x 50 on 1:30 Easy Swim	3:00
100	1 x 100 on 2:00 FAST!!	2:00
100	1 x 100 on 5:00 Cool Down	5:00

6:16 PM 3,250 Meters

**Workout #837 - Monday, 04 August 2014**  
**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 #838 - Tuesday, 05 August 2014**  
**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	2 x 200 on 3:40 Pull Desc 1-2	1:50
400	2 x 200 on 5:45 Kick, mix up speeds	2:52
	%%%% Group Up %%%%	
100	4 x 25 on :40 Fast!	2:40
1,600	2x{3 x 200 on 3:20 Desc 1-3	1:40
	{2 x 50 on 1:15 All out effort	2:30
	{2 x 25 on :40 All out effort	2:40
	{1 x 50 on 1:30 Loosen	3:00
	6:09 PM 3,100 Meters	

**Workout #839 - Thursday, 07 August 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:45 Mix speeds	1:45
400	16 x 25 on :45 kick, alt fast/moderate	3:00
400	1 x 400 on 6:45 Pull, negative split	1:41
	}}}} Group Up {{{{	
300	2 x 150 on 2:40 FAST!!!	1:47
100	1 x 100 on 2:00 Loosen	2:00
300	2 x 150 on 2:30 Needs to be fast	1:40
100	1 x 100 on 2:00 Loosen	2:00
300	2 x 150 on 2:20 Keep it speedy	1:33
100	1 x 100 on 2:00 Loosen	2:00
300	2 x 150 on 2:10 Last ones, fast ones	1:27
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,000 Meters	



**Workout #833 - Monday, 11 August 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:00 Easy Swim Mixed With Drills	1:48
500	5 x 100 on 1:55 Pull: Middle 50 Faster	1:55
450	6 x 75 on 1:50 Kick: Odds Moder, Evens Faster	2:27
	***** GROUP UP *****	
1,650	3x{8 x 25 on :45 3 FAST, 1 Easy, Repeat	3:00
	{2 x 50 on 1:00 1st 25 Moderate, 2nd 25 FAST	2:00
	{2 x 75 on 1:30 50 Moderate, 25 FAST	2:00
	{4 x 25 on :45 1 FAST, 1 Easy, Repeat	3:00
	1 on :30 Extra 30 Seconds Rest	
50	2 x 25 on :50 MAX EFFORT!	3:20
100	1 x 100 on 3:00 Cool Down	3:00

6:22 PM 3,250 Meters

**Workout #834 - Tuesday, 12 August 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:30 Swim: Last 100 of each faster	1:50
400	1 x 400 on 7:00 Pull: Steady Swim	1:45
400	8 x 50 on 1:30 Kick: 2nd 25 faster	3:00
	*****GROUP UP*****	
100	4 x 25 on :40 Descend 1-4	2:40
450	6 x 75 on 1:20 Odds Moderate, Evens Fast	1:47
300	2 x 150 on 2:40 Descend 1-2 & Negative Split	1:47
300	4 x 75 on 1:25 Odds Moderate, Evens Fast	1:53
300	2 x 150 on 2:40 Descend 1-2 & Negative Split	1:47
150	2 x 75 on 1:30 Two Fast Efforts!!!	2:00
100	1 x 100 on 5:00 Cool Down	5:00

6:16 PM 3,100 Meters

**Workout #835 - Wednesday, 13 August 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
800	2 x 400 on 7:00 Swim: Descend 1-2	1:45
400	8 x 50 on :55 Pull: Descend 1-4, 5-8	1:50
200	8 x 25 on :55 Kick: Odds Moderate, Evens Fast	3:40
	*****GROUP UP*****	
400	1 x 400 on 6:45 Steady Swim	1:41
2,400	2x{2 x 200 on 3:15 Descend 1-2	1:38
	{1 x 400 on 6:45 Negative Split	1:41
	{4 x 100 on 1:45 Descend 1-4	1:45
100	1 x 100 on 3:00 Cool Down	3:00

6:26 PM 4,300 Meters

**Workout #836 - Thursday, 14 August 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:50 Swim/Drill Mix	1:55
600	4 x 150 on 3:00 Pull: Middle 50 Faster	2:00
400	4 x 100 on 2:00 Kick: Last 50 Faster	2:00
	*****GROUP UP*****	
100	4 x 25 on :40 Get some speed going!	2:40
400	4 x 100 on 1:45 Descend 1-4	1:45
100	2 x 50 on 1:00 Descend 1-2	2:00
400	4 x 100 on 1:40 Descend 1-4	1:40
100	2 x 50 on 1:00 Descend 1-2	2:00
400	4 x 100 on 1:35 Hold A Strong Pace	1:35
	1 on :30 Extra 30 Seconds Rest	
100	2 x 50 on 1:00 Two FAST Swims	2:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:13 PM 3,100 Meters	

**Workout #840 - Monday, 18 August 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	1 x 600 on 11:00 Swim & Drill	1:50
400	4 x 100 on 1:55 Pull - Think DPS	1:55
450	6 x 75 on 1:45 Kick - Mix Speeds	2:20
	&&&&& Group Up &&&&&	
100	4 x 25 on :40 FAST! FAST! FAST!	2:40
1,700	2x{4 x 50 on 1:00 Desc 1-4	2:00
	{1 on :30 Extra Rest	
	{4 x 50 on :55 Desc 1-4	1:50
	{1 on :30 Extra Rest	
	{4 x 50 on :50 Desc 1-4	1:40
	{1 on :30 Extra Rest	
	{4 x 50 on :45 Desc 1-4	1:30
	{1 x 50 on 1:30 Easy Loosen	3:00
	6:11 PM 3,250 Meters	

**Workout #841 - Tuesday, 19 August 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Swim	1:50
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 Speedy Swims!	3:00
1,600	4x{2 x 100 on 1:55 Desc 1-2	1:55
	{2 x 100 on 1:35 Desc 1-2	1:35
100	1 x 100 on 5:00 Loosen	5:00
	6:10 PM 3,200 Meters	

**Workout #842 - Wednesday, 20 August 2014**  
**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 -----		
1,000	2 x 500 on 7:45 Desc 1-2	1:33
800	2 x 400 on 6:30 Desc 1-2	1:38
600	2 x 300 on 4:45 Desc 1-2	1:35
400	2 x 200 on 3:20 Desc 1-2	1:40
200	2 x 100 on 1:45 Fast Finish	1:45
100	1 x 100 on 5:00 Loosen	5:00
6:31 PM 4,500 Meters		

**Workout #843 - Thursday, 21 August 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:30 Swim, drill mix	1:50
450	6 x 75 on 1:25 Pull, Steady pace	1:53
400	1 x 400 on 10:00 Kick as desired	2:30
+ + + +  Group Up  + + + +		
100	4 x 25 on :50 S P R I N T - Breath Control?	3:20
1,500	4x{1 x 25 on 1:00 Easy, half-way and turn around	4:00
	{1 x 250 on 3:55 Strong all the way	1:34
	{2 x 50 on 1:20 #1 Moderate, #2 Max Effort	2:40
100	1 x 100 on 5:00 Loosen	5:00
6:15 PM 3,150 Meters		

**Workout #848 - Monday, 25 August 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:30 Easy Swimming w/some drills	1:50
400	4 x 100 on 1:50 Pull: Descend 1-4	1:50
400	8 x 50 on 1:05 Kick: Odds Mod, Eve Faster	2:10
*****GROUP UP*****		
100	4 x 25 on :40 Pick up Speed As You Go	2:40
225	3 x 75 on 1:25 Odds Fast, Evens Moderate	1:53
25	1 x 25 on :50 Moderate Swim	3:20
375	5 x 75 on 1:20 Odds Fast, Evens Moderate	1:47
25	1 x 25 on :50 Moderate Swim	3:20
525	7 x 75 on 1:15 Odds Fast, Evens Moderate	1:40
25	1 x 25 on 1:30 Moderate Swim	6:00
300	4 x 75 on 2:00 Fast Efforts!!!! Swim HARD!	2:40
100	1 x 100 on 5:00 Cool Down	5:00
6:20 PM 3,100 Meters		

**Workout #849 - Tuesday, 26 August 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 Swim and Drills	1:48
500	5 x 100 on 1:50 Pull: Middle 50 of each 100 hard	1:50
450	6 x 75 on 2:00 Kick: Push the Middle 25	2:40
	*****GROUP UP*****	
100	4 x 25 on :40 Build Some Speed	2:40
1,500	2x{2 x 50 on 1:00 Moderate Swims	2:00
	{4 x 150 on 2:30 Descend 1-4	1:40
	{1 x 50 on 1:00 FAST EFFORT!	2:00
100	1 x 100 on 5:00 Cool Down Swim	5:00
6:10 PM 3,150 Meters		

**Workout #850 - Wednesday, 27 August 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 4:10 Drill on the 3rd 50 of Each Swim	2:05
300	1 x 300 on 5:45 Pull: Steady	1:55
400	4 x 100 on 2:00 Kick: Middle 50 of Each Harder	2:00
	*****GROUP UP*****	
400	1 x 400 on 6:50 Steady & Smooth:Find Your Rhythm	1:42
100	1 x 100 on 1:45 Steady Swim	1:45
400	2 x 200 on 3:15 Descend 1-2	1:38
400	1 x 400 on 6:40 Negative Split	1:40
100	1 x 100 on 1:45 Steady Swim	1:45
400	2 x 200 on 3:20 Descend 1-2	1:40
400	1 x 400 on 6:30 Hard Effort	1:38
100	1 x 100 on 1:45 Steady Swim	1:45
400	2 x 200 on 3:25 Descend 1-2, Finish Strong!	1:42
100	1 x 100 on 5:00 Cool Down	5:00
6:32 PM 4,100 Meters		

**Workout #851 - Thursday, 28 August 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 7:15 Steady Swim/Mix in Drills	1:49
600	12 x 50 on :55 Pull: Descend 1-4, 5-8, 9-12	1:50
400	16 x 25 on :40 Kick: Odds-Mod, Ev-Fast	2:40
	*****GROUP UP*****	
100	4 x 25 on :40 Get Some Speed Going	2:40
1,800	3x{2 x 50 on :50 Descend 1-2	1:40
	{1 x 100 on 1:40 Fast Swim	1:40
	{2 x 50 on :55 Descend 1-2	1:50
	{1 x 100 on 1:35 Faster!	1:35
	{2 x 50 on 1:00 Descend 1-2	2:00
	{1 x 100 on 1:30 Fasterer!!!	1:30
100	1 x 100 on 5:00 Cool Down	5:00
6:14 PM 3,400 Meters		

**Workout #844 - Monday, 01 September 2014**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	1 x 600 on 11:00 Mix swim & drill	1:50
400	8 x 50 on 1:15 Kick, odds faster	2:30
400	4 x 100 on 2:00 Pull, mix efforts	2:00
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
400	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
100	4 x 25 on :40 Fast!	2:40
450	6 x 75 on 1:20 Desc 1-3, 4-6	1:47
100	4 x 25 on :40 Fast!	2:40
400	4 x 100 on 1:35 Desc 1-2, 3-4	1:35
100	1 x 100 on 5:00 Loosen	5:00
	6:16 PM 3,050 Meters	

**Workout #845 - Tuesday, 02 September 2014**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
500	1 x 500 on 9:00 Swim & Drill Mix	1:48
600	6 x 100 on 1:45 Pull, last 25 faster pace	1:45
400	2 x 200 on 5:00 Kick, 2nd and 4th 50 faster	2:30
	^^^^ Group Up ^^^^^	
100	4 x 25 on :40 Fast!	2:40
1,500	1x{5 x 100 on 1:35 Odds Faster	1:35
	{4 x 100 on 1:41 Evens Faster	1:41
	{3 x 100 on 1:47 Odds Faster	1:47
	{2 x 100 on 1:53 Evens Faster	1:53
	{1 x 100 on 3:00 Last one, Fast One	3:00
100	1 x 100 on 5:00 Loosen	5:00
	6:10 PM 3,200 Meters	

**Workout #846 - Wednesday, 03 September 2014**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
500	1 x 500 on 9:00 Swim Drill Mix	1:48
500	10 x 50 on 1:00 Pull - 1 less strokes on 2nd 25	2:00
400	16 x 25 on :35 Kick - Faster every 4th 25	2:20
	@@@@@@@@ Group Up @@@@@@@@@@	
200	4 x 50 on 1:05 Desc 1-4	2:10
500	1 x 500 on 8:45 Negative Split	1:45
500	10 x 50 on :53 Steady Pace	1:46
500	2 x 250 on 4:28 Desc 1-2	1:47
500	10 x 50 on :54 Steady Pace	1:48
500	5 x 100 on 1:49 Negative Split	1:49
100	1 x 100 on 5:00 Loosen	5:00
	6:34 PM 4,200 Meters	

**Workout #847 - Thursday, 04 September 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
	No Practice Thursday Night, Pool Closed	
600	4 x 150 on 2:30 Mix it up	1:40
400	1 x 400 on 6:30 Pull, negative split	1:38
400	8 x 50 on 1:20 Kick, some fast, some not	2:40
	)))) Group Up (((((	
100	4 x 25 on :40 Fast!	2:40
1,000	4 x 250 on 4:22 Last 50 always faster	1:45
600	4 x 150 on 2:45 Last 50 always faster	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,200 Meters	

**Workout #852 - Monday, 08 September 2014**  
**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 #853 - Tuesday, 09 September 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:40 Swim: Mix on some drills	1:53
400	1 x 400 on 6:45 Pull: Build by 100's	1:41
400	2 x 200 on 4:15 Kick: Every other 50 faster	2:08
	*****GROUP UP*****	
100	4 x 25 on :40 Mix up your speed - some fast	2:40
1,700	2x{2 x 100 on 1:50 Hold a good pace	1:50
	{3 x 200 on 3:20 #1-Steady, #2-Neg Spl, #3-Fast	1:40
	{1 x 50 on 1:30 Easy Swim	3:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:12 PM 3,300 Meters	

**Workout #854 - Wednesday, 10 September 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:30 Steady Swims	1:45
400	8 x 50 on 1:00 Pull: Descend 1-4, 5-8	2:00
300	12 x 25 on :40 Kick: Every 3rd one FAST	2:40
400	4 x 100 on 1:45 Descend 1-4	1:45
	*****GROUP UP*****	
500	1 x 500 on 8:00 Steady Swim	1:36
500	2 x 250 on 4:10 Descend 1-2	1:40
300	3 x 100 on 1:45 Steady Strong Swims	1:45
200	4 x 50 on :50 Hard Efforts	1:40
500	2 x 250 on 4:20 Descend 1-2	1:44
500	1 x 500 on 8:00 Negative Split - Finish Fast!	1:36
100	1 x 100 on 5:00 Cool Down	5:00
	6:29 PM 4,100 Meters	

**Workout #855 - Thursday, 11 September 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:30 Steady Swims	1:45
600	2 x 300 on 5:30 Pull: Descend 1-2	1:50
400	4 x 100 on 2:10 Kick: Middle 50 Harder	2:10
	*****GROUP UP*****	
100	4 x 25 on :50 Stroke Count: Decrease each 25	3:20
1,500	2x{2 x 75 on 1:20 Descend 1-2	1:47
	{2 x 150 on 2:30 Fast!	1:40
	{2 x 75 on 1:20 Descend 1-2	1:47
	{1 x 150 on 2:30 Fast!	1:40
100	1 x 100 on 5:00 Cool Down	5:00
	6:07 PM 3,100 Meters	

**Workout #864 - Monday, 15 September 2014**  
**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
500	5 x 100 on 1:50 Pull, mix efforts	1:50
400	8 x 50 on 1:20 Kick, fast!	2:40
	----- Group Up -----	
300	12 x 25 on :45 Alt Mod & fast	3:00
200	2 x 100 on 2:30 #1 Easy, #2 Fast	2:30
300	12 x 25 on :40 Alt Mod & Fast	2:40
200	2 x 100 on 2:30 #1 Easy, #2 Fast	2:30
300	12 x 25 on :35 Alt Mod & Fast	2:20
200	2 x 100 on 2:30 #1 Easy, #2 Fast	2:30
100	1 x 100 on 5:00 Loosen	5:00
	6:23 PM 3,000 Meters	

**Workout #865 - Tuesday, 16 September 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:40 drill & swim	1:50
400	8 x 50 on 1:00 Pull, mix efforts	2:00
400	2 x 200 on 5:30 Kick, 1st and last 50 faster	2:45
	===== Group Up =====	
100	4 x 25 on :40 Fast!	2:40
1,600	1x{4 x 75 on 1:20 Steady	1:47
	{1 x 75 on 1:05 Fast pace	1:27
	{3 x 75 on 1:20 Steady	1:47
	{2 x 75 on 1:05 Fast Pace	1:27
	{2 x 75 on 1:20 Steady	1:47
	{3 x 75 on 1:05 Fast Pace	1:27
	{1 x 75 on 1:20 Steady	1:47
	{4 x 75 on 1:05 Fast Pace	1:27
	{1 x 25 on 1:00 Easy	4:00
	{1 x 75 on 2:00 Best of the day	2:40
100	1 x 100 on 5:00 Loosen	5:00
6:11 PM 3,200 Meters		

**Workout #866 - Wednesday, 17 September 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:15 Swim / drill mix	1:45
400	2 x 200 on 3:30 Pull, negative split	1:45
450	6 x 75 on 2:00 Kick, last 25 faster effort	2:40
	***** Group Up *****	
200	4 x 50 on 1:05 Desc 1-4	2:10
1,200	3 x 400 on 6:15 Desc 1-3	1:34
750	3 x 250 on 4:00 Negative Split	1:36
300	3 x 100 on 1:38 Desc 1-3	1:38
100	1 x 100 on 5:00 Loosen	5:00
6:23 PM 4,000 Meters		

**Workout #867 - Thursday, 18 September 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 swim & drill	1:50
400	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 ^^^^^	
100	4 x 25 on :40 Fast!	2:40
400	2 x 200 on 3:30 Desc 1-2	1:45
400	2 x 200 on 3:20 Desc 1-2	1:40
400	2 x 200 on 3:10 Desc 1-2	1:35
200	1 x 200 on 4:00 Last one, fast one	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:09 PM 3,000 Meters		



**Workout #856 - Monday, 22 September 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
300	1 x 300 on 5:30 Steady, Easy Swim	1:50
400	2 x 200 on 3:30 Pull: Build each 200	1:45
400	2 x 200 on 4:15 Kick: Middle 100 of each harder	2:08
300	1 x 300 on 5:15 Steady, Stronger Swim	1:45
	*****GROUP UP*****	
100	4 x 25 on :40 Get some speed going	2:40
450	9 x 50 on :50 3, 6 & 9 MAX EFFORT!	1:40
50	1 x 50 on 1:30 Easy Swim	3:00
450	9 x 50 on :55 3, 6 & 9 MAX EFFORT!	1:50
50	1 x 50 on 1:30 Easy Swim	3:00
450	9 x 50 on 1:00 3, 6 & 9 MAX EFFORT!	2:00
50	1 x 50 on 1:30 Easy Swim	3:00
100	2 x 50 on 1:30 MAX EFFORTS!!!	3:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:23 PM 3,200 Meters	

**Workout #857 - Tuesday, 23 September 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 10:00 Easy Swim & Drills	2:00
400	4 x 100 on 1:50 Pull: Descend 1-4	1:50
450	6 x 75 on 1:50 Kick: Evens Faster	2:27
	*****GROUP UP*****	
100	4 x 25 on :40 Increase Kick on Each Swim	2:40
1,650	3x{1 x 100 on 1:45 Fast Swim!	1:45
	{2 x 50 on 1:00 Strong, Smooth Swims	2:00
	{1 x 100 on 1:45 Faster Swim!!	1:45
	{2 x 50 on 1:00 Strong, Smooth Swims	2:00
	{1 x 100 on 1:45 FASTEST SWIM OF THE ROUND	1:45
	{1 x 50 on 1:30 Recovery Swim	3:00
100	1 x 100 on 3:00 Last one, FAST one!	3:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:19 PM 3,300 Meters	

**Workout #858 - Wednesday, 24 September 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:45 Easy swimming w/some drills	1:52
400	4 x 100 on 2:10 Kick: 2nd half harder	2:10
300	1 x 300 on 5:20 Pull: Negative Split	1:47
	*****GROUP UP*****	
400	8 x 50 on :55 Descend 1-4, 5-8	1:50
1,000	4 x 250 on 4:15 Descend 1-2, 3-4	1:42
500	1 x 500 on 8:20 Negative Split	1:40
500	2 x 250 on 4:15 Descend 1-2	1:42
500	1 x 500 on 8:10 Negative Split	1:38
100	1 x 100 on 5:00 Cool Down	5:00

6:32 PM 4,300 Meters

**Workout #859 - Thursday, 25 September 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:00 Steady Swim	1:45
400	8 x 50 on :55 Pull: Descend 1-4, 5-8	1:50
400	16 x 25 on :45 Kick: Alt easy/hard	3:00
200	1 x 200 on 3:30 Swim: Get ready	1:45
	*****GROUP UP*****	
100	4 x 25 on :45 Speedy: High Tempo	3:00
1,500	2x{5 x 50 on :55 1&2: Moder, 3&4:Fast, 5: Faster	1:50
	{2 x 100 on 1:40 Two Strong Swims	1:40
	{1 x 50 on :55 Fast Swim!	1:50
	{1 x 250 on 4:10 Negative Split	1:40
100	1 x 100 on 5:00 Cool Down	5:00

6:11 PM 3,100 Meters

**Workout #874 - Monday, 29 September 2014**  
**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	8 x 50 on 1:00 Pull, mix efforts	2:00
400	4 x 100 on 2:30 Kick, 1st 25 fast effort	2:30
	***** Group Up *****	
1,650	3x{2 x 25 on :45 Fast!	3:00
	{2 x 50 on 1:15 Desc 1-2; #2 is FAST	2:30
	{2 x 75 on 1:45 Desc 1-2; #2 is FAST	2:20
	{2 x 100 on 2:00 Desc 1-2; #2 is FAST	2:00
	{1 x 50 on 1:30 Loosen	3:00

6:11 PM 3,050 Meters

**Workout #875 - Tuesday, 30 September 2014**  
**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	2 x 200 on 5:00 Kick, vary efforts	2:30
500	2 x 250 on 5:00 Pull, last 50 fast	2:00
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
450	3 x 150 on 2:50 Desc 1-3	1:53
450	3 x 150 on 2:40 Desc 1-3	1:47
450	3 x 150 on 2:30 Desc 1-3	1:40
150	1 x 150 on 5:00 Fastest of the day	3:20
100	1 x 100 on 5:00 Loosen	5:00
	6:15 PM 3,100 Meters	

**Workout #876 - Wednesday, 01 October 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:50 drill & swim	1:55
300	12 x 25 on :50 Kick, speedy	3:20
400	2 x 200 on 3:50 Pull, Desc 1-2	1:55
	===== Group Up =====	
1,200	3 x 400 on 6:20 Desc 1-3	1:35
100	2 x 50 on 1:15 Fast, Contolled Pace	2:30
800	2 x 400 on 6:30 Desc 1-2	1:38
100	2 x 50 on 1:15 Fast, Contolled Pace	2:30
400	1 x 400 on 6:40 Fast, negative split	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:28 PM 4,000 Meters	

**Workout #877 - Thursday, 02 October 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	4 x 150 on 2:40 Pull, mix efforts	1:47
450	3 x 150 on 2:40 Swim, Desc 1-3	1:47
300	2 x 150 on 5:00 Kick mix efforts	3:20
	~~~~~ Group Up ~~~~~	
200	4 x 50 on 1:10 Desc 1-3 (#3 & #4 both fast)	2:20
50	1 x 50 on 1:30 Loosen	3:00
1,200	1x{3 x 100 on 2:00 Steady	2:00
	{1 x 100 on 1:35 Fast Pace	1:35
	{2 x 100 on 2:00 Steady	2:00
	{2 x 100 on 1:35 Fast Pace	1:35
	{1 x 100 on 2:00 Steady	2:00
	{3 x 100 on 1:35 Fast Pace	1:35
50	1 x 50 on 2:00 Loosen	4:00
100	1 x 100 on 5:00 IT'S A BONUS SWIM!!!!	5:00
100	1 x 100 on 5:00 Loosen	5:00
	6:18 PM 3,050 Meters	

**Workout #860 - Monday, 06 October 2014**  
**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 #861 - Tuesday, 07 October 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:40 Swim: Mix up speed within each	1:50
600	2 x 300 on 5:45 Pull: Middle 100 of each harder	1:55
400	4 x 100 on 2:15 Kick: Middle 50 harder	2:15
	*****GROUP UP*****	
100	4 x 25 on :40 Descend 1-4	2:40
1,700	2x{2 x 200 on 3:20 Descend 1-2	1:40
	{4 x 50 on 1:00 Descend 1-4	2:00
	{1 x 200 on 3:40 FAST SWIM!!	1:50
	{1 x 50 on 1:30 Easy Swim	3:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:14 PM 3,300 Meters	

**Workout #862 - Wednesday, 08 October 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Swim: Add some drills	1:50
400	1 x 400 on 6:50 Pull: Negative Split	1:42
400	2 x 200 on 4:30 Kick: Every other 50 harder	2:15
	*****GROUP UP*****	
200	4 x 50 on 1:00 Hold a Good, Steady Pace	2:00
600	1 x 600 on 9:45 Negative Split	1:38
200	4 x 50 on 1:00 Hold a Good, Steady Pace	2:00
600	2 x 300 on 4:50 Descend 1-2	1:37
200	4 x 50 on 1:00 Hold a Good, Steady Pace	2:00
600	3 x 200 on 3:20 Descend 1-2	1:40
200	4 x 50 on 1:00 Descend 1-4 & Finish Hard	2:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:28 PM 4,100 Meters	

**Workout #863 - Thursday, 09 October 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:00 Warm Up Swim; Mix in Drills	1:48
500	5 x 100 on 1:50 Pull: Middle 50 of each harder	1:50
450	6 x 75 on 1:55 Kick: Last 25 Of Each Hard	2:33
	*****GROUP UP*****	
100	4 x 25 on :40 Get Up & Go!	2:40
1,650	2x{2 x 150 on 2:35 Negative Split	1:43
	{2 x 75 on 1:15 Descend 1-2; Strong Effort!	1:40
	{2 x 150 on 2:35 Negative Split	1:43
	{1 x 75 on 1:15 Fast Swim!!!	1:40
100	1 x 100 on 5:00 Cool Down	5:00

6:13 PM 3,300 Meters

**Workout #885 - Monday, 13 October 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:50 Drill/swim mix	1:50
400	8 x 50 on 1:20 kick, mix speeds	2:40
400	2 x 200 on 3:40 Pull, negative split	1:50
	***** Group Up *****	
1,200	2x{6 x 25 on :45 Build Speed	3:00
	{6 x 50 on 1:05 Desc 1-3, 4-6	2:10
	{3 x 50 on 1:30 #1 Easy. #2 & #3 MAX!	3:00
400	4 x 100 on 1:50 Last 4, Fast 4	1:50
100	1 x 100 on 5:00 Loosen	5:00

6:19 PM 3,100 Meters

**Workout #886 - Tuesday, 14 October 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:30 Drill & Swim	1:50
400	2 x 200 on 3:45 Pull as desired	1:52
400	4 x 100 on 2:45 Kick, last 25 always faster	2:45
	===== Group Up - An oldy, but a goody =====	
100	4 x 25 on :40 Fast!	2:40
1,600	1x{4 x 75 on 1:20 Steady	1:47
	{1 x 75 on 1:05 Fast pace	1:27
	{3 x 75 on 1:20 Steady	1:47
	{2 x 75 on 1:05 Fast Pace	1:27
	{2 x 75 on 1:20 Steady	1:47
	{3 x 75 on 1:05 Fast Pace	1:27
	{1 x 75 on 1:20 Steady	1:47
	{4 x 75 on 1:05 Fast Pace	1:27
	{1 x 25 on 1:00 Easy	4:00
	{1 x 75 on 2:00 Best of the day	2:40
100	1 x 100 on 5:00 Loosen	5:00

6:11 PM 3,200 Meters

**Workout #887 - Wednesday, 15 October 2014**  
**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
500	1 x 500 on 9:00 Pull as desired	1:48
400	1 x 400 on 11:00 Kick as desired	2:45
	&&&& Group Up &&&&	
200	4 x 50 on 1:05 Desc 1-4	2:10
1,200	3 x 400 on 6:40 Desc 1-3	1:40
50	2 x 25 on :50 #1 Mod, #2 Fast	3:20
800	2 x 400 on 6:30 Desc 1-2	1:38
50	2 x 25 on :50 #1 Mod, #2 Fast	3:20
400	1 x 400 on 6:20 GO TIME!!	1:35
100	1 x 100 on 5:00 Loosen	5:00
	6:32 PM 4,200 Meters	

**Workout #888 - Thursday, 16 October 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	8 x 75 on 1:15 First 25 = drill	1:40
400	2 x 200 on 3:40 Pull, Build each 100	1:50
400	8 x 50 on 1:30 Kick, some of it FAST	3:00
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
1,500	1x{2 x 50 on 1:10 Desc 1-2	2:20
	{1 x 200 on 3:45 Steady	1:52
	{2 x 50 on 1:10 Desc 1-2	2:20
	{2 x 200 on 3:30 Steady	1:45
	{2 x 50 on 1:10 Desc 1-3	2:20
	{3 x 200 on 3:15 Steady	1:38
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,100 Meters	

**Workout #880 - Monday, 20 October 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:45 Mix of Swim & Drill	1:52
300	1 x 300 on 5:20 Pull: Negative Split	1:47
400	8 x 50 on 1:05 Kick: Descend 1-4, 5-8	2:10
100	1 x 100 on 2:00 Easy Swim	2:00
	*****GROUP UP*****	
100	4 x 25 on :45 Alternate Easy & FAST	3:00
400	8 x 50 on 1:00 Desc 1-4, 5-8; 5&8 are FAST!!	2:00
100	4 x 25 on :45 Alternate Easy & FAST	3:00
300	6 x 50 on 1:05 Desc 1-3, 4-6; 3&6 Are FAST!!	2:10
100	4 x 25 on :45 Alternate Easy & FAST	3:00
200	4 x 50 on 1:10 #2 & #4 Are FAST!!	2:20
100	4 x 25 on :45 Alternate Easy & FAST	3:00
100	2 x 50 on 1:15 Fast Swims!!	2:30
50	1 x 50 on 1:30 Easy Swim	3:00
50	1 x 50 on 2:00 FASTEST Swim of the Day!!	4:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:27 PM 3,000 Meters	

**Workout #882 - Tuesday, 21 October 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:30 Swim, Mix in Some Drills	1:52
400	8 x 50 on 1:00 Pull: Descend 1-4, 5-8	2:00
250	10 x 25 on :45 Kick: Every third one FAST	3:00
400	1 x 400 on 6:45 Swim: Build by 100s	1:41
	*****GROUP UP*****	
100	4 x 25 on :40 Get Going!	2:40
1,500	2x{4 x 100 on 1:50 Descend 1-4	1:50
	{2 x 50 on 1:00 Steady Swims	2:00
	{2 x 100 on 2:00 FAST SWIMS!!!	2:00
	{1 x 50 on 1:30 Loosen Swim	3:00
100	1 x 100 on 3:00 FASTEST SWIM OF THE DAY	3:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:19 PM 3,250 Meters	

**Workout #883 - Wednesday, 22 October 2014**  
**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
500	5 x 100 on 1:50 Pull: Middle 50 of Each Harder	1:50
450	6 x 75 on 2:00 Kick: Push the Last 25 of Each	2:40
	*****GROUP UP*****	
500	10 x 50 on :55 1-5 Steady; 6-10 Pick up Pace	1:50
500	1 x 500 on 8:30 Steady Swim	1:42
500	5 x 100 on 1:45 Strong Pace All the Way	1:45
500	1 x 500 on 8:30 Steady Swim	1:42
500	2 x 250 on 4:20 Descend 1-2; #2 -Finish Strong!	1:44
100	1 x 100 on 3:00 Cool Down	3:00
6:28 PM 4,050 Meters		

**Workout #884 - Thursday, 23 October 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Steady Swims, Build 2nd Swim	1:50
400	4 x 100 on 1:55 Pull: Decend 1-4	1:55
400	2 x 200 on 4:30 Kick: 2nd & 4th 50 Harder	2:15
50	1 x 50 on 1:30 Loosen/Stretch Out	3:00
	*****GROUP UP*****	
100	4 x 25 on :40 Get Moving - KICK!	2:40
1,500	2x{1 x 250 on 4:15 Steady Swim	1:42
	{4 x 50 on :50 Descend 1-4	1:40
	{1 x 250 on 4:15 Negative Split	1:42
	{1 x 50 on 1:30 MAX EFFORT	3:00
100	1 x 100 on 3:00 Cool Down	3:00
6:09 PM 3,150 Meters		



**Workout #893 - Monday, 27 October 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:50 Swim & drill	1:50
400	4 x 100 on 1:50 Pull, Mix efforts	1:50
400	8 x 50 on 1:25 Kick, last 25 faster	2:50
	==== Group Up =====	
100	4 x 25 on :40 All Strong Efforts	2:40
1,600	1x{1 x 50 on 1:30 Loosen	3:00
	{4 x 75 on 1:30 All Fast	2:00
	{1 x 50 on 1:30 Loosen	3:00
	{4 x 75 on 1:35 All Fast	2:07
	{1 x 50 on 1:30 Loosen	3:00
	{4 x 75 on 1:40 Still Fast!	2:13
	{1 x 50 on 1:30 Loosen	3:00
	{4 x 75 on 1:45 Best Effort	2:20
	{1 x 50 on 1:30 Loosen	3:00
	{2 x 75 on 1:50 Two More, FAST	2:27
100	1 x 100 on 5:00 Loosen	5:00

6:22 PM 3,200 Meters

**Workout #894 - Tuesday, 28 October 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	2 x 250 on 4:40 Swim drill mix	1:52
800	2x{4 x 50 on 1:05 Pull, Desc 1-4	2:10
	{2 x 100 on 2:40 Kick, last 25 faster	2:40
	***** group Up *****	
200	4 x 50 on 1:00 Desc 1-2/3-4	2:00
400	4 x 100 on 1:50 Desc 1-2/3-4	1:50
600	4 x 150 on 2:30 Desc 1-2/3-4	1:40
400	4 x 100 on 1:40 Desc 1-2/3-4	1:40
200	4 x 50 on :50 Desc 1-2/3-4	1:40
100	1 x 100 on 5:00 Loosen	5:00

6:15 PM 3,200 Meters

**Workout #895 - Wednesday, 29 October 2014**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
500	10 x 50 on 1:00 Evens faster effort	2:00
400	2 x 200 on 3:30 Pull, Neg. Split	1:45
450	6 x 75 on 2:00 Kick, last 25 faster	2:40
	///// Group Up \\\	
800	2 x 400 on 6:20 Negative Split	1:35
100	2 x 50 on :50 Alt Mod / Fast @ 50	1:40
800	2 x 400 on 6:40 Negative Split	1:40
100	2 x 50 on 1:00 Alt Mod / Fast @ 50	2:00
800	2 x 400 on 7:00 Negative Split	1:45
100	1 x 100 on 5:00 Loosen	5:00
6:27 PM 4,050 Meters		

**Workout #896 - Thursday, 30 October 2014**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
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 ----	
100	4 x 25 on :50 Find a frightful pace	3:20
1,700	2x{4 x 100 on 1:50 Desc 1-2-3-4... BOO!	1:50
	{4 x 100 on 1:40 Treat yourself to 4 fast swims	1:40
	{1 x 50 on 1:30 Spooky Slow	3:00
6:08 PM 3,200 Meters		

**Workout #902 - Monday, 03 November 2014**  
**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 #903 - Tuesday, 04 November 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:40 Swim: Each swim a bit faster	1:50
300	1 x 300 on 5:15 Pull: Steady Pace	1:45
400	4 x 100 on 2:10 Kick: Middle 50 of each faster	2:10
100	1 x 100 on 2:30 Swim: Stretch Out/Get Ready	2:30
	*****GROUP UP*****	
100	4 x 25 on :40 Speedy Swims	2:40
600	3 x 200 on 3:20 Descend 1-3	1:40
200	4 x 50 on 1:00 Descend 1-4	2:00
400	2 x 200 on 3:10 Descend 1-2	1:35
200	4 x 50 on 1:00 Descend 1-4	2:00
200	1 x 200 on 3:00 Last One, Fast One!!!	1:30
100	1 x 100 on 3:00 Cool Down	3:00
	6:13 PM 3,200 Meters	

**Workout #904 - Wednesday, 05 November 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:45 Mix of Swim & Drills	1:55
400	1 x 400 on 6:30 Pull: Steady Pace	1:38
400	2 x 200 on 4:30 Kick: 2nd 1/2 of each harder	2:15
	*****GROUP UP*****	
3,000	2x{2 x 300 on 5:15 Descend 1-2	1:45
	{1 x 600 on 10:00 Negative Split	1:40
	{3 x 100 on 1:45 Descend 1-3	1:45
100	1 x 100 on 3:00 Cool Down	3:00
	6:27 PM 4,500 Meters	

**Workout #905 - Thursday, 06 November 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 8:45 Swim and Drill Mix	1:45
600	6 x 100 on 1:50 Pull: Descend 1-3, 4-6	1:50
300	4 x 75 on 2:00 Kick: Evens Faster	2:40
	*****GROUP UP*****	
100	4 x 25 on :40 Mix Your Speed	2:40
600	4 x 150 on 2:30 Descend 1-4	1:40
50	1 x 50 on 1:30 Easy Swim	3:00
450	3 x 150 on 2:25 Descend 1-3	1:37
50	1 x 50 on 1:30 Easy Swim	3:00
300	2 x 150 on 2:20 Descend 1-2	1:33
50	1 x 50 on 1:30 Easy Swim	3:00
150	1 x 150 on 3:00 Last One, Fast One!	2:00
100	1 x 100 on 3:00 Cool Down	3:00
	6:17 PM 3,250 Meters	

**Workout #917 - Monday, 10 November 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:15 Swim & Drill	1:45
400	2 x 200 on 3:30 Pull, Mixed Efforts	1:45
400	4 x 100 on 2:30 Kick, Desc 1-4	2:30
	%%%% Group Up %%%%	
1,500	3x{2 x 100 on 1:40 Desc 1-2, #2 is FAST	1:40
	{2 x 75 on 1:20 Desc 1-2, #2 is FAST	1:47
	{2 x 50 on 1:05 Desc 1-2, #2 is FAST	2:10
	{2 x 25 on :50 Both Fast!	3:20
100	1 x 100 on 5:00 Loosen	5:00
6:07 PM 3,000 Meters		

**Workout #918 - Tuesday, 11 November 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Mix efforts, include some drills	1:50
400	8 x 50 on 1:25 Kick, 2nd 25 Faster	2:50
400	1 x 400 on 7:00 Pull, mix efforts	1:45
	##### Group Up #####	
200	4 x 50 on 1:10 Desc 1-4	2:20
1,350	3x{1 x 75 on 2:30 Easy	3:20
	{5 x 75 on 2:00 Aim to hold best speed on all	2:40
100	1 x 100 on 5:00 Loosen	5:00
6:23 PM 3,050 Meters		

**Workout #919 - Wednesday, 12 November 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
450	6 x 75 on 1:30 Drill & Swim	2:00
600	3 x 200 on 3:30 Pull, Build each	1:45
400	1 x 400 on 10:00 Kick as desired	2:30
	@@@@ Group Up @@@@@	
1,200	3 x 400 on 6:30 Desc 1-3	1:38
900	3 x 300 on 5:10 Desc 1-3	1:43
600	3 x 200 on 3:35 Desc 1-3	1:48
100	1 x 100 on 5:00 Loosen	5:00
6:28 PM 4,250 Meters		

**Workout #920 - Thursday, 13 November 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:45 Mix drill & swim	1:55
450	6 x 75 on 1:50 Kick, last 25 Fast	2:27
400	1 x 400 on 7:00 Pull as desired	1:45
	+++++ Group Up +++++	
100	4 x 25 on :40 FAST	2:40
400	2 x 200 on 3:20 Steady	1:40
400	2 x 200 on 3:10 Steady	1:35
400	2 x 200 on 3:00 Steady	1:30
400	2 x 200 on 2:50 Steady	1:25
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,250 Meters	

**Workout #921 - Monday, 17 November 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:45 Steady Swims/Mix in Drills	1:52
300	1 x 300 on 5:45 Pull: Steady	1:55
400	4 x 100 on 2:00 Kick: 1&3 Faster	2:00
100	1 x 100 on 3:00 Easy Swim	3:00
	*****GROUP UP*****	
100	4 x 25 on :40 Build Some Speed	2:40
200	4 x 50 on :53 Hold a Good Pace	1:46
100	1 x 100 on 1:55 Fast Swim	1:55
200	4 x 50 on :56 Hold a Good Pace	1:52
100	1 x 100 on 1:50 Faster Swim	1:50
200	4 x 50 on :59 Hold a Good Pace	1:58
100	1 x 100 on 1:45 Faster Still ...	1:45
200	4 x 50 on 1:02 Hold a Good Pace	2:04
100	1 x 100 on 1:40 Fastest Swim So Far	1:40
200	4 x 50 on 1:05 Hold a Good Pace	2:10
100	1 x 100 on 1:35 Fastest Swim of the Day!!!	1:35
100	1 x 100 on 3:00 Cool Down	3:00
	6:22 PM 3,100 Meters	

**Workout #922 - Tuesday, 18 November 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 7:00 Warm Up Swim	1:45
500	10 x 50 on :55 Pull: Odds Faster	1:50
400	16 x 25 on :40 Kick: 4,8,12&16 FAST!	2:40
100	1 x 100 on 2:15 Steady Swim	2:15
	*****GROUP UP*****	
100	4 x 25 on :40 Fast Swims	2:40
1,600	2x{4 x 100 on 1:50 Descend 1-4	1:50
	{2 x 50 on 1:00 Descend 1-2	2:00
	{2 x 100 on 1:35 Fast Swims	1:35
	{2 x 50 on 1:00 Descend 1-2, #2 is Fast!	2:00
100	1 x 100 on 3:00 Cool Down	3:00
	6:12 PM 3,200 Meters	

**Workout #925 - Wednesday, 19 November 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:30 Swim/Drill Mix	1:54
500	5 x 100 on 1:50 Pull: Mix Speeds	1:50
450	6 x 75 on 1:50 Kick: Descend 1-3, 4-6	2:27
	*****GROUP UP*****	
400	4 x 100 on 1:50 Descend 1-4	1:50
250	1 x 250 on 4:25 Steady, Strong Swim	1:46
500	1 x 500 on 8:35 Negative Split	1:43
400	4 x 100 on 1:40 Descend 1-4	1:40
250	1 x 250 on 4:05 Steady, Strong Swim	1:38
500	1 x 500 on 8:10 Negative Split	1:38
200	4 x 50 on :50 Descend 1-4	1:40
100	1 x 100 on 3:00 Cool Down	3:00
	6:31 PM 4,050 Meters	

**Workout #927 - Thursday, 20 November 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Mix Speeds	1:50
400	1 x 400 on 7:00 Pull: Build by 100's	1:45
400	8 x 50 on 1:10 Kick: Evens Faster	2:20
	*****GROUP UP*****	
100	4 x 25 on :40 Quick Swims!	2:40
1,500	2x{3 x 75 on 1:20 Descend 1-3	1:47
	{1 x 25 on :35 FAST!	2:20
	{1 x 150 on 2:40 Steady Swim	1:47
	{1 x 100 on 1:35 FAST Swim!	1:35
	{1 x 200 on 3:25 Strong Swim	1:42
	{1 x 50 on :50 FAST SWIM!	1:40
100	1 x 100 on 3:00 Cool Down	3:00
	6:06 PM 3,100 Meters	

**Workout #930 - Monday, 24 November 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Swim Drill Mix	1:50
400	2 x 200 on 3:55 Pull, decrease strokes per 50	1:58
400	8 x 50 on 1:20 kick, mix speeds	2:40
	)))) Group Up ((((	
750	10 x 75 on 1:20 Start easy, last 25 is FAST	1:47
50	1 x 50 on 1:30 Loosen	3:00
500	10 x 50 on 1:05 Start easy, last 25 is FAST	2:10
50	1 x 50 on 1:30 Loosen	3:00
250	10 x 25 on :50 All FAST	3:20
100	1 x 100 on 5:00 Loosen	5:00
	6:21 PM 3,100 Meters	

**Workout #931 - Tuesday, 25 November 2014**  
**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
600	6 x 100 on 1:50 Pull, Mix efforts	1:50
400	2 x 200 on 5:00 kick, mix efforts	2:30
	(((( Group Up ))))	
100	4 x 25 on :40 Speedy	2:40
600	4 x 150 on 2:20 Desc 1-4	1:33
450	3 x 150 on 2:30 Desc 1-3	1:40
300	2 x 150 on 2:40 Desc 1-2	1:47
150	1 x 150 on 3:00 Last one, fast one	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,200 Meters	

**Workout #932 - Wednesday, 26 November 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	8 x 75 on 1:25 Mixed swim and drill	1:53
400	1 x 400 on 7:15 Pull as desired	1:49
400	16 x 25 on :35 Kick, hold a good effort	2:20
	~~~~~ Group Up ~~~~~	
400	8 x 50 on :55 Steady and Strong	1:50
	1 on :30 Get Ready	
400	4 x 100 on 1:40 Desc 1-4	1:40
400	2 x 200 on 3:20 Desc 1-2	1:40
400	1 x 400 on 6:20 Neg. Split	1:35
400	2 x 200 on 3:15 Desc 1-2	1:38
400	4 x 100 on 1:40 Desc 1-4	1:40
200	4 x 50 on :55 Steady and Strong	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:32 PM 4,100 Meters	

**Workout #933 - Thursday, 27 November 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
=====		
	The Distance Dare!	
2,500	1 x 2500 on 59:59 free	2:24
2,500	1 x 2500 on 59:59 free	2:24
	7:01 PM 5,000 Meters	

**Workout #939 - Monday, 01 December 2014**  
**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 #940 - Tuesday, 02 December 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
=====		
500	1 x 500 on 9:00 Warm Up Swim	1:48
500	5 x 100 on 1:55 Pull: Steady Pace	1:55
450	6 x 75 on 1:50 Kick: Evens Faster	2:27
	*****GROUP UP*****	
100	4 x 25 on :40 Fast Swims	2:40
400	2 x 200 on 3:00 Descend 1-2	1:30
200	4 x 50 on 1:00 Descend 1-4	2:00
400	2 x 200 on 3:10 Descend 1-2	1:35
200	4 x 50 on 1:00 Descend 1-2	2:00
400	2 x 200 on 3:20 Descend 1-2	1:40
100	1 x 100 on 3:00 Cool Down	3:00
	6:13 PM 3,250 Meters	



**Workout #942 - Wednesday, 03 December 2014**  
**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, Mix in Drills	1:50
400	2 x 200 on 3:45 Pull: Descend 1-2	1:52
400	4 x 100 on 2:00 Kick: Middle 50 of Each Harder	2:00
	*****GROUP UP*****	
400	4 x 100 on 1:40 Hold A Steady Pace	1:40
2,400	2x{2 x 300 on 5:10 Descend 1-2	1:43
	{1 x 600 on 10:00 Negative Split	1:40
100	1 x 100 on 3:00 Cool Down	3:00

6:23 PM 4,300 Meters

**Workout #943 - Thursday, 04 December 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:00 Warm Up Swim	1:45
400	8 x 50 on 1:00 Pull: Descend 1-4, 5-8	2:00
400	16 x 25 on :40 Kick: Every 3rd One Fast	2:40
200	1 x 200 on 3:30 Steady Swim	1:45
	*****GROUP UP*****	
100	4 x 25 on :40 Fast Swims	2:40
600	8 x 75 on 1:15 Alt Moderate & Hard	1:40
100	1 x 100 on 1:45 Steady Swim	1:45
50	1 x 50 on 1:00 FAST SWIM	2:00
600	4 x 150 on 2:30 Descend 1-4	1:40
100	1 x 100 on 1:45 Steady Swim	1:45
50	1 x 50 on 2:00 FAST SWIM!	4:00
100	1 x 100 on 3:00 Cool Down	3:00

6:14 PM 3,100 Meters

**Workout #947 - Monday, 08 December 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	8 x 75 on 1:25 drill/swim mix	1:53
400	2 x 200 on 3:50 Pull, -1 stroke each 50	1:55
400	4 x 100 on 2:40 Kick, last 25 faster effort	2:40
	==== Group Up =====	
1,600	4x{4 x 50 on 1:05 Desc 1-2	2:10
	{2 x 25 on :45 Desc 1-2	3:00
	{2 x 25 on :40 Desc 1-2	2:40
	{2 x 25 on :35 Desc 1-2	2:20
	{2 x 25 on :30 Desc 1-2	2:00
100	1 x 100 on 5:00 Loosen	5:00

6:18 PM 3,100 Meters

**Workout #946 - Tuesday, 09 December 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 drill/swim mix	1:50
400	2 x 200 on 5:20 Kick mix speed	2:40
400	4 x 100 on 1:50 Pull, Neg Split	1:50
	===== Group Up =====	
100	4 x 25 on :40 Get Up, Speed Up!	2:40
150	2 x 75 on 1:20 Desc 1-2	1:47
225	3 x 75 on 1:30 Desc 1-3	2:00
200	4 x 50 on 1:10 Desc 1-3, #4 Easy	2:20
300	4 x 75 on 1:40 All 4 are Fast	2:13
200	4 x 50 on 1:10 Desc 1-3, #4 Easy	2:20
225	3 x 75 on 1:30 Desc 1-3, #3 is Max	2:00
150	2 x 75 on 1:20 Desc 1-2, #2 is Max	1:47
100	1 x 100 on 5:00 Loosen	5:00
6:22 PM 3,050 Meters		

**Workout #945 - Wednesday, 10 December 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:40 Swim & Drill	1:50
500	10 x 50 on :55 Pull, Desc 1-4	1:50
400	1 x 400 on 8:00 Kick as desired	2:00
	===== Group Up =====	
100	4 x 25 on :40 Get Up, Speed Up!	2:40
2,400	1x{1 x 400 on 6:45 Negative Split	1:41
	{4 x 100 on 1:45 Desc 1-4	1:45
	{1 x 400 on 6:30 Negative Split	1:38
	{4 x 100 on 1:40 Desc 1-4	1:40
	{1 x 400 on 6:15 Negative Split	1:34
	{4 x 100 on 1:35 Desc 1-4	1:35
100	1 x 100 on 5:00 Loosen	5:00
6:22 PM 4,100 Meters		

**Workout #944 - Thursday, 11 December 2014**  
**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	16 x 25 on :50 Kick, alt easier / faster	3:20
400	1 x 400 on 7:00 Pull As Desired	1:45
	%%%% Group Up %%%%	
200	4 x 50 on 1:05 Desc 1-4	2:10
1,400	1x{2 x 200 on 3:30 Steady	1:45
	{2 x 200 on 3:20 Steady	1:40
	{2 x 200 on 3:10 Steady	1:35
	{1 x 200 on 4:00 Last one, fast one!!!!	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:11 PM 3,100 Meters		

**Workout #953 - Monday, 15 December 2014**  
**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	2 x 300 on 5:30 Pull: Descend 1-2	1:50
400	4 x 100 on 2:30 Kick: Middle 50 of Each Harder	2:30
	*****GROUP UP*****	
100	4 x 25 on :40 Fast Swims	2:40
1,500	2x{6 x 50 on 1:00 #3 & #6 = FAST!!!	2:00
	{1 x 50 on 1:00 Steady Swim	2:00
	{4 x 50 on :55 #2 & #4 = FAST!!!	1:50
	{1 x 50 on 1:00 Steady Swim	2:00
	{2 x 50 on :50 Both FAST Swims!!!	1:40
	{1 x 50 on 1:00 Steady Swim	2:00
100	2 x 50 on 1:15 MAX EFFORT ON BOTH	2:30
100	1 x 100 on 5:00 Cool Down	5:00

6:15 PM 3,200 Meters

**Workout #954 - Tuesday, 16 December 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:40 Swim - Mix Your Speed	1:50
400	8 x 50 on :55 Pull: Descend 1-4, 5-8	1:50
200	8 x 25 on :40 Fast Kicking	2:40
400	2 x 200 on 3:30 Descend 1-2	1:45
	*****GROUP UP*****	
100	4 x 25 on :40 Mix Your Speed	2:40
100	1 x 100 on 2:00 Steady Swim	2:00
200	2 x 100 on 1:45 Fast Swims!	1:45
100	1 x 100 on 2:00 Steady Swim	2:00
200	2 x 100 on 1:40 Fast Swims!	1:40
100	1 x 100 on 2:00 Steady Swim	2:00
200	2 x 100 on 1:35 Fast Swims!	1:35
100	1 x 100 on 2:00 Steady Swim	2:00
200	2 x 100 on 1:30 Fast Swims!	1:30
100	1 x 100 on 2:00 Steady Swim	2:00
200	2 x 100 on 2:00 FAST, FAST SWIMS!!!!	2:00
100	1 x 100 on 5:00 Cool Down	5:00

6:21 PM 3,100 Meters

**Workout #955 - Wednesday, 17 December 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 Steady Swim	1:48
500	5 x 100 on 1:45 Pull: #2 & #4 Faster	1:45
450	6 x 75 on 1:45 Kick:FAST Middle 25 of Each Swim	2:20
	*****GROUP UP*****	
200	4 x 50 on 1:00 Descend 1-4	2:00
2,500	2x{1 x 500 on 8:30 Negative Split	1:42
	{1 x 250 on 4:30 Steady Swim	1:48
	{1 x 500 on 8:15 Negative Split	1:39
100	1 x 100 on 5:00 Cool Down	5:00
6:26 PM 4,250 Meters		

**Workout #956 - Thursday, 18 December 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:40 Swim/Drill Mix	1:53
400	4 x 100 on 1:50 Pull: Descend 1-4	1:50
400	8 x 50 on 1:15 Kick: Descend 1-4, 5-8	2:30
	*****GROUP UP*****	
100	4 x 25 on :40 Fast Swims	2:40
500	2 x 250 on 4:25 Descend 1-2	1:46
200	2 x 100 on 1:45 Steady Swims	1:45
50	1 x 50 on 1:00 FAST SWIM	2:00
500	2 x 250 on 4:15 Descend 1-2	1:42
200	2 x 100 on 1:40 Steady Swims	1:40
50	1 x 50 on 1:30 Last One, FAST ONE!!!!	3:00
100	1 x 100 on 5:00 Cool Down	5:00
6:17 PM 3,100 Meters		

**Workout #962 - Monday, 22 December 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
	Practices Mon PM, Tue AM, Tue PM, & Wed AM	
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 :40 Fast!	2:40
1,600	2x{2 x 50 on 1:10 Moderate	2:20
	{4 x 75 on 1:30 Steady & Strong	2:00
	{2 x 50 on 1:10 Moderate, Smooth	2:20
	{4 x 75 on 1:45 FAST!!!!	2:20
100	1 x 100 on 5:00 Loosen	5:00
6:18 PM 3,200 Meters		

**Workout #963 - Tuesday, 23 December 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
	Practice Mon PM, Tue AM, Tue PM, & Wed AM	
600	4 x 150 on 2:45 Swim & Drill	1:50
400	4 x 100 on 2:30 Kick, mix speeds	2:30
400	2 x 200 on 3:40 Pull, Beg Split	1:50
	----- GROUP UP -----	
100	4 x 25 on :40 Fast!	2:40
750	5 x 150 on 2:45 Desc 1-4, #5 MAX	1:50
500	5 x 100 on 1:45 Desc 1-4, #5 MAX	1:45
250	5 x 50 on :50 Desc 1-4, #5 MAX	1:40
100	1 x 100 on 4:00 Cool Down	4:00
	6:11 PM 3,100 Meters	

**Workout #979 - Monday, 29 December 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:45 Swim/Drill Mix	1:55
400	1 x 400 on 7:00 Pull: Steady and Smooth	1:45
400	2 x 200 on 4:30 Kick: Alt Easier/Harder @ 50s	2:15
	*****GROUP UP*****	
1,650	3x{4 x 50 on 1:00 Descend 1-4	2:00
	{4 x 25 on :40 1&4=Moderate; 2&3=Fast	2:40
	{4 x 50 on 1:10 All Fast; Hold Best Possible	2:20
	{1 x 50 on 1:30 Easy Swim	3:00
50	1 x 50 on 1:30 MAX EFFORT SWIM	3:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:19 PM 3,200 Meters	

**Workout #980 - Tuesday, 30 December 2014**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
500	1 x 500 on 9:30 Steady Swim	1:54
600	6 x 100 on 1:50 Pull: Descend 1-3, 4-6	1:50
300	4 x 75 on 1:50 Kick: Middle 25 Faster	2:27
	*****GROUP UP*****	
150	6 x 25 on :40 Build Some Speed	2:40
50	1 x 50 on :50 Quick Swim	1:40
100	1 x 100 on 2:00 Steady Swim	2:00
50	1 x 50 on :52 Quick Swim	1:44
100	1 x 100 on 1:55 Steady Swim	1:55
50	1 x 50 on :54 Quick Swim	1:48
100	1 x 100 on 1:50 Steady Swim	1:50
50	1 x 50 on :56 Quick Swim	1:52
100	1 x 100 on 1:45 Steady Swim	1:45
50	1 x 50 on :58 Steady Swim	1:56
100	1 x 100 on 1:40 Strong Swim	1:40
50	1 x 50 on 1:00 Steady Swim	2:00
100	1 x 100 on 1:35 Fast Swim	1:35
50	1 x 50 on 1:02 Steady Swim	2:04
100	1 x 100 on 1:30 Fast Swim!	1:30
100	2 x 50 on 1:30 Steady Swims	3:00
200	2 x 100 on 2:00 Best Effort Swims	2:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:27 PM 3,000 Meters	

**Workout #981 - Thursday, 01 January 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
800	2 x 400 on 7:10 Swim: Descend 1-2	1:48
400	8 x 50 on :55 Pull: Descend 1-4,5-8	1:50
300	12 x 25 on :40 Kick: Mix Speed	2:40
	*****GROUP UP*****	
	Celebrate 2015 With FAST Swims & 15 Seconds Extra Rest!	
100	4 x 25 on :40 Descend 1-4	2:40
750	3 x 250 on 4:00 Descend 1-3	1:36
	1 on :15 Extra Rest	
500	2 x 250 on 3:55 Descend 1-2	1:34
	1 on :15 Extra Rest	
250	1 x 250 on 3:50 Last One Fast One!	1:32
100	1 x 100 on 5:00 Cool Down	5:00
	HAPPY NEW YEAR !!!!!!!!!!!!!!! :-)	
	6:10 PM 3,200 Meters	