

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

Meters	Set Description	PACE
5:00 PM Start		
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		

Workout #986 - Monday, 05 January 2015
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 #987 - Tuesday, 06 January 2015
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	8 x 75 on 1:20 Mix drill and swim	1:47
400	2 x 200 on 4:45 Kick, mix speeds	2:22
400	8 x 50 on :55 Pull, Alt easy and moderate	1:50
----- Group Up -----		
600	3 x 200 on 3:15 Desc 1-3	1:38
200	4 x 50 on 1:05 Desc 1-4	2:10
400	2 x 200 on 3:05 Desc 1-2	1:32
200	4 x 50 on 1:05 Desc 1-4	2:10
200	1 x 200 on 4:00 Last one, fast one	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:13 PM 3,100 Meters		

Workout #988 - Wednesday, 07 January 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:30 Mix speeds, include some drills	1:45
400	8 x 50 on 1:20 Kick, mix efforts	2:40
400	4 x 100 on 1:50 Pull, Neg Split	1:50
===== Group Up =====		
600	1 x 600 on 8:50 Neg Split	1:28
600	6 x 100 on 1:35 Desc 1-3, 4-6	1:35
600	2 x 300 on 4:50 Neg Split	1:37
600	6 x 100 on 1:40 Desc 1-3	1:40
300	1 x 300 on 6:00 Last one, fast one	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:28 PM 4,200 Meters		

Workout #989 - Thursday, 08 January 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start

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

Workout #984 - Monday, 12 January 2015
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
500	5 x 100 on 1:50 Pull: Steady and Smooth	1:50
450	6 x 75 on 1:50 Kick: Evens=Harder Effort	2:27
*****GROUP UP*****		
400	16 x 25 on :40 Every 3rd = FAST!	2:40
100	2 x 50 on 1:00 1st 25 Mod, 2nd 25 Fast	2:00
100	1 x 100 on 1:50 Last 25 Fast!	1:50
300	12 x 25 on :35 Every 3rd = FAST!	2:20
100	2 x 50 on 1:00 1st 25 Mod, 2nd 25 Fast	2:00
100	1 x 100 on 1:50 Last 25 Fast!	1:50
200	8 x 25 on :30 #4 & #8 = FAST!	2:00
100	2 x 50 on 1:00 1st 25 Mod, 2nd 25 Fast	2:00
100	1 x 100 on 1:50 Last 25 Fast!	1:50
100	4 x 25 on :50 MAX EFFORT ON ALL	3:20
100	1 x 100 on 3:00 Cool Down	3:00
6:25 PM 3,150 Meters		

Workout #985 - Tuesday, 13 January 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:45 Steady Swims, Pick Up Pace on #2	1:55
400	1 x 400 on 7:00 Pull: Negative Split	1:45
400	8 x 50 on 1:20 Kick: Mix Speeds & Strokes	2:40
	*****GROUP UP*****	
100	4 x 25 on :40 Descend 1-4	2:40
1,600	2x{8 x 75 on 1:20 Odds=Quick, Evens=Steady	1:47
	{2 x 75 on 1:50 FAST SWIMS!!!!	2:27
	{1 x 50 on 1:30 Easy Swim	3:00
75	1 x 75 on 2:30 MAX EFFORT SWIM	3:20
100	1 x 100 on 5:00 Cool Down	5:00
6:19 PM 3,275 Meters		

Workout #990 - Wednesday, 14 January 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
800	2 x 400 on 7:30 Swim/Drill Mix	1:52
300	6 x 50 on :55 Pull: Descend 1-3, 4-6	1:50
300	12 x 25 on :45 Kick: Mix Speeds As Desired	3:00
	*****GROUP UP*****	
800	2 x 400 on 6:40 Descend 1-2	1:40
400	2 x 200 on 3:20 Descend 1-2	1:40
800	2 x 400 on 6:40 Descend 1-2	1:40
400	2 x 200 on 3:20 Descend 1-2	1:40
400	1 x 400 on 7:00 Negative Split-Finish Strong!	1:45
100	1 x 100 on 5:00 Cool Down	5:00
6:32 PM 4,300 Meters		

Workout #991 - Thursday, 15 January 2015
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
600	2 x 300 on 5:45 Pull: Descend 1-2	1:55
400	4 x 100 on 2:00 Kick: 2nd 50 Faster	2:00
	*****GROUP UP*****	
1,600	2x{3 x 200 on 3:20 Descend 1-3	1:40
	{2 x 100 on 1:45 Descend 1-2	1:45
	1 on :30 Extra 30 Seconds Rest	
200	1 x 200 on 4:00 Last One, Fast One	2:00
100	1 x 100 on 5:00 Cool Down	5:00
6:09 PM 3,300 Meters		

Workout #1013 - Monday, 19 January 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:50 Mix swim & drill	1:50
400	8 x 50 on 1:05 Pull, alt easy/moderate	2:10
450	6 x 75 on 1:40 Kick, last 25 faster effort	2:13
	***** Group Up *****	
100	4 x 25 on :40 Fast	2:40
1,500	2x{1 x 25 on 1:00 Easy - start early is OK	4:00
	{2 x 50 on :50 Fastest Possible Effort	1:40
	{1 x 25 on :55 Easy - start early is OK	3:40
	{2 x 50 on :55 Fastest Possible Effort	1:50
	{1 x 25 on :50 Easy - start early is OK	3:20
	{2 x 50 on 1:00 Fastest Possible Effort	2:00
	{1 x 25 on :45 Easy - start early is OK	3:00
	{2 x 50 on 1:05 Fastest Possible Effort	2:10
	{1 x 25 on :40 Easy - start early is OK	2:40
	{2 x 50 on 1:10 Fastest Possible Effort	2:20
	{1 x 25 on :35 Easy - start early is OK	2:20
	{2 x 50 on 1:15 Fastest Possible Effort	2:30
100	1 x 100 on 5:00 Loosen	5:00

6:18 PM 3,150 Meters

Workout #1012 - Tuesday, 20 January 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:00 Mix efforts, include some drills	1:48
600	3 x 200 on 3:20 Pull, Negative Split	1:40
400	4 x 100 on 2:30 Kick, last 25 FAST!!	2:30
	----- Group Up -----	
100	4 x 25 on :45 FAST	3:00
1,600	1x{1 x 100 on 1:30 Moderate	1:30
	{2 x 100 on 1:35 Desc 1-2	1:35
	{3 x 100 on 1:40 Desc 1-3	1:40
	{4 x 100 on 1:45 Desc 1-4	1:45
	{3 x 100 on 1:50 Desc 1-3	1:50
	{2 x 100 on 1:55 Desc 1-2	1:55
	{1 x 100 on 2:00 Last one, fast one	2:00
100	1 x 100 on 5:00 Loosen	5:00

6:10 PM 3,300 Meters

Workout #1011 - Wednesday, 21 January 2015
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	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 +++++	
500	10 x 50 on 1:05 Desc 1-4, 5-8, last two easy	2:10
1,000	2 x 500 on 7:55 Negative Split	1:35
1,000	10 x 100 on 1:45 Evens Faster	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:24 PM 4,000 Meters	

Workout #1010 - Thursday, 22 January 2015
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
600	2 x 300 on 5:15 Pull, mix stroke count	1:45
400	1 x 400 on 9:00 Kick as desired	2:15
	@@@@@ Group Up @@@@@	
100	4 x 25 on :40 Fast	2:40
750	3 x 250 on 4:00 Last 100 Faster	1:36
500	2 x 250 on 4:15 Last 150 Faster	1:42
250	1 x 250 on 4:30 Last 200 Faster	1:48
100	1 x 100 on 5:00 Loosen	5:00
	6:10 PM 3,200 Meters	

Workout #1015 - Monday, 26 January 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:45 Swim: Mix in Drills as Desired	1:55
400	4 x 100 on 1:50 Pull: Descend 1-4	1:50
400	2 x 200 on 4:15 Kick: Mix up Speed	2:08
	*****GROUP UP*****	
100	4 x 25 on :40 Fast Swims	2:40
300	4 x 75 on 1:25 Descend 1-4	1:53
300	4 x 75 on 1:20 Descend 1-4	1:47
300	4 x 75 on 1:15 Descend 1-4	1:40
300	4 x 75 on 1:10 Descend 1-4	1:33
300	4 x 75 on 1:05 Descend 1-4	1:27
50	1 x 50 on 1:30 Easy Swim	3:00
75	1 x 75 on 2:00 MAX EFFORT SWIM	2:40
100	1 x 100 on 5:00 Cool Down	5:00
	6:19 PM 3,225 Meters	

Workout #1016 - Tuesday, 27 January 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:15 Steady Swim	1:51
500	5 x 100 on 1:45 Pull: 1,3,5 Mod; 2&4 Faster	1:45
450	6 x 75 on 1:50 Kick: Odds Moder, Evens Faster	2:27
	*****GROUP UP*****	
100	4 x 25 on :40 Build Some Speed; Last 1 FAST	2:40
1,500	2x{2 x 150 on 2:35 Descend 1-2	1:43
	{1 x 300 on 5:15 Negative Split	1:45
	{1 x 150 on 3:00 Fast Swim!!	2:00
100	1 x 100 on 5:00 Cool Down	5:00

6:10 PM 3,150 Meters

Workout #1022 - Wednesday, 28 January 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:45 Swim: #1-Easy, 2&3-Moderate	1:52
300	1 x 300 on 5:45 Pull: Steady Pace	1:55
500	5 x 100 on 2:00 Kick:Mid 50 Fast; Mix in Dolp K	2:00
	*****GROUP UP*****	
400	4 x 100 on 1:45 Descend 1-4	1:45
800	2 x 400 on 6:20 Negative Split	1:35
400	4 x 100 on 1:40 Descend 1-4	1:40
800	2 x 400 on 6:40 Negative Split	1:40
400	4 x 100 on 1:35 Descend 1-4	1:35
100	1 x 100 on 5:00 Cool Down	5:00

6:29 PM 4,300 Meters

Workout #1023 - Thursday, 29 January 2015
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 1:00 Pull: Descend 1-4, 5-8	2:00
250	10 x 25 on :40 Kick: Alt Easy/Hard	2:40
400	1 x 400 on 6:45 Steady Swim	1:41
	*****GROUP UP*****	
100	4 x 25 on :40 Build Some Speed	2:40
1,400	2x{3 x 100 on 1:40 Descend 1-3	1:40
	{2 x 100 on 1:35 Descend 1-2	1:35
	{1 x 100 on 1:30 Fast Swim	1:30
	{1 x 100 on 2:00 Steady Swim	2:00
100	1 x 100 on 3:00 Last One, Fast One	3:00
100	1 x 100 on 5:00 Cool Down	5:00

6:11 PM 3,150 Meters

Workout #1039 - Monday, 02 February 2015
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 #1040 - Tuesday, 03 February 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	5 x 100 on 1:45 Drill & Swim Mix	1:45
400	8 x 50 on 1:20 Kick, some fast efforts	2:40
450	6 x 75 on 1:20 Pull, last 25 faster tempo	1:47
	***** Group Up *****	
100	4 x 25 on :40 Fast	2:40
1,600	2x{1 x 200 on 3:15 Neg Split	1:38
	{2 x 100 on 1:45 Desc 1-2	1:45
	{4 x 50 on 1:00 Desc 1-4	2:00
	{8 x 25 on :35 Alt Mod And Fast	2:20
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,150 Meters	

Workout #1041 - Wednesday, 04 February 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Swim & Drill	1:45
400	4 x 100 on 2:30 Kick, neg split	2:30
400	2 x 200 on 3:30 Pull, Desc 1-2 & Neg Split	1:45
	===== Group Up =====	
1,200	2 x 600 on 9:00 Neg Split & Desc 1-2	1:30
900	3 x 300 on 4:45 Neg Split & Desc 1-3	1:35
600	4 x 150 on 2:30 Neg Split & Desc 1-4	1:40
	6:16 PM 4,100 Meters	

Workout #1042 - Thursday, 05 February 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	8 x 75 on 1:20 Swim & Drill	1:47
400	1 x 400 on 11:00 Kick as desired	2:45
400	1 x 400 on 7:15 Pull, Mix efforts	1:49
	~~~~~ Group Up ~~~~~	
1,950	3x{1 x 150 on 2:30 Steady	1:40
	{1 x 150 on 2:20 Faster	1:33
	{1 x 150 on 2:10 Faster	1:27
	{1 x 150 on 2:45 Fastest!	1:50
	{1 x 50 on 1:00 Loosen (start this early)	2:00
6:06 PM	3,350 Meters	

**Workout #1064 - Monday, 09 February 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:30 Mix Swim and Drills	1:54
500	5 x 100 on 1:45 Pull: Mix Speeds as Desired	1:45
450	6 x 75 on 1:45 Kick: Odds Moder, Evens Faster	2:20
	*****GROUP UP*****	
1,650	3x{8 x 25 on :45 Evens Faster	3:00
	{4 x 50 on 1:00 2nd 25 of Each Swim FAST!	2:00
	{2 x 75 on 1:25 Build to Max Effort On Final 25	1:53
	{1 on :30 Extra 30 Seconds Rest	
100	1 x 100 on 5:00 Cool Down	5:00
6:19 PM	3,200 Meters	

**Workout #1065 - Tuesday, 10 February 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Solid, Moderate Effort Swims	1:55
400	1 x 400 on 6:50 Pull: Negative Split	1:42
400	2 x 200 on 4:30 Kick: Each 50 Faster	2:15
	*****GROUP UP*****	
100	4 x 25 on :40 Build Some Speed: Quick Swims	2:40
600	8 x 75 on 1:30 Evens Faster, #8 - FAST!!!!	2:00
25	1 x 25 on 1:00 Recovery Swim	4:00
450	6 x 75 on 1:25 Evens Faster, #6 - FAST!!!!	1:53
25	1 x 25 on 1:00 Recovery Swim	4:00
300	4 x 75 on 1:20 Evens Faster, #4 - FAST!!!!	1:47
25	1 x 25 on 1:00 Recovery Swim	4:00
150	2 x 75 on 1:45 FAST, FAST, FAST!!!!	2:20
100	1 x 100 on 5:00 Cool Down	5:00
6:21 PM	3,175 Meters	



**Workout #1066 - Wednesday, 11 February 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
800	2 x 400 on 7:00 Mix Swim and Drills	1:45
400	8 x 50 on :55 Pull: Descend 1-4, 5-8	1:50
300	12 x 25 on :45 Kick: Mix Speeds	3:00
	*****GROUP UP*****	
2,800	2x{8 x 50 on :55 1-4 Mod; 5-8 Faster Efforts	1:50
	{2 x 400 on 6:15 Descend 1-2	1:34
	{4 x 50 on :55 Descend 1-4	1:50
100	1 x 100 on 3:00 Cool Down	3:00

6:25 PM 4,400 Meters

**Workout #1067 - Thursday, 12 February 2015**  
**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
600	2 x 300 on 5:30 Pull: Negative Split	1:50
400	4 x 100 on 2:15 Kick: Middle 50 of Each Faster	2:15
	*****GROUP UP*****	
100	4 x 25 on :40 Fast Swims	2:40
600	3 x 200 on 3:20 Descend 1-3	1:40
200	2 x 100 on 1:45 Descend 1-2	1:45
400	2 x 200 on 3:15 Descend 1-2	1:38
200	2 x 100 on 1:45 Descend 1-2	1:45
200	1 x 200 on 3:45 Last One, Fast One	1:52
100	1 x 100 on 5:00 Cool Down	5:00

6:14 PM 3,200 Meters

**Workout #1092 - Monday, 16 February 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:45 swim & drill	1:45
400	2 x 200 on 3:40 Pull, mix efforts	1:50
400	8 x 50 on 1:20 Kick, evens faster effort	2:40
	==== Group Up =====	
100	4 x 25 on :40 Get Speedy	2:40
1,600	4x{4 x 75 on 2:00 Best Average Speed	2:40
	{1 x 100 on 2:30 Easy	2:30

6:19 PM 3,100 Meters

**Workout #1093 - Tuesday, 17 February 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:45 Swim & Drill Mix	1:52
600	6 x 100 on 1:45 Pull, negative split	1:45
450	6 x 75 on 1:45 kick, last 25 always faster	2:20
	----- group Up -----	
100	4 x 25 on :40 Speedy!!	2:40
300	3 x 100 on 1:50 Desc 1-3	1:50
200	2 x 100 on 2:00 #1 Easy, #2 Fast!	2:00
300	3 x 100 on 1:40 Desc 1-3	1:40
200	2 x 100 on 2:00 #1 easy, #2 Fast!!	2:00
300	3 x 100 on 1:30 Desc 1-3	1:30
200	2 x 100 on 2:00 #1 Easy, #2 Fast!!!	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:16 PM 3,150 Meters	

**Workout #1094 - Wednesday, 18 February 2015**  
**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	8 x 50 on 1:00 pull, mix efforts	2:00
400	4 x 100 on 2:20 Kick, fast in the middle	2:20
	***** group Up *****	
200	4 x 50 on :55 Desc 1-4	1:50
1,200	6 x 200 on 3:20 Desc 1-3, 4-6	1:40
800	2 x 400 on 6:20 Hold best pace from above	1:35
400	4 x 100 on 1:30 Keep holding that pace	1:30
100	1 x 100 on 5:00 Loosen	5:00
	6:24 PM 4,100 Meters	

**Workout #1095 - Thursday, 19 February 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	8 x 50 on 1:20 Kick, some of them fast	2:40
400	2 x 200 on 3:30 Swim & Drill Mix	1:45
600	6 x 100 on 1:50 Pull, faster last 25	1:50
	Group Up	
300	6 x 50 on 1:05 Desc 1-3, 4-6	2:10
1,300	1x{1 x 25 on :30 Steady	2:00
	{1 x 50 on :55 Steady	1:50
	{1 x 100 on 1:45 Steady	1:45
	{1 x 150 on 2:30 Steady	1:40
	{1 x 200 on 3:10 Steady	1:35
	{1 x 250 on 3:45 Steady	1:30
	{1 x 200 on 3:00 Steady	1:30
	{1 x 150 on 2:15 Steady	1:30
	{1 x 100 on 1:30 Steady	1:30
	{1 x 50 on :45 Steady	1:30
	{1 x 25 on :30 Steady	2:00
100	1 x 100 on 5:00 loosen	5:00
6:07 PM 3,100 Meters		

**Workout #1100 - Monday, 23 February 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:45 Steady Swims, Mix in Drills	1:55
400	1 x 400 on 7:00 Pull: Steady	1:45
400	2 x 200 on 4:15 Kick: Mix Speeds	2:08
	*****GROUP UP*****	
100	4 x 25 on :40 Get Some Speed Going	2:40
1,700	2x{3 x 100 on 1:45 Descend 1-3	1:45
	{2 x 50 on 1:05 Descend 1-2, #2=Faster Effort	2:10
	{2 x 100 on 1:55 Descend 1-2	1:55
	{2 x 50 on 1:05 Descend 1-2, #2=Faster Effort	2:10
	{1 x 100 on 2:00 Hard Effort!!!	2:00
	{1 x 50 on 1:30 Easy Swim	3:00
100	1 x 100 on 5:00 Cool Down	5:00
6:15 PM 3,300 Meters		

**Workout #1078 - Tuesday, 24 February 2015**  
**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
400	4 x 100 on 1:50 Pull: #2 & #4 = Harder	1:50
450	6 x 75 on 2:00 Kick: Last 25 Hard	2:40
	*****GROUP UP*****	
100	4 x 25 on :40 Get Up and Go!	2:40
150	2 x 75 on 1:20 Descend 1-2	1:47
900	6 x 150 on 2:50 Descend 1-3, 4-6	1:53
150	2 x 75 on 1:20 Descend 1-2	1:47
600	4 x 150 on 2:40 Descend 1-4	1:47
100	1 x 100 on 5:00 Cool Down	5:00
6:19 PM 3,350 Meters		

**Workout #1101 - Wednesday, 25 February 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:45 Swim: Little Faster on #2	1:52
600	2 x 300 on 5:30 Pull: Descend 1-2	1:50
400	4 x 100 on 2:15 Kick: Middle 50 of Each Faster	2:15
	*****GROUP UP*****	
3,000	2x{2 x 300 on 5:05 Descend 1-2	1:42
	{3 x 100 on 1:45 Descend 1-3	1:45
	{2 x 300 on 4:40 Quick Swims	1:33
100	1 x 100 on 5:00 Cool Down	5:00
6:27 PM 4,500 Meters		

**Workout #1102 - Thursday, 26 February 2015**  
**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 :40 Kick: Every 3rd One is Fast!	2:40
100	1 x 100 on 2:00 Swim: Stretch Out/Get Ready	2:00
	*****GROUP UP*****	
100	4 x 25 on :40 Get Moving!	2:40
300	4 x 75 on 1:15 Descend 1-4	1:40
150	2 x 75 on 1:30 Moderate Swims	2:00
300	4 x 75 on 1:10 Descend 1-4	1:33
150	2 x 75 on 1:30 Moderate Swims	2:00
300	4 x 75 on 1:05 Fast Swims!!	1:27
150	2 x 75 on 1:30 Moderate Swims	2:00
150	2 x 75 on 2:00 Last Ones, Fast Ones!!	2:40
100	1 x 100 on 5:00 Cool Down	5:00
6:16 PM 3,000 Meters		

**Workout #1119 - Monday, 02 March 2015**  
**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	8 x 50 on 1:20 kick, mix efforts	2:40
400	4 x 100 on 1:50 Pull, mix effort, hold stroke count	1:50
	~~~~~ Group Up ~~~~~	
200	4 x 50 on 1:05 Decs 1-4	2:10
1,400	2x{4 x 25 on :50 Desc 1-4	3:20
	{4 x 25 on :45 Desc 1-4	3:00
	{4 x 25 on :40 Desc 1-4	2:40
	{4 x 25 on :35 Desc 1-4	2:20
	{4 x 25 on :30 Desc 1-4	2:00
	{4 x 25 on :25 Desc 1-4	1:40
	{4 x 25 on :20 Desc 1-4	1:20
100	1 x 100 on 5:00 Loosen	5:00

6:18 PM 3,100 Meters

Workout #1120 - Tuesday, 03 March 2015
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	1:50
400	2 x 200 on 3:30 Pull, mix efforts	1:45
450	6 x 75 on 2:00 Kick, last 25 faster	2:40
	==== Group Up =====	
100	4 x 25 on :40 Max Speed	2:40
1,800	1x{3 x 100 on 1:45 Steady	1:45
	{2 x 100 on 1:40 Faster	1:40
	{1 x 100 on 1:35 Fastest	1:35
	{3 x 100 on 1:40 Steady	1:40
	{2 x 100 on 1:35 Faster	1:35
	{1 x 100 on 1:30 Fastest	1:30
	{3 x 100 on 1:35 Steady	1:35
	{2 x 100 on 1:30 Faster	1:30
	{1 x 100 on 2:00 Last one, fast one!!	2:00
100	1 x 100 on 5:00 Loosen	5:00

6:13 PM 3,450 Meters

Workout #1121 - Wednesday, 04 March 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
600	6 x 100 on 1:50 Mix swim & drill	1:50
400	2 x 200 on 5:00 Kick as desired	2:30
450	6 x 75 on 1:20 Pull, mix efforts	1:47
----- Group up -----		
200	4 x 50 on 1:00 Steady	2:00
1,200	3 x 400 on 6:20 Desc 1-3	1:35
200	4 x 50 on 1:00 Steady	2:00
600	3 x 200 on 3:10 Desc 1-3	1:35
200	4 x 50 on 1:00 Steady	2:00
300	3 x 100 on 1:40 Desc 1-3	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:29 PM 4,250 Meters		

Workout #1122 - Thursday, 05 March 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
600	4 x 150 on 2:45 Swim & Drill Mix	1:50
400	4 x 100 on 2:30 Kick, Faster Last 25	2:30
400	8 x 50 on 1:00 Pull, Odds Faster	2:00
+++++ Group Up +++++		
200	4 x 50 on 1:10 Desc 1-4	2:20
400	2 x 200 on 3:30 Steady	1:45
400	2 x 200 on 3:15 Steady	1:38
400	2 x 200 on 3:00 Steady	1:30
200	1 x 200 on 4:00 Last one, fast one	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:11 PM 3,100 Meters		

Workout #1123 - Monday, 09 March 2015
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 #1127 - Tuesday, 10 March 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	1 x 600 on 11:30 Mix of Swimming and Drills	1:55
400	2 x 200 on 3:30 Pull: Negative Split	1:45
400	8 x 50 on 1:10 Kick: Evens Faster	2:20
	*****GROUP UP*****	
100	4 x 25 on :40 Fast Swims	2:40
600	3 x 200 on 3:15 Descend 1-3	1:38
200	4 x 50 on 1:05 Moderate Pace	2:10
400	2 x 200 on 3:15 Descend 1-2	1:38
200	4 x 50 on 1:05 Moderate Pace	2:10
200	1 x 200 on 4:00 Last One, Fast One	2:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:17 PM 3,200 Meters	

Workout #1128 - Wednesday, 11 March 2015
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
500	10 x 50 on :55 Pull: Descend 1-3, 4-6, 7-10	1:50
400	16 x 25 on :40 4,8,12,16 = Very Fast!	2:40
	*****GROUP UP*****	
3,000	2x{1 x 600 on 11:15 Negative Split	1:52
	{3 x 200 on 3:10 Descend 1-3	1:35
	{1 x 300 on 4:40 Strong Swim	1:33
100	1 x 100 on 5:00 Cool Down	5:00
	6:28 PM 4,400 Meters	

Workout #1129 - Thursday, 12 March 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:40 Descend 1-3	1:50
300	1 x 300 on 5:15 Pull: Steady and Smooth	1:45
400	4 x 100 on 2:15 Kick: Middle 50 of Each Faster	2:15
100	1 x 100 on 2:15 Stretch Out/get Ready	2:15
	*****GROUP UP*****	
100	4 x 25 on :40 Go, Go, Go!!!	2:40
450	3 x 150 on 2:40 Descend 1-3	1:47
150	3 x 50 on 1:00 Descend 1-3, Last 50-Fast	2:00
450	3 x 150 on 2:30 Descend 1-3	1:40
150	3 x 50 on 1:00 Descend 1-3, Last 50-Fast	2:00
450	3 x 150 on 2:20 Descend 1-3	1:33
	6:10 PM 3,150 Meters	

Workout #1139 - Monday, 16 March 2015
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Mix swim & drill	1:50
400	4 x 100 on 2:20 Kick, mis up the efforts	2:20
400	8 x 50 on 1:00 Pull, desc the set	2:00
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
1,500	2x{5 x 50 on 1:05 Desc	2:10
	{4 x 50 on 1:00 Desc	2:00
	{3 x 50 on :55 Desc	1:50
	{2 x 50 on :50 Desc	1:40
	{1 x 50 on 1:15 Whoosh - Best One!	2:30
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,100 Meters	

Workout #1140 - Tuesday, 17 March 2015
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 5:30 Kick, last 50 faster	2:45
600	3 x 200 on 3:30 Swim, first 50 = drill	1:45
400	4 x 100 on 1:50 Pull, Desc Set	1:50
	~~~~~ Group Up ~~~~~	
450	3 x 150 on 2:40 Desc 1-3	1:47
150	2 x 75 on 1:50 Fast	2:27
450	3 x 150 on 2:30 Desc 1-3	1:40
150	2 x 75 on 1:40 Fast	2:13
450	3 x 150 on 2:20 Desc 1-3	1:33
150	2 x 75 on 1:30 Fast	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:18 PM 3,300 Meters	



**Workout #1141 - Wednesday, 18 March 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Mix Drill & Swim	1:50
400	2 x 200 on 3:30 Pull, Desc set	1:45
400	8 x 50 on 1:20 Kick, odds faster	2:40
	===== Group Up =====	
500	1 x 500 on 8:00 Neg Split	1:36
300	1 x 300 on 5:15 Neg Split	1:45
100	1 x 100 on 1:55 Fast!	1:55
500	1 x 500 on 7:45 Neg Split	1:33
300	1 x 300 on 5:00 Neg Split	1:40
100	1 x 100 on 1:55 Fast!	1:55
500	1 x 500 on 7:30 Neg Split	1:30
300	1 x 300 on 4:45 Neg Split	1:35
100	1 x 100 on 1:55 Fast!!	1:55
100	1 x 100 on 5:00 Loosen	5:00
	6:32 PM 4,200 Meters	

**Workout #1142 - Thursday, 19 March 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	4 x 150 on 2:45 finish each one faster	1:50
450	6 x 75 on 1:20 Pull, Desc the set	1:47
450	6 x 75 on 1:45 Kick, mix efforts	2:20
	##### Group Up #####	
100	4 x 25 on :40 Speedy!	2:40
600	3 x 200 on 3:10 Desc 1-3	1:35
200	4 x 50 on :50 Desc 1-4	1:40
400	2 x 200 on 3:10 Desc 1-3	1:35
200	4 x 50 on :45 Desc 1-4	1:30
200	1 x 200 on 5:00 Last one, fast one!	2:30
100	1 x 100 on 5:00 Loosen	5:00
	6:16 PM 3,300 Meters	

**Workout #1075 - Monday, 23 March 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Steady Swims	1:55
400	1 x 400 on 7:00 Pull: Negative Split	1:45
400	2 x 200 on 4:15 Kick: Mix Speeds by 50's	2:08
	*****GROUP UP*****	
100	4 x 25 on :40 Build Some Speed	2:40
1,500	2x{4 x 75 on 1:20 Descend 1-4	1:47
	{6 x 25 on :35 #3 & #6 = FAST!!!	2:20
	{2 x 75 on 1:15 Descend 1-2	1:40
	{6 x 25 on :35 #3 & #6 = FAST!!!	2:20
25	1 x 25 on 1:15 Easy Swim	5:00
75	1 x 75 on 2:00 Last One, Fast One!!	2:40
100	1 x 100 on 5:00 Cool Down	5:00

6:17 PM 3,200 Meters

**Workout #1162 - Tuesday, 24 March 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:00 Smooth, Steady Swim	1:48
500	5 x 100 on 1:45 Pull: 1,3,5 Harder Effort	1:45
450	6 x 75 on 2:00 Kick: Evens Harder	2:40
	*****GROUP UP*****	
100	4 x 25 on :40 Get Some Speed Going	2:40
400	4 x 100 on 1:40 Descend 1-4	1:40
100	2 x 50 on 1:00 Steady Swims	2:00
300	3 x 100 on 1:35 Descend 1-3	1:35
100	2 x 50 on 1:00 Steady Swims	2:00
200	2 x 100 on 1:30 Two Hard Swims	1:30
100	2 x 50 on 1:00 Steady Swims	2:00
100	1 x 100 on 1:30 Fast Swim	1:30
100	2 x 50 on 1:00 Steady Swims	2:00
100	1 x 100 on 2:00 Last One, Fast One	2:00
100	1 x 100 on 5:00 Cool Down	5:00

6:18 PM 3,150 Meters

**Workout #1165 - Wednesday, 25 March 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 4:00 Swim Steady/Mix in Drills	2:00
600	2 x 300 on 5:45 Pull: Descend 1-2	1:55
400	4 x 100 on 2:00 Kick: Middle 50 of Each Harder	2:00
	+++++++GROUP UP+++++++	
2,800	2x{2 x 200 on 3:30 Descend 1-2	1:45
	{1 x 400 on 6:15 Hard Effort	1:34
	{1 x 200 on 3:30 Smooth and Steady	1:45
	{1 x 400 on 6:15 Fast Effort	1:34
100	1 x 100 on 5:00 Cool Down	5:00
6:23 PM 4,300 Meters		

**Workout #1168 - Thursday, 26 March 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 7:00 Steady Swim/Mix in Drills	1:45
400	8 x 50 on :55 Pull: Descend1-4, 5-8	1:50
300	12 x 25 on :45 Kick: 3, 6, 9, 12 = FAST	3:00
300	1 x 300 on 5:30 Steady Swim	1:50
	*****GROUP UP*****	
100	4 x 25 on :40 Fast Swims	2:40
500	2 x 250 on 4:15 Descend 1-2	1:42
100	2 x 50 on 1:00 Steady Swims	2:00
500	2 x 250 on 4:05 Descend 1-2	1:38
100	2 x 50 on 1:00 Steady Swims	2:00
500	2 x 250 on 3:55 Descend 1-2	1:34
	1 on :30 Extra 30 Seconds Rest	
50	1 x 50 on 1:30 Max Effort	3:00
100	1 x 100 on 5:00 Cool Down	5:00
6:21 PM 3,350 Meters		

**Workout #1171 - Monday, 30 March 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:00 Swim & Drill	1:45
600	6 x 100 on 1:50 Pull, Mix efforts	1:50
400	16 x 25 on :40 Kick, every third one faster	2:40
	***** Group Up *****	
1,800	2x{1 x 25 on :45 Steady	3:00
	{2 x 100 on 2:20 Fast	2:20
	{1 x 25 on :45 Steady, OK to start early	3:00
	{2 x 100 on 1:55 Fast	1:55
	{1 x 25 on :45 Steady, OK to start early	3:00
	{2 x 100 on 1:30 Fast	1:30
	{1 x 25 on :45 Steady, OK to start early	3:00
	{2 x 100 on 3:00 Fast	3:00
100	1 x 100 on 5:00 Loosen	5:00

6:19 PM 3,300 Meters

**Workout #1174 - Tuesday, 31 March 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:30 Swim & Drill	1:45
450	6 x 75 on 1:25 Pull, faster last 25	1:53
400	8 x 50 on 1:20 Kick, mix efforts	2:40
	##### Group Up #####	
100	4 x 25 on :40 Fast	2:40
1,350	1x{1 x 150 on 2:30 Steady	1:40
	{1 x 150 on 2:20 Fast Pace	1:33
	{1 x 150 on 2:40 Steady	1:47
	{2 x 150 on 2:20 Fast Pace	1:33
	{1 x 150 on 2:50 Steady	1:53
	{3 x 150 on 2:20 Fast Pace	1:33
100	1 x 100 on 5:00 Loosen	5:00

6:06 PM 3,000 Meters

**Workout #1177 - Wednesday, 01 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:20 drill & swim mix	1:47
400	8 x 50 on 1:00 Pull, Alt Ez/Mod	2:00
450	6 x 75 on 1:50 Kick, last 25 faster	2:27
	----- Group Up -----	
300	1 x 300 on 5:10 Neg Split	1:43
600	2 x 300 on 5:00 Desc 1-2	1:40
900	3 x 300 on 4:50 Desc 1-3	1:37
600	2 x 300 on 4:40 Desc 1-2	1:33
300	1 x 300 on 6:00 Last one, fast one!	2:00
100	1 x 100 on 5:00 Loosen	5:00

6:30 PM 4,250 Meters

**Workout #1180 - Thursday, 02 April 2015**  
**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
450	18 x 25 on :40 Pull, 2 fast, 1 easy	2:40
400	4 x 100 on 2:30 kick, neg split	2:30
	@@@@ Group Up @@@@@	
200	4 x 50 on 1:05 Desc 1-4	2:10
900	2x{5 x 75 on 2:00 Best average speed	2:40
	{1 x 75 on 2:00 Loosen, Start Early	2:40
375	5 x 75 on 2:30 Best of the day	3:20
75	1 x 75 on 5:00 Loosen	6:40
6:26 PM 3,000 Meters		

**Workout #1183 - Monday, 06 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:50 Easy Swim/Drill	1:58
500	5 x 100 on 1:45 Pull: 1, 3 & 5 = Harder Effort	1:45
450	6 x 75 on 1:50 Last 25 of Each = Fast	2:27
	*****GROUP UP*****	
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 3:00 Cool Down	3:00
6:27 PM 3,250 Meters		

**Workout #1733 - Monday, 06 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:50 Easy Swim/Drill	1:58
500	5 x 100 on 1:45 Pull: 1, 3 & 5 = Harder Effort	1:45
450	6 x 75 on 1:50 Last 25 of Each = Fast	2:27
	*****GROUP UP*****	
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 3:00 Cool Down	3:00
	6:27 PM 3,250 Meters	

**Workout #1753 - Monday, 06 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:50 Easy Swim/Drill	1:58
500	5 x 100 on 1:45 Pull: 1, 3 & 5 = Harder Effort	1:45
450	6 x 75 on 1:50 Last 25 of Each = Fast	2:27
	*****GROUP UP*****	
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 3:00 Cool Down	3:00
	6:27 PM 3,250 Meters	

**Workout #1942 - Monday, 06 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:50 Easy Swim/Drill	1:58
500	5 x 100 on 1:45 Pull: 1, 3 & 5 = Harder Effort	1:45
450	6 x 75 on 1:50 Last 25 of Each = Fast	2:27
	*****GROUP UP*****	
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 3:00 Cool Down	3:00
	6:27 PM 3,250 Meters	

**Workout #2017 - Monday, 06 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:50 Easy Swim/Drill	1:58
500	5 x 100 on 1:45 Pull: 1, 3 & 5 = Harder Effort	1:45
450	6 x 75 on 1:50 Last 25 of Each = Fast	2:27
	*****GROUP UP*****	
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 3:00 Cool Down	3:00
	6:27 PM 3,250 Meters	

**Workout #2134 - Monday, 06 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:50 Easy Swim/Drill	1:58
500	5 x 100 on 1:45 Pull: 1, 3 & 5 = Harder Effort	1:45
450	6 x 75 on 1:50 Last 25 of Each = Fast	2:27
	*****GROUP UP*****	
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 3:00 Cool Down	3:00
	6:27 PM 3,250 Meters	

**Workout #2212 - Monday, 06 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:50 Easy Swim/Drill	1:58
500	5 x 100 on 1:45 Pull: 1, 3 & 5 = Harder Effort	1:45
450	6 x 75 on 1:50 Last 25 of Each = Fast	2:27
	*****GROUP UP*****	
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 3:00 Cool Down	3:00
	6:27 PM 3,250 Meters	



**Workout #2291 - Monday, 06 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:50 Easy Swim/Drill	1:58
500	5 x 100 on 1:45 Pull: 1, 3 & 5 = Harder Effort	1:45
450	6 x 75 on 1:50 Last 25 of Each = Fast	2:27
	*****GROUP UP*****	
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 3:00 Cool Down	3:00
	6:27 PM 3,250 Meters	

**Workout #2352 - Monday, 06 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:50 Easy Swim/Drill	1:58
500	5 x 100 on 1:45 Pull: 1, 3 & 5 = Harder Effort	1:45
450	6 x 75 on 1:50 Last 25 of Each = Fast	2:27
	*****GROUP UP*****	
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 3:00 Cool Down	3:00
	6:27 PM 3,250 Meters	

**Workout #2699 - Monday, 06 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:50 Easy Swim/Drill	1:58
500	5 x 100 on 1:45 Pull: 1, 3 & 5 = Harder Effort	1:45
450	6 x 75 on 1:50 Last 25 of Each = Fast	2:27
	*****GROUP UP*****	
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 3:00 Cool Down	3:00
	6:27 PM 3,250 Meters	

**Workout #2802 - Monday, 06 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:50 Easy Swim/Drill	1:58
500	5 x 100 on 1:45 Pull: 1, 3 & 5 = Harder Effort	1:45
450	6 x 75 on 1:50 Last 25 of Each = Fast	2:27
	*****GROUP UP*****	
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 3:00 Cool Down	3:00
	6:27 PM 3,250 Meters	

**Workout #3226 - Monday, 06 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:50 Easy Swim/Drill	1:58
500	5 x 100 on 1:45 Pull: 1, 3 & 5 = Harder Effort	1:45
450	6 x 75 on 1:50 Last 25 of Each = Fast	2:27
	*****GROUP UP*****	
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 3:00 Cool Down	3:00
	6:27 PM 3,250 Meters	

**Workout #3366 - Monday, 06 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:50 Easy Swim/Drill	1:58
500	5 x 100 on 1:45 Pull: 1, 3 & 5 = Harder Effort	1:45
450	6 x 75 on 1:50 Last 25 of Each = Fast	2:27
	*****GROUP UP*****	
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 3:00 Cool Down	3:00
	6:27 PM 3,250 Meters	

**Workout #3530 - Monday, 06 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
500	1 x 500 on 9:50 Easy Swim/Drill	1:58
500	5 x 100 on 1:45 Pull: 1, 3 & 5 = Harder Effort	1:45
450	6 x 75 on 1:50 Last 25 of Each = Fast	2:27
	*****GROUP UP*****	
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 3:00 Cool Down	3:00
	6:27 PM 3,250 Meters	

**Workout #3696 - Monday, 06 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
500	1 x 500 on 9:50 Easy Swim/Drill	1:58
500	5 x 100 on 1:45 Pull: 1, 3 & 5 = Harder Effort	1:45
450	6 x 75 on 1:50 Last 25 of Each = Fast	2:27
	*****GROUP UP*****	
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 3:00 Cool Down	3:00
	6:27 PM 3,250 Meters	

**Workout #3883 - Monday, 06 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====		
500	1 x 500 on 9:50 Easy Swim/Drill	1:58
500	5 x 100 on 1:45 Pull: 1, 3 & 5 = Harder Effort	1:45
450	6 x 75 on 1:50 Last 25 of Each = Fast	2:27
*****GROUP UP*****		
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 3:00 Cool Down	3:00
6:27 PM 3,250 Meters		

**Workout #3967 - Monday, 06 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====		
500	1 x 500 on 9:50 Easy Swim/Drill	1:58
500	5 x 100 on 1:45 Pull: 1, 3 & 5 = Harder Effort	1:45
450	6 x 75 on 1:50 Last 25 of Each = Fast	2:27
*****GROUP UP*****		
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :45 4 & 8 = Race Pace Effort	3:00
100	1 x 100 on 1:45 Last 25 is FAST!	1:45
200	8 x 25 on :30 Fast Swims	2:00
100	1 x 100 on 3:00 Cool Down	3:00
6:27 PM 3,250 Meters		

**Workout #1186 - Tuesday, 07 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim: Steady, Smooth Swims	1:55
400	1 x 400 on 7:00 Pull: Negative Split	1:45
400	2 x 200 on 4:30 Kick: Work in Some Fast 25s	2:15
	*****GROUP UP*****	
100	4 x 25 on :40 Get Some Speed Going!	2:40
1,500	2x{3 x 100 on 1:45 Descend 1-3	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 100 on 1:35 Fast Swim	1:35
	{1 x 50 on 1:30 Recovery Swim	3:00
	{1 x 100 on 2:15 FAST, FAST, FAST!!!!	2:15
100	1 x 100 on 5:00 Cool Down	5:00

6:09 PM 3,100 Meters

**Workout #1730 - Tuesday, 07 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim: Steady, Smooth Swims	1:55
400	1 x 400 on 7:00 Pull: Negative Split	1:45
400	2 x 200 on 4:30 Kick: Work in Some Fast 25s	2:15
	*****GROUP UP*****	
100	4 x 25 on :40 Get Some Speed Going!	2:40
1,500	2x{3 x 100 on 1:45 Descend 1-3	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 100 on 1:35 Fast Swim	1:35
	{1 x 50 on 1:30 Recovery Swim	3:00
	{1 x 100 on 2:15 FAST, FAST, FAST!!!!	2:15
100	1 x 100 on 5:00 Cool Down	5:00

6:09 PM 3,100 Meters

**Workout #1756 - Tuesday, 07 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim: Steady, Smooth Swims	1:55
400	1 x 400 on 7:00 Pull: Negative Split	1:45
400	2 x 200 on 4:30 Kick: Work in Some Fast 25s	2:15
	*****GROUP UP*****	
100	4 x 25 on :40 Get Some Speed Going!	2:40
1,500	2x{3 x 100 on 1:45 Descend 1-3	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 100 on 1:35 Fast Swim	1:35
	{1 x 50 on 1:30 Recovery Swim	3:00
	{1 x 100 on 2:15 FAST, FAST, FAST!!!!	2:15
100	1 x 100 on 5:00 Cool Down	5:00

6:09 PM 3,100 Meters

**Workout #1939 - Tuesday, 07 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim: Steady, Smooth Swims	1:55
400	1 x 400 on 7:00 Pull: Negative Split	1:45
400	2 x 200 on 4:30 Kick: Work in Some Fast 25s	2:15
	*****GROUP UP*****	
100	4 x 25 on :40 Get Some Speed Going!	2:40
1,500	2x{3 x 100 on 1:45 Descend 1-3	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 100 on 1:35 Fast Swim	1:35
	{1 x 50 on 1:30 Recovery Swim	3:00
	{1 x 100 on 2:15 FAST, FAST, FAST!!!!	2:15
100	1 x 100 on 5:00 Cool Down	5:00

6:09 PM 3,100 Meters

**Workout #2012 - Tuesday, 07 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim: Steady, Smooth Swims	1:55
400	1 x 400 on 7:00 Pull: Negative Split	1:45
400	2 x 200 on 4:30 Kick: Work in Some Fast 25s	2:15
	*****GROUP UP*****	
100	4 x 25 on :40 Get Some Speed Going!	2:40
1,500	2x{3 x 100 on 1:45 Descend 1-3	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 100 on 1:35 Fast Swim	1:35
	{1 x 50 on 1:30 Recovery Swim	3:00
	{1 x 100 on 2:15 FAST, FAST, FAST!!!!	2:15
100	1 x 100 on 5:00 Cool Down	5:00

6:09 PM 3,100 Meters

**Workout #2131 - Tuesday, 07 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim: Steady, Smooth Swims	1:55
400	1 x 400 on 7:00 Pull: Negative Split	1:45
400	2 x 200 on 4:30 Kick: Work in Some Fast 25s	2:15
	*****GROUP UP*****	
100	4 x 25 on :40 Get Some Speed Going!	2:40
1,500	2x{3 x 100 on 1:45 Descend 1-3	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 100 on 1:35 Fast Swim	1:35
	{1 x 50 on 1:30 Recovery Swim	3:00
	{1 x 100 on 2:15 FAST, FAST, FAST!!!!	2:15
100	1 x 100 on 5:00 Cool Down	5:00

6:09 PM 3,100 Meters

**Workout #2207 - Tuesday, 07 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim: Steady, Smooth Swims	1:55
400	1 x 400 on 7:00 Pull: Negative Split	1:45
400	2 x 200 on 4:30 Kick: Work in Some Fast 25s	2:15
	*****GROUP UP*****	
100	4 x 25 on :40 Get Some Speed Going!	2:40
1,500	2x{3 x 100 on 1:45 Descend 1-3	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 100 on 1:35 Fast Swim	1:35
	{1 x 50 on 1:30 Recovery Swim	3:00
	{1 x 100 on 2:15 FAST, FAST, FAST!!!!	2:15
100	1 x 100 on 5:00 Cool Down	5:00

6:09 PM 3,100 Meters

**Workout #2290 - Tuesday, 07 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim: Steady, Smooth Swims	1:55
400	1 x 400 on 7:00 Pull: Negative Split	1:45
400	2 x 200 on 4:30 Kick: Work in Some Fast 25s	2:15
	*****GROUP UP*****	
100	4 x 25 on :40 Get Some Speed Going!	2:40
1,500	2x{3 x 100 on 1:45 Descend 1-3	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 100 on 1:35 Fast Swim	1:35
	{1 x 50 on 1:30 Recovery Swim	3:00
	{1 x 100 on 2:15 FAST, FAST, FAST!!!!	2:15
100	1 x 100 on 5:00 Cool Down	5:00

6:09 PM 3,100 Meters

**Workout #2351 - Tuesday, 07 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim: Steady, Smooth Swims	1:55
400	1 x 400 on 7:00 Pull: Negative Split	1:45
400	2 x 200 on 4:30 Kick: Work in Some Fast 25s	2:15
	*****GROUP UP*****	
100	4 x 25 on :40 Get Some Speed Going!	2:40
1,500	2x{3 x 100 on 1:45 Descend 1-3	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 100 on 1:35 Fast Swim	1:35
	{1 x 50 on 1:30 Recovery Swim	3:00
	{1 x 100 on 2:15 FAST, FAST, FAST!!!!	2:15
100	1 x 100 on 5:00 Cool Down	5:00

6:09 PM 3,100 Meters



**Workout #2697 - Tuesday, 07 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:45 Swim: Steady, Smooth Swims	1:55
400	1 x 400 on 7:00 Pull: Negative Split	1:45
400	2 x 200 on 4:30 Kick: Work in Some Fast 25s	2:15
	*****GROUP UP*****	
100	4 x 25 on :40 Get Some Speed Going!	2:40
1,500	2x{3 x 100 on 1:45 Descend 1-3	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 100 on 1:35 Fast Swim	1:35
	{1 x 50 on 1:30 Recovery Swim	3:00
	{1 x 100 on 2:15 FAST, FAST, FAST!!!!	2:15
100	1 x 100 on 5:00 Cool Down	5:00
6:09 PM	3,100 Meters	

**Workout #2797 - Tuesday, 07 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:45 Swim: Steady, Smooth Swims	1:55
400	1 x 400 on 7:00 Pull: Negative Split	1:45
400	2 x 200 on 4:30 Kick: Work in Some Fast 25s	2:15
	*****GROUP UP*****	
100	4 x 25 on :40 Get Some Speed Going!	2:40
1,500	2x{3 x 100 on 1:45 Descend 1-3	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 100 on 1:35 Fast Swim	1:35
	{1 x 50 on 1:30 Recovery Swim	3:00
	{1 x 100 on 2:15 FAST, FAST, FAST!!!!	2:15
100	1 x 100 on 5:00 Cool Down	5:00
6:09 PM	3,100 Meters	

**Workout #3223 - Tuesday, 07 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:45 Swim: Steady, Smooth Swims	1:55
400	1 x 400 on 7:00 Pull: Negative Split	1:45
400	2 x 200 on 4:30 Kick: Work in Some Fast 25s	2:15
	*****GROUP UP*****	
100	4 x 25 on :40 Get Some Speed Going!	2:40
1,500	2x{3 x 100 on 1:45 Descend 1-3	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 100 on 1:35 Fast Swim	1:35
	{1 x 50 on 1:30 Recovery Swim	3:00
	{1 x 100 on 2:15 FAST, FAST, FAST!!!!	2:15
100	1 x 100 on 5:00 Cool Down	5:00
6:09 PM	3,100 Meters	

**Workout #3361 - Tuesday, 07 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim: Steady, Smooth Swims	1:55
400	1 x 400 on 7:00 Pull: Negative Split	1:45
400	2 x 200 on 4:30 Kick: Work in Some Fast 25s	2:15
	*****GROUP UP*****	
100	4 x 25 on :40 Get Some Speed Going!	2:40
1,500	2x{3 x 100 on 1:45 Descend 1-3	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 100 on 1:35 Fast Swim	1:35
	{1 x 50 on 1:30 Recovery Swim	3:00
	{1 x 100 on 2:15 FAST, FAST, FAST!!!!	2:15
100	1 x 100 on 5:00 Cool Down	5:00

6:09 PM 3,100 Meters

**Workout #3529 - Tuesday, 07 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim: Steady, Smooth Swims	1:55
400	1 x 400 on 7:00 Pull: Negative Split	1:45
400	2 x 200 on 4:30 Kick: Work in Some Fast 25s	2:15
	*****GROUP UP*****	
100	4 x 25 on :40 Get Some Speed Going!	2:40
1,500	2x{3 x 100 on 1:45 Descend 1-3	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 100 on 1:35 Fast Swim	1:35
	{1 x 50 on 1:30 Recovery Swim	3:00
	{1 x 100 on 2:15 FAST, FAST, FAST!!!!	2:15
100	1 x 100 on 5:00 Cool Down	5:00

6:09 PM 3,100 Meters

**Workout #3691 - Tuesday, 07 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim: Steady, Smooth Swims	1:55
400	1 x 400 on 7:00 Pull: Negative Split	1:45
400	2 x 200 on 4:30 Kick: Work in Some Fast 25s	2:15
	*****GROUP UP*****	
100	4 x 25 on :40 Get Some Speed Going!	2:40
1,500	2x{3 x 100 on 1:45 Descend 1-3	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 100 on 1:35 Fast Swim	1:35
	{1 x 50 on 1:30 Recovery Swim	3:00
	{1 x 100 on 2:15 FAST, FAST, FAST!!!!	2:15
100	1 x 100 on 5:00 Cool Down	5:00

6:09 PM 3,100 Meters

**Workout #3878 - Tuesday, 07 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:45 Swim: Steady, Smooth Swims	1:55
400	1 x 400 on 7:00 Pull: Negative Split	1:45
400	2 x 200 on 4:30 Kick: Work in Some Fast 25s	2:15
	*****GROUP UP*****	
100	4 x 25 on :40 Get Some Speed Going!	2:40
1,500	2x{3 x 100 on 1:45 Descend 1-3	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 100 on 1:35 Fast Swim	1:35
	{1 x 50 on 1:30 Recovery Swim	3:00
	{1 x 100 on 2:15 FAST, FAST, FAST!!!!	2:15
100	1 x 100 on 5:00 Cool Down	5:00
	6:09 PM 3,100 Meters	

**Workout #3965 - Tuesday, 07 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:45 Swim: Steady, Smooth Swims	1:55
400	1 x 400 on 7:00 Pull: Negative Split	1:45
400	2 x 200 on 4:30 Kick: Work in Some Fast 25s	2:15
	*****GROUP UP*****	
100	4 x 25 on :40 Get Some Speed Going!	2:40
1,500	2x{3 x 100 on 1:45 Descend 1-3	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 100 on 1:35 Fast Swim	1:35
	{1 x 50 on 1:30 Recovery Swim	3:00
	{1 x 100 on 2:15 FAST, FAST, FAST!!!!	2:15
100	1 x 100 on 5:00 Cool Down	5:00
	6:09 PM 3,100 Meters	

**Workout #1189 - Wednesday, 08 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

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
300	12 x 25 on :40 Kick: Evens Fasters	2:40
200	1 x 200 on 4:00 Steady Swim	2:00
	*****GROUP UP*****	
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Last One, Fast One	1:34
100	1 x 100 on 3:00 Cool Down	3:00
	6:30 PM 4,200 Meters	

**Workout #1724 - Wednesday, 08 April 2015**  
**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
300	12 x 25 on :40 Kick: Evens Fasters	2:40
200	1 x 200 on 4:00 Steady Swim	2:00
	*****GROUP UP*****	
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Last One, Fast One	1:34
100	1 x 100 on 3:00 Cool Down	3:00
	6:30 PM 4,200 Meters	

**Workout #1759 - Wednesday, 08 April 2015**  
**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
300	12 x 25 on :40 Kick: Evens Fasters	2:40
200	1 x 200 on 4:00 Steady Swim	2:00
	*****GROUP UP*****	
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Last One, Fast One	1:34
100	1 x 100 on 3:00 Cool Down	3:00
	6:30 PM 4,200 Meters	

**Workout #1937 - Wednesday, 08 April 2015**  
**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
300	12 x 25 on :40 Kick: Evens Fasters	2:40
200	1 x 200 on 4:00 Steady Swim	2:00
	*****GROUP UP*****	
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Last One, Fast One	1:34
100	1 x 100 on 3:00 Cool Down	3:00
	6:30 PM 4,200 Meters	

**Workout #2008 - Wednesday, 08 April 2015**  
**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
300	12 x 25 on :40 Kick: Evens Fasters	2:40
200	1 x 200 on 4:00 Steady Swim	2:00
	*****GROUP UP*****	
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Last One, Fast One	1:34
100	1 x 100 on 3:00 Cool Down	3:00
	6:30 PM 4,200 Meters	

**Workout #2126 - Wednesday, 08 April 2015**  
**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
300	12 x 25 on :40 Kick: Evens Fasters	2:40
200	1 x 200 on 4:00 Steady Swim	2:00
	*****GROUP UP*****	
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Last One, Fast One	1:34
100	1 x 100 on 3:00 Cool Down	3:00
	6:30 PM 4,200 Meters	

**Workout #2203 - Wednesday, 08 April 2015**  
**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
300	12 x 25 on :40 Kick: Evens Fasters	2:40
200	1 x 200 on 4:00 Steady Swim	2:00
	*****GROUP UP*****	
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Last One, Fast One	1:34
100	1 x 100 on 3:00 Cool Down	3:00
	6:30 PM 4,200 Meters	

**Workout #2286 - Wednesday, 08 April 2015**  
**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
300	12 x 25 on :40 Kick: Evens Fasters	2:40
200	1 x 200 on 4:00 Steady Swim	2:00
	*****GROUP UP*****	
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Last One, Fast One	1:34
100	1 x 100 on 3:00 Cool Down	3:00
	6:30 PM 4,200 Meters	

**Workout #2350 - Wednesday, 08 April 2015**  
**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
300	12 x 25 on :40 Kick: Evens Fasters	2:40
200	1 x 200 on 4:00 Steady Swim	2:00
	*****GROUP UP*****	
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Last One, Fast One	1:34
100	1 x 100 on 3:00 Cool Down	3:00
	6:30 PM 4,200 Meters	

**Workout #2694 - Wednesday, 08 April 2015**  
**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
300	12 x 25 on :40 Kick: Evens Fasters	2:40
200	1 x 200 on 4:00 Steady Swim	2:00
	*****GROUP UP*****	
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Last One, Fast One	1:34
100	1 x 100 on 3:00 Cool Down	3:00
	6:30 PM 4,200 Meters	

**Workout #2796 - Wednesday, 08 April 2015**  
**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
300	12 x 25 on :40 Kick: Evens Fasters	2:40
200	1 x 200 on 4:00 Steady Swim	2:00
	*****GROUP UP*****	
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Last One, Fast One	1:34
100	1 x 100 on 3:00 Cool Down	3:00
	6:30 PM 4,200 Meters	



**Workout #3219 - Wednesday, 08 April 2015**  
**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
300	12 x 25 on :40 Kick: Evens Fasters	2:40
200	1 x 200 on 4:00 Steady Swim	2:00
	*****GROUP UP*****	
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Last One, Fast One	1:34
100	1 x 100 on 3:00 Cool Down	3:00
	6:30 PM 4,200 Meters	

**Workout #3358 - Wednesday, 08 April 2015**  
**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
300	12 x 25 on :40 Kick: Evens Fasters	2:40
200	1 x 200 on 4:00 Steady Swim	2:00
	*****GROUP UP*****	
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Last One, Fast One	1:34
100	1 x 100 on 3:00 Cool Down	3:00
	6:30 PM 4,200 Meters	

**Workout #3526 - Wednesday, 08 April 2015**  
**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
300	12 x 25 on :40 Kick: Evens Fasters	2:40
200	1 x 200 on 4:00 Steady Swim	2:00
	*****GROUP UP*****	
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Last One, Fast One	1:34
100	1 x 100 on 3:00 Cool Down	3:00
	6:30 PM 4,200 Meters	

**Workout #3687 - Wednesday, 08 April 2015**  
**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
300	12 x 25 on :40 Kick: Evens Fasters	2:40
200	1 x 200 on 4:00 Steady Swim	2:00
	*****GROUP UP*****	
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Last One, Fast One	1:34
100	1 x 100 on 3:00 Cool Down	3:00
	6:30 PM 4,200 Meters	

**Workout #3874 - Wednesday, 08 April 2015**  
**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
300	12 x 25 on :40 Kick: Evens Fasters	2:40
200	1 x 200 on 4:00 Steady Swim	2:00
	*****GROUP UP*****	
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Last One, Fast One	1:34
100	1 x 100 on 3:00 Cool Down	3:00
	6:30 PM 4,200 Meters	

**Workout #3960 - Wednesday, 08 April 2015**  
**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
300	12 x 25 on :40 Kick: Evens Fasters	2:40
200	1 x 200 on 4:00 Steady Swim	2:00
	*****GROUP UP*****	
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Negative Split	1:34
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:15 Last One, Fast One	1:34
100	1 x 100 on 3:00 Cool Down	3:00
	6:30 PM 4,200 Meters	

**Workout #1192 - Thursday, 09 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:45 Descend 1-2	1:52
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 Go, Go, Go!!!	2:40
1,800	2x{2 x 200 on 3:20 Descend 1-2	1:40
	{1 x 50 on :55 Fast Swim	1:50
	{2 x 200 on 3:10 Descend 1-2	1:35
	{1 x 50 on :55 Fast Swim	1:50
100	1 x 100 on 5:00 Cool Down	5:00

6:12 PM 3,400 Meters

**Workout #1721 - Thursday, 09 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:45 Descend 1-2	1:52
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 Go, Go, Go!!!	2:40
1,800	2x{2 x 200 on 3:20 Descend 1-2	1:40
	{1 x 50 on :55 Fast Swim	1:50
	{2 x 200 on 3:10 Descend 1-2	1:35
	{1 x 50 on :55 Fast Swim	1:50
100	1 x 100 on 5:00 Cool Down	5:00

6:12 PM 3,400 Meters

**Workout #1762 - Thursday, 09 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:45 Descend 1-2	1:52
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 Go, Go, Go!!!	2:40
1,800	2x{2 x 200 on 3:20 Descend 1-2	1:40
	{1 x 50 on :55 Fast Swim	1:50
	{2 x 200 on 3:10 Descend 1-2	1:35
	{1 x 50 on :55 Fast Swim	1:50
100	1 x 100 on 5:00 Cool Down	5:00

6:12 PM 3,400 Meters

**Workout #1933 - Thursday, 09 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:45 Descend 1-2	1:52
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 Go, Go, Go!!!	2:40
1,800	2x{2 x 200 on 3:20 Descend 1-2	1:40
	{1 x 50 on :55 Fast Swim	1:50
	{2 x 200 on 3:10 Descend 1-2	1:35
	{1 x 50 on :55 Fast Swim	1:50
100	1 x 100 on 5:00 Cool Down	5:00

6:12 PM 3,400 Meters

**Workout #2007 - Thursday, 09 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:45 Descend 1-2	1:52
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 Go, Go, Go!!!	2:40
1,800	2x{2 x 200 on 3:20 Descend 1-2	1:40
	{1 x 50 on :55 Fast Swim	1:50
	{2 x 200 on 3:10 Descend 1-2	1:35
	{1 x 50 on :55 Fast Swim	1:50
100	1 x 100 on 5:00 Cool Down	5:00

6:12 PM 3,400 Meters

**Workout #2124 - Thursday, 09 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:45 Descend 1-2	1:52
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 Go, Go, Go!!!	2:40
1,800	2x{2 x 200 on 3:20 Descend 1-2	1:40
	{1 x 50 on :55 Fast Swim	1:50
	{2 x 200 on 3:10 Descend 1-2	1:35
	{1 x 50 on :55 Fast Swim	1:50
100	1 x 100 on 5:00 Cool Down	5:00

6:12 PM 3,400 Meters

**Workout #2201 - Thursday, 09 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:45 Descend 1-2	1:52
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 Go, Go, Go!!!	2:40
1,800	2x{2 x 200 on 3:20 Descend 1-2	1:40
	{1 x 50 on :55 Fast Swim	1:50
	{2 x 200 on 3:10 Descend 1-2	1:35
	{1 x 50 on :55 Fast Swim	1:50
100	1 x 100 on 5:00 Cool Down	5:00

6:12 PM 3,400 Meters

**Workout #2282 - Thursday, 09 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:45 Descend 1-2	1:52
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 Go, Go, Go!!!	2:40
1,800	2x{2 x 200 on 3:20 Descend 1-2	1:40
	{1 x 50 on :55 Fast Swim	1:50
	{2 x 200 on 3:10 Descend 1-2	1:35
	{1 x 50 on :55 Fast Swim	1:50
100	1 x 100 on 5:00 Cool Down	5:00

6:12 PM 3,400 Meters

**Workout #2349 - Thursday, 09 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:45 Descend 1-2	1:52
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 Go, Go, Go!!!	2:40
1,800	2x{2 x 200 on 3:20 Descend 1-2	1:40
	{1 x 50 on :55 Fast Swim	1:50
	{2 x 200 on 3:10 Descend 1-2	1:35
	{1 x 50 on :55 Fast Swim	1:50
100	1 x 100 on 5:00 Cool Down	5:00

6:12 PM 3,400 Meters

**Workout #2692 - Thursday, 09 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:45 Descend 1-2	1:52
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 Go, Go, Go!!!	2:40
1,800	2x{2 x 200 on 3:20 Descend 1-2	1:40
	{1 x 50 on :55 Fast Swim	1:50
	{2 x 200 on 3:10 Descend 1-2	1:35
	{1 x 50 on :55 Fast Swim	1:50
100	1 x 100 on 5:00 Cool Down	5:00

6:12 PM 3,400 Meters

**Workout #2793 - Thursday, 09 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:45 Descend 1-2	1:52
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 Go, Go, Go!!!	2:40
1,800	2x{2 x 200 on 3:20 Descend 1-2	1:40
	{1 x 50 on :55 Fast Swim	1:50
	{2 x 200 on 3:10 Descend 1-2	1:35
	{1 x 50 on :55 Fast Swim	1:50
100	1 x 100 on 5:00 Cool Down	5:00

6:12 PM 3,400 Meters

**Workout #3218 - Thursday, 09 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:45 Descend 1-2	1:52
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 Go, Go, Go!!!	2:40
1,800	2x{2 x 200 on 3:20 Descend 1-2	1:40
	{1 x 50 on :55 Fast Swim	1:50
	{2 x 200 on 3:10 Descend 1-2	1:35
	{1 x 50 on :55 Fast Swim	1:50
100	1 x 100 on 5:00 Cool Down	5:00

6:12 PM 3,400 Meters

**Workout #3356 - Thursday, 09 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:45 Descend 1-2	1:52
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 Go, Go, Go!!!	2:40
1,800	2x{2 x 200 on 3:20 Descend 1-2	1:40
	{1 x 50 on :55 Fast Swim	1:50
	{2 x 200 on 3:10 Descend 1-2	1:35
	{1 x 50 on :55 Fast Swim	1:50
100	1 x 100 on 5:00 Cool Down	5:00

6:12 PM 3,400 Meters

**Workout #3522 - Thursday, 09 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:45 Descend 1-2	1:52
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 Go, Go, Go!!!	2:40
1,800	2x{2 x 200 on 3:20 Descend 1-2	1:40
	{1 x 50 on :55 Fast Swim	1:50
	{2 x 200 on 3:10 Descend 1-2	1:35
	{1 x 50 on :55 Fast Swim	1:50
100	1 x 100 on 5:00 Cool Down	5:00

6:12 PM 3,400 Meters

**Workout #3685 - Thursday, 09 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:45 Descend 1-2	1:52
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 Go, Go, Go!!!	2:40
1,800	2x{2 x 200 on 3:20 Descend 1-2	1:40
	{1 x 50 on :55 Fast Swim	1:50
	{2 x 200 on 3:10 Descend 1-2	1:35
	{1 x 50 on :55 Fast Swim	1:50
100	1 x 100 on 5:00 Cool Down	5:00

6:12 PM 3,400 Meters



**Workout #3873 - Thursday, 09 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:45 Descend 1-2	1:52
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 Go, Go, Go!!!	2:40
1,800	2x{2 x 200 on 3:20 Descend 1-2	1:40
	{1 x 50 on :55 Fast Swim	1:50
	{2 x 200 on 3:10 Descend 1-2	1:35
	{1 x 50 on :55 Fast Swim	1:50
100	1 x 100 on 5:00 Cool Down	5:00
6:12 PM 3,400 Meters		

**Workout #3957 - Thursday, 09 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:45 Descend 1-2	1:52
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 Go, Go, Go!!!	2:40
1,800	2x{2 x 200 on 3:20 Descend 1-2	1:40
	{1 x 50 on :55 Fast Swim	1:50
	{2 x 200 on 3:10 Descend 1-2	1:35
	{1 x 50 on :55 Fast Swim	1:50
100	1 x 100 on 5:00 Cool Down	5:00
6:12 PM 3,400 Meters		

**Workout #1195 - Monday, 20 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:45 Swim: Descend 1-2	1:52
600	2 x 300 on 5:45 Pull: Descend 1-2	1:55
400	4 x 100 on 2:10 Kick: Descend 1-4	2:10
	*****GROUP UP*****	
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
600	12 x 50 on :55 3 Fast, 1 Easy, Repeat 3x	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
400	8 x 50 on :55 3 Fast, 1 Easy, 3 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
200	4 x 50 on :55 1 Fast 1 Easy, 1 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate FAST and Moderate	2:40
100	2 x 50 on 1:15 2 FAST SWIMS!!!	2:30
100	1 x 100 on 5:00 Cool Down	5:00
6:23 PM 3,200 Meters		

**Workout #1718 - Monday, 20 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:45 Swim: Descend 1-2	1:52
600	2 x 300 on 5:45 Pull: Descend 1-2	1:55
400	4 x 100 on 2:10 Kick: Descend 1-4	2:10
	*****GROUP UP*****	
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
600	12 x 50 on :55 3 Fast, 1 Easy, Repeat 3x	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
400	8 x 50 on :55 3 Fast, 1 Easy, 3 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
200	4 x 50 on :55 1 Fast 1 Easy, 1 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate FAST and Moderate	2:40
100	2 x 50 on 1:15 2 FAST SWIMS!!!	2:30
100	1 x 100 on 5:00 Cool Down	5:00
	6:23 PM 3,200 Meters	

**Workout #1765 - Monday, 20 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:45 Swim: Descend 1-2	1:52
600	2 x 300 on 5:45 Pull: Descend 1-2	1:55
400	4 x 100 on 2:10 Kick: Descend 1-4	2:10
	*****GROUP UP*****	
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
600	12 x 50 on :55 3 Fast, 1 Easy, Repeat 3x	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
400	8 x 50 on :55 3 Fast, 1 Easy, 3 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
200	4 x 50 on :55 1 Fast 1 Easy, 1 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate FAST and Moderate	2:40
100	2 x 50 on 1:15 2 FAST SWIMS!!!	2:30
100	1 x 100 on 5:00 Cool Down	5:00
	6:23 PM 3,200 Meters	

**Workout #1929 - Monday, 20 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:45 Swim: Descend 1-2	1:52
600	2 x 300 on 5:45 Pull: Descend 1-2	1:55
400	4 x 100 on 2:10 Kick: Descend 1-4	2:10
	*****GROUP UP*****	
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
600	12 x 50 on :55 3 Fast, 1 Easy, Repeat 3x	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
400	8 x 50 on :55 3 Fast, 1 Easy, 3 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
200	4 x 50 on :55 1 Fast 1 Easy, 1 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate FAST and Moderate	2:40
100	2 x 50 on 1:15 2 FAST SWIMS!!!	2:30
100	1 x 100 on 5:00 Cool Down	5:00
	6:23 PM 3,200 Meters	

**Workout #2003 - Monday, 20 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:45 Swim: Descend 1-2	1:52
600	2 x 300 on 5:45 Pull: Descend 1-2	1:55
400	4 x 100 on 2:10 Kick: Descend 1-4	2:10
	*****GROUP UP*****	
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
600	12 x 50 on :55 3 Fast, 1 Easy, Repeat 3x	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
400	8 x 50 on :55 3 Fast, 1 Easy, 3 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
200	4 x 50 on :55 1 Fast 1 Easy, 1 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate FAST and Moderate	2:40
100	2 x 50 on 1:15 2 FAST SWIMS!!!	2:30
100	1 x 100 on 5:00 Cool Down	5:00
	6:23 PM 3,200 Meters	

**Workout #2119 - Monday, 20 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:45 Swim: Descend 1-2	1:52
600	2 x 300 on 5:45 Pull: Descend 1-2	1:55
400	4 x 100 on 2:10 Kick: Descend 1-4	2:10
	*****GROUP UP*****	
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
600	12 x 50 on :55 3 Fast, 1 Easy, Repeat 3x	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
400	8 x 50 on :55 3 Fast, 1 Easy, 3 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
200	4 x 50 on :55 1 Fast 1 Easy, 1 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate FAST and Moderate	2:40
100	2 x 50 on 1:15 2 FAST SWIMS!!!	2:30
100	1 x 100 on 5:00 Cool Down	5:00
	6:23 PM 3,200 Meters	

**Workout #2197 - Monday, 20 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:45 Swim: Descend 1-2	1:52
600	2 x 300 on 5:45 Pull: Descend 1-2	1:55
400	4 x 100 on 2:10 Kick: Descend 1-4	2:10
	*****GROUP UP*****	
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
600	12 x 50 on :55 3 Fast, 1 Easy, Repeat 3x	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
400	8 x 50 on :55 3 Fast, 1 Easy, 3 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
200	4 x 50 on :55 1 Fast 1 Easy, 1 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate FAST and Moderate	2:40
100	2 x 50 on 1:15 2 FAST SWIMS!!!	2:30
100	1 x 100 on 5:00 Cool Down	5:00
	6:23 PM 3,200 Meters	

**Workout #2280 - Monday, 20 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:45 Swim: Descend 1-2	1:52
600	2 x 300 on 5:45 Pull: Descend 1-2	1:55
400	4 x 100 on 2:10 Kick: Descend 1-4	2:10
	*****GROUP UP*****	
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
600	12 x 50 on :55 3 Fast, 1 Easy, Repeat 3x	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
400	8 x 50 on :55 3 Fast, 1 Easy, 3 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
200	4 x 50 on :55 1 Fast 1 Easy, 1 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate FAST and Moderate	2:40
100	2 x 50 on 1:15 2 FAST SWIMS!!!	2:30
100	1 x 100 on 5:00 Cool Down	5:00
	6:23 PM 3,200 Meters	

**Workout #2348 - Monday, 20 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:45 Swim: Descend 1-2	1:52
600	2 x 300 on 5:45 Pull: Descend 1-2	1:55
400	4 x 100 on 2:10 Kick: Descend 1-4	2:10
	*****GROUP UP*****	
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
600	12 x 50 on :55 3 Fast, 1 Easy, Repeat 3x	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
400	8 x 50 on :55 3 Fast, 1 Easy, 3 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
200	4 x 50 on :55 1 Fast 1 Easy, 1 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate FAST and Moderate	2:40
100	2 x 50 on 1:15 2 FAST SWIMS!!!	2:30
100	1 x 100 on 5:00 Cool Down	5:00
	6:23 PM 3,200 Meters	

**Workout #2688 - Monday, 20 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:45 Swim: Descend 1-2	1:52
600	2 x 300 on 5:45 Pull: Descend 1-2	1:55
400	4 x 100 on 2:10 Kick: Descend 1-4	2:10
	*****GROUP UP*****	
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
600	12 x 50 on :55 3 Fast, 1 Easy, Repeat 3x	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
400	8 x 50 on :55 3 Fast, 1 Easy, 3 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
200	4 x 50 on :55 1 Fast 1 Easy, 1 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate FAST and Moderate	2:40
100	2 x 50 on 1:15 2 FAST SWIMS!!!	2:30
100	1 x 100 on 5:00 Cool Down	5:00
	6:23 PM 3,200 Meters	

**Workout #2790 - Monday, 20 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:45 Swim: Descend 1-2	1:52
600	2 x 300 on 5:45 Pull: Descend 1-2	1:55
400	4 x 100 on 2:10 Kick: Descend 1-4	2:10
	*****GROUP UP*****	
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
600	12 x 50 on :55 3 Fast, 1 Easy, Repeat 3x	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
400	8 x 50 on :55 3 Fast, 1 Easy, 3 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
200	4 x 50 on :55 1 Fast 1 Easy, 1 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate FAST and Moderate	2:40
100	2 x 50 on 1:15 2 FAST SWIMS!!!	2:30
100	1 x 100 on 5:00 Cool Down	5:00
	6:23 PM 3,200 Meters	

**Workout #3213 - Monday, 20 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:45 Swim: Descend 1-2	1:52
600	2 x 300 on 5:45 Pull: Descend 1-2	1:55
400	4 x 100 on 2:10 Kick: Descend 1-4	2:10
	*****GROUP UP*****	
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
600	12 x 50 on :55 3 Fast, 1 Easy, Repeat 3x	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
400	8 x 50 on :55 3 Fast, 1 Easy, 3 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
200	4 x 50 on :55 1 Fast 1 Easy, 1 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate FAST and Moderate	2:40
100	2 x 50 on 1:15 2 FAST SWIMS!!!	2:30
100	1 x 100 on 5:00 Cool Down	5:00
	6:23 PM 3,200 Meters	

**Workout #3353 - Monday, 20 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:45 Swim: Descend 1-2	1:52
600	2 x 300 on 5:45 Pull: Descend 1-2	1:55
400	4 x 100 on 2:10 Kick: Descend 1-4	2:10
	*****GROUP UP*****	
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
600	12 x 50 on :55 3 Fast, 1 Easy, Repeat 3x	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
400	8 x 50 on :55 3 Fast, 1 Easy, 3 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
200	4 x 50 on :55 1 Fast 1 Easy, 1 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate FAST and Moderate	2:40
100	2 x 50 on 1:15 2 FAST SWIMS!!!	2:30
100	1 x 100 on 5:00 Cool Down	5:00
	6:23 PM 3,200 Meters	

**Workout #3517 - Monday, 20 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:45 Swim: Descend 1-2	1:52
600	2 x 300 on 5:45 Pull: Descend 1-2	1:55
400	4 x 100 on 2:10 Kick: Descend 1-4	2:10
	*****GROUP UP*****	
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
600	12 x 50 on :55 3 Fast, 1 Easy, Repeat 3x	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
400	8 x 50 on :55 3 Fast, 1 Easy, 3 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
200	4 x 50 on :55 1 Fast 1 Easy, 1 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate FAST and Moderate	2:40
100	2 x 50 on 1:15 2 FAST SWIMS!!!	2:30
100	1 x 100 on 5:00 Cool Down	5:00
	6:23 PM 3,200 Meters	

**Workout #3681 - Monday, 20 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:45 Swim: Descend 1-2	1:52
600	2 x 300 on 5:45 Pull: Descend 1-2	1:55
400	4 x 100 on 2:10 Kick: Descend 1-4	2:10
	*****GROUP UP*****	
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
600	12 x 50 on :55 3 Fast, 1 Easy, Repeat 3x	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
400	8 x 50 on :55 3 Fast, 1 Easy, 3 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
200	4 x 50 on :55 1 Fast 1 Easy, 1 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate FAST and Moderate	2:40
100	2 x 50 on 1:15 2 FAST SWIMS!!!	2:30
100	1 x 100 on 5:00 Cool Down	5:00
	6:23 PM 3,200 Meters	



**Workout #3868 - Monday, 20 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:45 Swim: Descend 1-2	1:52
600	2 x 300 on 5:45 Pull: Descend 1-2	1:55
400	4 x 100 on 2:10 Kick: Descend 1-4	2:10
	*****GROUP UP*****	
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
600	12 x 50 on :55 3 Fast, 1 Easy, Repeat 3x	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
400	8 x 50 on :55 3 Fast, 1 Easy, 3 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
200	4 x 50 on :55 1 Fast 1 Easy, 1 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate FAST and Moderate	2:40
100	2 x 50 on 1:15 2 FAST SWIMS!!!	2:30
100	1 x 100 on 5:00 Cool Down	5:00
	6:23 PM 3,200 Meters	

**Workout #3954 - Monday, 20 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:45 Swim: Descend 1-2	1:52
600	2 x 300 on 5:45 Pull: Descend 1-2	1:55
400	4 x 100 on 2:10 Kick: Descend 1-4	2:10
	*****GROUP UP*****	
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
600	12 x 50 on :55 3 Fast, 1 Easy, Repeat 3x	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
400	8 x 50 on :55 3 Fast, 1 Easy, 3 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate Fast and Moderate	2:40
200	4 x 50 on :55 1 Fast 1 Easy, 1 Fast, 1 Easy	1:50
100	4 x 25 on :40 Alternate FAST and Moderate	2:40
100	2 x 50 on 1:15 2 FAST SWIMS!!!	2:30
100	1 x 100 on 5:00 Cool Down	5:00
	6:23 PM 3,200 Meters	

**Workout #1199 - Tuesday, 21 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:30 Steady Swim, Drill if Desired	1:52
400	8 x 50 on 1:00 Pull: Descend 1-4, 5-8	2:00
400	16 x 25 on :45 Kick: Every 4th One is VERY FAST	3:00
	*****GROUP UP*****	
2,000	2x{4 x 25 on :40 Strong Swims	2:40
	{4 x 75 on 1:15 Descend 1-4	1:40
	{3 x 25 on :40 Descend 1-3	2:40
	{3 x 75 on 1:10 Descend 1-3	1:33
	{2 x 25 on :40 Strong Swims	2:40
	{2 x 75 on 1:05 Two Fast Swims!!	1:27
	{1 x 25 on :40 Steady Swim	2:40
	{1 x 75 on 1:45 Fastest Swim Yet!	2:20
100	1 x 100 on 5:00 Cool Down	5:00

6:16 PM 3,300 Meters

**Workout #1715 - Tuesday, 21 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:30 Steady Swim, Drill if Desired	1:52
400	8 x 50 on 1:00 Pull: Descend 1-4, 5-8	2:00
400	16 x 25 on :45 Kick: Every 4th One is VERY FAST	3:00
	*****GROUP UP*****	
2,000	2x{4 x 25 on :40 Strong Swims	2:40
	{4 x 75 on 1:15 Descend 1-4	1:40
	{3 x 25 on :40 Descend 1-3	2:40
	{3 x 75 on 1:10 Descend 1-3	1:33
	{2 x 25 on :40 Strong Swims	2:40
	{2 x 75 on 1:05 Two Fast Swims!!	1:27
	{1 x 25 on :40 Steady Swim	2:40
	{1 x 75 on 1:45 Fastest Swim Yet!	2:20
100	1 x 100 on 5:00 Cool Down	5:00

6:16 PM 3,300 Meters

**Workout #1769 - Tuesday, 21 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:30 Steady Swim, Drill if Desired	1:52
400	8 x 50 on 1:00 Pull: Descend 1-4, 5-8	2:00
400	16 x 25 on :45 Kick: Every 4th One is VERY FAST	3:00
	*****GROUP UP*****	
2,000	2x{4 x 25 on :40 Strong Swims	2:40
	{4 x 75 on 1:15 Descend 1-4	1:40
	{3 x 25 on :40 Descend 1-3	2:40
	{3 x 75 on 1:10 Descend 1-3	1:33
	{2 x 25 on :40 Strong Swims	2:40
	{2 x 75 on 1:05 Two Fast Swims!!	1:27
	{1 x 25 on :40 Steady Swim	2:40
	{1 x 75 on 1:45 Fastest Swim Yet!	2:20
100	1 x 100 on 5:00 Cool Down	5:00

6:16 PM 3,300 Meters

**Workout #1926 - Tuesday, 21 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:30 Steady Swim, Drill if Desired	1:52
400	8 x 50 on 1:00 Pull: Descend 1-4, 5-8	2:00
400	16 x 25 on :45 Kick: Every 4th One is VERY FAST	3:00
	*****GROUP UP*****	
2,000	2x{4 x 25 on :40 Strong Swims	2:40
	{4 x 75 on 1:15 Descend 1-4	1:40
	{3 x 25 on :40 Descend 1-3	2:40
	{3 x 75 on 1:10 Descend 1-3	1:33
	{2 x 25 on :40 Strong Swims	2:40
	{2 x 75 on 1:05 Two Fast Swims!!	1:27
	{1 x 25 on :40 Steady Swim	2:40
	{1 x 75 on 1:45 Fastest Swim Yet!	2:20
100	1 x 100 on 5:00 Cool Down	5:00

6:16 PM 3,300 Meters

**Workout #2001 - Tuesday, 21 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:30 Steady Swim, Drill if Desired	1:52
400	8 x 50 on 1:00 Pull: Descend 1-4, 5-8	2:00
400	16 x 25 on :45 Kick: Every 4th One is VERY FAST	3:00
	*****GROUP UP*****	
2,000	2x{4 x 25 on :40 Strong Swims	2:40
	{4 x 75 on 1:15 Descend 1-4	1:40
	{3 x 25 on :40 Descend 1-3	2:40
	{3 x 75 on 1:10 Descend 1-3	1:33
	{2 x 25 on :40 Strong Swims	2:40
	{2 x 75 on 1:05 Two Fast Swims!!	1:27
	{1 x 25 on :40 Steady Swim	2:40
	{1 x 75 on 1:45 Fastest Swim Yet!	2:20
100	1 x 100 on 5:00 Cool Down	5:00

6:16 PM 3,300 Meters

**Workout #2116 - Tuesday, 21 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:30 Steady Swim, Drill if Desired	1:52
400	8 x 50 on 1:00 Pull: Descend 1-4, 5-8	2:00
400	16 x 25 on :45 Kick: Every 4th One is VERY FAST	3:00
	*****GROUP UP*****	
2,000	2x{4 x 25 on :40 Strong Swims	2:40
	{4 x 75 on 1:15 Descend 1-4	1:40
	{3 x 25 on :40 Descend 1-3	2:40
	{3 x 75 on 1:10 Descend 1-3	1:33
	{2 x 25 on :40 Strong Swims	2:40
	{2 x 75 on 1:05 Two Fast Swims!!	1:27
	{1 x 25 on :40 Steady Swim	2:40
	{1 x 75 on 1:45 Fastest Swim Yet!	2:20
100	1 x 100 on 5:00 Cool Down	5:00

6:16 PM 3,300 Meters

**Workout #2194 - Tuesday, 21 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:30 Steady Swim, Drill if Desired	1:52
400	8 x 50 on 1:00 Pull: Descend 1-4, 5-8	2:00
400	16 x 25 on :45 Kick: Every 4th One is VERY FAST	3:00
	*****GROUP UP*****	
2,000	2x{4 x 25 on :40 Strong Swims	2:40
	{4 x 75 on 1:15 Descend 1-4	1:40
	{3 x 25 on :40 Descend 1-3	2:40
	{3 x 75 on 1:10 Descend 1-3	1:33
	{2 x 25 on :40 Strong Swims	2:40
	{2 x 75 on 1:05 Two Fast Swims!!	1:27
	{1 x 25 on :40 Steady Swim	2:40
	{1 x 75 on 1:45 Fastest Swim Yet!	2:20
100	1 x 100 on 5:00 Cool Down	5:00

6:16 PM 3,300 Meters

**Workout #2275 - Tuesday, 21 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:30 Steady Swim, Drill if Desired	1:52
400	8 x 50 on 1:00 Pull: Descend 1-4, 5-8	2:00
400	16 x 25 on :45 Kick: Every 4th One is VERY FAST	3:00
	*****GROUP UP*****	
2,000	2x{4 x 25 on :40 Strong Swims	2:40
	{4 x 75 on 1:15 Descend 1-4	1:40
	{3 x 25 on :40 Descend 1-3	2:40
	{3 x 75 on 1:10 Descend 1-3	1:33
	{2 x 25 on :40 Strong Swims	2:40
	{2 x 75 on 1:05 Two Fast Swims!!	1:27
	{1 x 25 on :40 Steady Swim	2:40
	{1 x 75 on 1:45 Fastest Swim Yet!	2:20
100	1 x 100 on 5:00 Cool Down	5:00

6:16 PM 3,300 Meters

**Workout #2347 - Tuesday, 21 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:30 Steady Swim, Drill if Desired	1:52
400	8 x 50 on 1:00 Pull: Descend 1-4, 5-8	2:00
400	16 x 25 on :45 Kick: Every 4th One is VERY FAST	3:00
	*****GROUP UP*****	
2,000	2x{4 x 25 on :40 Strong Swims	2:40
	{4 x 75 on 1:15 Descend 1-4	1:40
	{3 x 25 on :40 Descend 1-3	2:40
	{3 x 75 on 1:10 Descend 1-3	1:33
	{2 x 25 on :40 Strong Swims	2:40
	{2 x 75 on 1:05 Two Fast Swims!!	1:27
	{1 x 25 on :40 Steady Swim	2:40
	{1 x 75 on 1:45 Fastest Swim Yet!	2:20
100	1 x 100 on 5:00 Cool Down	5:00

6:16 PM 3,300 Meters

**Workout #2684 - Tuesday, 21 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:30 Steady Swim, Drill if Desired	1:52
400	8 x 50 on 1:00 Pull: Descend 1-4, 5-8	2:00
400	16 x 25 on :45 Kick: Every 4th One is VERY FAST	3:00
	*****GROUP UP*****	
2,000	2x{4 x 25 on :40 Strong Swims	2:40
	{4 x 75 on 1:15 Descend 1-4	1:40
	{3 x 25 on :40 Descend 1-3	2:40
	{3 x 75 on 1:10 Descend 1-3	1:33
	{2 x 25 on :40 Strong Swims	2:40
	{2 x 75 on 1:05 Two Fast Swims!!	1:27
	{1 x 25 on :40 Steady Swim	2:40
	{1 x 75 on 1:45 Fastest Swim Yet!	2:20
100	1 x 100 on 5:00 Cool Down	5:00

6:16 PM 3,300 Meters

**Workout #2785 - Tuesday, 21 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:30 Steady Swim, Drill if Desired	1:52
400	8 x 50 on 1:00 Pull: Descend 1-4, 5-8	2:00
400	16 x 25 on :45 Kick: Every 4th One is VERY FAST	3:00
	*****GROUP UP*****	
2,000	2x{4 x 25 on :40 Strong Swims	2:40
	{4 x 75 on 1:15 Descend 1-4	1:40
	{3 x 25 on :40 Descend 1-3	2:40
	{3 x 75 on 1:10 Descend 1-3	1:33
	{2 x 25 on :40 Strong Swims	2:40
	{2 x 75 on 1:05 Two Fast Swims!!	1:27
	{1 x 25 on :40 Steady Swim	2:40
	{1 x 75 on 1:45 Fastest Swim Yet!	2:20
100	1 x 100 on 5:00 Cool Down	5:00

6:16 PM 3,300 Meters

**Workout #3212 - Tuesday, 21 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:30 Steady Swim, Drill if Desired	1:52
400	8 x 50 on 1:00 Pull: Descend 1-4, 5-8	2:00
400	16 x 25 on :45 Kick: Every 4th One is VERY FAST	3:00
	*****GROUP UP*****	
2,000	2x{4 x 25 on :40 Strong Swims	2:40
	{4 x 75 on 1:15 Descend 1-4	1:40
	{3 x 25 on :40 Descend 1-3	2:40
	{3 x 75 on 1:10 Descend 1-3	1:33
	{2 x 25 on :40 Strong Swims	2:40
	{2 x 75 on 1:05 Two Fast Swims!!	1:27
	{1 x 25 on :40 Steady Swim	2:40
	{1 x 75 on 1:45 Fastest Swim Yet!	2:20
100	1 x 100 on 5:00 Cool Down	5:00

6:16 PM 3,300 Meters

**Workout #3350 - Tuesday, 21 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:30 Steady Swim, Drill if Desired	1:52
400	8 x 50 on 1:00 Pull: Descend 1-4, 5-8	2:00
400	16 x 25 on :45 Kick: Every 4th One is VERY FAST	3:00
	*****GROUP UP*****	
2,000	2x{4 x 25 on :40 Strong Swims	2:40
	{4 x 75 on 1:15 Descend 1-4	1:40
	{3 x 25 on :40 Descend 1-3	2:40
	{3 x 75 on 1:10 Descend 1-3	1:33
	{2 x 25 on :40 Strong Swims	2:40
	{2 x 75 on 1:05 Two Fast Swims!!	1:27
	{1 x 25 on :40 Steady Swim	2:40
	{1 x 75 on 1:45 Fastest Swim Yet!	2:20
100	1 x 100 on 5:00 Cool Down	5:00

6:16 PM 3,300 Meters

**Workout #3515 - Tuesday, 21 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:30 Steady Swim, Drill if Desired	1:52
400	8 x 50 on 1:00 Pull: Descend 1-4, 5-8	2:00
400	16 x 25 on :45 Kick: Every 4th One is VERY FAST	3:00
	*****GROUP UP*****	
2,000	2x{4 x 25 on :40 Strong Swims	2:40
	{4 x 75 on 1:15 Descend 1-4	1:40
	{3 x 25 on :40 Descend 1-3	2:40
	{3 x 75 on 1:10 Descend 1-3	1:33
	{2 x 25 on :40 Strong Swims	2:40
	{2 x 75 on 1:05 Two Fast Swims!!	1:27
	{1 x 25 on :40 Steady Swim	2:40
	{1 x 75 on 1:45 Fastest Swim Yet!	2:20
100	1 x 100 on 5:00 Cool Down	5:00

6:16 PM 3,300 Meters



**Workout #3680 - Tuesday, 21 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:30 Steady Swim, Drill if Desired	1:52
400	8 x 50 on 1:00 Pull: Descend 1-4, 5-8	2:00
400	16 x 25 on :45 Kick: Every 4th One is VERY FAST	3:00
	*****GROUP UP*****	
2,000	2x{4 x 25 on :40 Strong Swims	2:40
	{4 x 75 on 1:15 Descend 1-4	1:40
	{3 x 25 on :40 Descend 1-3	2:40
	{3 x 75 on 1:10 Descend 1-3	1:33
	{2 x 25 on :40 Strong Swims	2:40
	{2 x 75 on 1:05 Two Fast Swims!!	1:27
	{1 x 25 on :40 Steady Swim	2:40
	{1 x 75 on 1:45 Fastest Swim Yet!	2:20
100	1 x 100 on 5:00 Cool Down	5:00

6:16 PM 3,300 Meters

**Workout #3865 - Tuesday, 21 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:30 Steady Swim, Drill if Desired	1:52
400	8 x 50 on 1:00 Pull: Descend 1-4, 5-8	2:00
400	16 x 25 on :45 Kick: Every 4th One is VERY FAST	3:00
	*****GROUP UP*****	
2,000	2x{4 x 25 on :40 Strong Swims	2:40
	{4 x 75 on 1:15 Descend 1-4	1:40
	{3 x 25 on :40 Descend 1-3	2:40
	{3 x 75 on 1:10 Descend 1-3	1:33
	{2 x 25 on :40 Strong Swims	2:40
	{2 x 75 on 1:05 Two Fast Swims!!	1:27
	{1 x 25 on :40 Steady Swim	2:40
	{1 x 75 on 1:45 Fastest Swim Yet!	2:20
100	1 x 100 on 5:00 Cool Down	5:00

6:16 PM 3,300 Meters

**Workout #3952 - Tuesday, 21 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:30 Steady Swim, Drill if Desired	1:52
400	8 x 50 on 1:00 Pull: Descend 1-4, 5-8	2:00
400	16 x 25 on :45 Kick: Every 4th One is VERY FAST	3:00
	*****GROUP UP*****	
2,000	2x{4 x 25 on :40 Strong Swims	2:40
	{4 x 75 on 1:15 Descend 1-4	1:40
	{3 x 25 on :40 Descend 1-3	2:40
	{3 x 75 on 1:10 Descend 1-3	1:33
	{2 x 25 on :40 Strong Swims	2:40
	{2 x 75 on 1:05 Two Fast Swims!!	1:27
	{1 x 25 on :40 Steady Swim	2:40
	{1 x 75 on 1:45 Fastest Swim Yet!	2:20
100	1 x 100 on 5:00 Cool Down	5:00

6:16 PM 3,300 Meters

**Workout #1202 - Wednesday, 22 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:30 Mix of Swim and Drill	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: Evens Faster	2:20
	*****GROUP UP*****	
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Steady Swim	1:42
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Last One, Fast One	1:42
100	1 x 100 on 5:00 Cool Down	5:00

6:26 PM 4,050 Meters

**Workout #1714 - Wednesday, 22 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:30 Mix of Swim and Drill	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: Evens Faster	2:20
	*****GROUP UP*****	
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Steady Swim	1:42
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Last One, Fast One	1:42
100	1 x 100 on 5:00 Cool Down	5:00

6:26 PM 4,050 Meters

**Workout #1772 - Wednesday, 22 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====		
500	1 x 500 on 9:30 Mix of Swim and Drill	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: Evens Faster	2:20
*****GROUP UP*****		
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Steady Swim	1:42
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Last One, Fast One	1:42
100	1 x 100 on 5:00 Cool Down	5:00
6:26 PM 4,050 Meters		

**Workout #1925 - Wednesday, 22 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====		
500	1 x 500 on 9:30 Mix of Swim and Drill	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: Evens Faster	2:20
*****GROUP UP*****		
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Steady Swim	1:42
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Last One, Fast One	1:42
100	1 x 100 on 5:00 Cool Down	5:00
6:26 PM 4,050 Meters		

**Workout #1996 - Wednesday, 22 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====		
500	1 x 500 on 9:30 Mix of Swim and Drill	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: Evens Faster	2:20
*****GROUP UP*****		
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Steady Swim	1:42
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Last One, Fast One	1:42
100	1 x 100 on 5:00 Cool Down	5:00
6:26 PM 4,050 Meters		

**Workout #2114 - Wednesday, 22 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====		
500	1 x 500 on 9:30 Mix of Swim and Drill	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: Evens Faster	2:20
*****GROUP UP*****		
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Steady Swim	1:42
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Last One, Fast One	1:42
100	1 x 100 on 5:00 Cool Down	5:00
6:26 PM 4,050 Meters		

**Workout #2191 - Wednesday, 22 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====		
500	1 x 500 on 9:30 Mix of Swim and Drill	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: Evens Faster	2:20
*****GROUP UP*****		
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Steady Swim	1:42
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Last One, Fast One	1:42
100	1 x 100 on 5:00 Cool Down	5:00
6:26 PM 4,050 Meters		

**Workout #2273 - Wednesday, 22 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====		
500	1 x 500 on 9:30 Mix of Swim and Drill	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: Evens Faster	2:20
*****GROUP UP*****		
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Steady Swim	1:42
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Last One, Fast One	1:42
100	1 x 100 on 5:00 Cool Down	5:00
6:26 PM 4,050 Meters		

**Workout #2346 - Wednesday, 22 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====		
500	1 x 500 on 9:30 Mix of Swim and Drill	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: Evens Faster	2:20
	*****GROUP UP*****	
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Steady Swim	1:42
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Last One, Fast One	1:42
100	1 x 100 on 5:00 Cool Down	5:00
6:26 PM 4,050 Meters		

**Workout #2683 - Wednesday, 22 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====		
500	1 x 500 on 9:30 Mix of Swim and Drill	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: Evens Faster	2:20
	*****GROUP UP*****	
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Steady Swim	1:42
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Last One, Fast One	1:42
100	1 x 100 on 5:00 Cool Down	5:00
6:26 PM 4,050 Meters		

**Workout #2782 - Wednesday, 22 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====		
500	1 x 500 on 9:30 Mix of Swim and Drill	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: Evens Faster	2:20
	*****GROUP UP*****	
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Steady Swim	1:42
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Last One, Fast One	1:42
100	1 x 100 on 5:00 Cool Down	5:00
6:26 PM 4,050 Meters		

**Workout #3207 - Wednesday, 22 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====		
500	1 x 500 on 9:30 Mix of Swim and Drill	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: Evens Faster	2:20
*****GROUP UP*****		
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Steady Swim	1:42
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Last One, Fast One	1:42
100	1 x 100 on 5:00 Cool Down	5:00
6:26 PM 4,050 Meters		

**Workout #3347 - Wednesday, 22 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====		
500	1 x 500 on 9:30 Mix of Swim and Drill	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: Evens Faster	2:20
*****GROUP UP*****		
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Steady Swim	1:42
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Last One, Fast One	1:42
100	1 x 100 on 5:00 Cool Down	5:00
6:26 PM 4,050 Meters		

**Workout #3511 - Wednesday, 22 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====		
500	1 x 500 on 9:30 Mix of Swim and Drill	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: Evens Faster	2:20
*****GROUP UP*****		
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Steady Swim	1:42
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Last One, Fast One	1:42
100	1 x 100 on 5:00 Cool Down	5:00
6:26 PM 4,050 Meters		

**Workout #3675 - Wednesday, 22 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====		
500	1 x 500 on 9:30 Mix of Swim and Drill	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: Evens Faster	2:20
*****GROUP UP*****		
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Steady Swim	1:42
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Last One, Fast One	1:42
100	1 x 100 on 5:00 Cool Down	5:00
6:26 PM 4,050 Meters		

**Workout #3864 - Wednesday, 22 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====		
500	1 x 500 on 9:30 Mix of Swim and Drill	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: Evens Faster	2:20
*****GROUP UP*****		
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Steady Swim	1:42
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Last One, Fast One	1:42
100	1 x 100 on 5:00 Cool Down	5:00
6:26 PM 4,050 Meters		

**Workout #3950 - Wednesday, 22 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====		
500	1 x 500 on 9:30 Mix of Swim and Drill	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: Evens Faster	2:20
*****GROUP UP*****		
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Steady Swim	1:42
1,000	2 x 500 on 8:15 Negative Split and Descend 1-2	1:39
250	1 x 250 on 4:15 Last One, Fast One	1:42
100	1 x 100 on 5:00 Cool Down	5:00
6:26 PM 4,050 Meters		

**Workout #1209 - Thursday, 23 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim: Descend 1-2	1:55
400	1 x 400 on 7:15 Pull: Negative Split	1:49
400	2 x 200 on 4:00 Kick: Alt 50 Mod with 50 Faster	2:00
	*****GROUP UP*****	
100	4 x 25 on :40 Go Time - Build Some Speed!	2:40
1,600	2x{2 x 200 on 3:30 Descend 1-2	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 200 on 3:10 Fast Swim	1:35
100	1 x 100 on 5:00 Cool Down	5:00

6:08 PM 3,200 Meters

**Workout #1711 - Thursday, 23 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim: Descend 1-2	1:55
400	1 x 400 on 7:15 Pull: Negative Split	1:49
400	2 x 200 on 4:00 Kick: Alt 50 Mod with 50 Faster	2:00
	*****GROUP UP*****	
100	4 x 25 on :40 Go Time - Build Some Speed!	2:40
1,600	2x{2 x 200 on 3:30 Descend 1-2	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 200 on 3:10 Fast Swim	1:35
100	1 x 100 on 5:00 Cool Down	5:00

6:08 PM 3,200 Meters

**Workout #1775 - Thursday, 23 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim: Descend 1-2	1:55
400	1 x 400 on 7:15 Pull: Negative Split	1:49
400	2 x 200 on 4:00 Kick: Alt 50 Mod with 50 Faster	2:00
	*****GROUP UP*****	
100	4 x 25 on :40 Go Time - Build Some Speed!	2:40
1,600	2x{2 x 200 on 3:30 Descend 1-2	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 200 on 3:10 Fast Swim	1:35
100	1 x 100 on 5:00 Cool Down	5:00

6:08 PM 3,200 Meters



**Workout #1921 - Thursday, 23 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim: Descend 1-2	1:55
400	1 x 400 on 7:15 Pull: Negative Split	1:49
400	2 x 200 on 4:00 Kick: Alt 50 Mod with 50 Faster	2:00
	*****GROUP UP*****	
100	4 x 25 on :40 Go Time - Build Some Speed!	2:40
1,600	2x{2 x 200 on 3:30 Descend 1-2	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 200 on 3:10 Fast Swim	1:35
100	1 x 100 on 5:00 Cool Down	5:00

6:08 PM 3,200 Meters

**Workout #1994 - Thursday, 23 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim: Descend 1-2	1:55
400	1 x 400 on 7:15 Pull: Negative Split	1:49
400	2 x 200 on 4:00 Kick: Alt 50 Mod with 50 Faster	2:00
	*****GROUP UP*****	
100	4 x 25 on :40 Go Time - Build Some Speed!	2:40
1,600	2x{2 x 200 on 3:30 Descend 1-2	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 200 on 3:10 Fast Swim	1:35
100	1 x 100 on 5:00 Cool Down	5:00

6:08 PM 3,200 Meters

**Workout #2112 - Thursday, 23 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim: Descend 1-2	1:55
400	1 x 400 on 7:15 Pull: Negative Split	1:49
400	2 x 200 on 4:00 Kick: Alt 50 Mod with 50 Faster	2:00
	*****GROUP UP*****	
100	4 x 25 on :40 Go Time - Build Some Speed!	2:40
1,600	2x{2 x 200 on 3:30 Descend 1-2	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 200 on 3:10 Fast Swim	1:35
100	1 x 100 on 5:00 Cool Down	5:00

6:08 PM 3,200 Meters

**Workout #2188 - Thursday, 23 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim: Descend 1-2	1:55
400	1 x 400 on 7:15 Pull: Negative Split	1:49
400	2 x 200 on 4:00 Kick: Alt 50 Mod with 50 Faster	2:00
	*****GROUP UP*****	
100	4 x 25 on :40 Go Time - Build Some Speed!	2:40
1,600	2x{2 x 200 on 3:30 Descend 1-2	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 200 on 3:10 Fast Swim	1:35
100	1 x 100 on 5:00 Cool Down	5:00

6:08 PM 3,200 Meters

**Workout #2269 - Thursday, 23 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim: Descend 1-2	1:55
400	1 x 400 on 7:15 Pull: Negative Split	1:49
400	2 x 200 on 4:00 Kick: Alt 50 Mod with 50 Faster	2:00
	*****GROUP UP*****	
100	4 x 25 on :40 Go Time - Build Some Speed!	2:40
1,600	2x{2 x 200 on 3:30 Descend 1-2	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 200 on 3:10 Fast Swim	1:35
100	1 x 100 on 5:00 Cool Down	5:00

6:08 PM 3,200 Meters

**Workout #2345 - Thursday, 23 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim: Descend 1-2	1:55
400	1 x 400 on 7:15 Pull: Negative Split	1:49
400	2 x 200 on 4:00 Kick: Alt 50 Mod with 50 Faster	2:00
	*****GROUP UP*****	
100	4 x 25 on :40 Go Time - Build Some Speed!	2:40
1,600	2x{2 x 200 on 3:30 Descend 1-2	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 200 on 3:10 Fast Swim	1:35
100	1 x 100 on 5:00 Cool Down	5:00

6:08 PM 3,200 Meters

**Workout #2680 - Thursday, 23 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim: Descend 1-2	1:55
400	1 x 400 on 7:15 Pull: Negative Split	1:49
400	2 x 200 on 4:00 Kick: Alt 50 Mod with 50 Faster	2:00
	*****GROUP UP*****	
100	4 x 25 on :40 Go Time - Build Some Speed!	2:40
1,600	2x{2 x 200 on 3:30 Descend 1-2	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 200 on 3:10 Fast Swim	1:35
100	1 x 100 on 5:00 Cool Down	5:00

6:08 PM 3,200 Meters

**Workout #2779 - Thursday, 23 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim: Descend 1-2	1:55
400	1 x 400 on 7:15 Pull: Negative Split	1:49
400	2 x 200 on 4:00 Kick: Alt 50 Mod with 50 Faster	2:00
	*****GROUP UP*****	
100	4 x 25 on :40 Go Time - Build Some Speed!	2:40
1,600	2x{2 x 200 on 3:30 Descend 1-2	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 200 on 3:10 Fast Swim	1:35
100	1 x 100 on 5:00 Cool Down	5:00

6:08 PM 3,200 Meters

**Workout #3205 - Thursday, 23 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim: Descend 1-2	1:55
400	1 x 400 on 7:15 Pull: Negative Split	1:49
400	2 x 200 on 4:00 Kick: Alt 50 Mod with 50 Faster	2:00
	*****GROUP UP*****	
100	4 x 25 on :40 Go Time - Build Some Speed!	2:40
1,600	2x{2 x 200 on 3:30 Descend 1-2	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 200 on 3:10 Fast Swim	1:35
100	1 x 100 on 5:00 Cool Down	5:00

6:08 PM 3,200 Meters

**Workout #3343 - Thursday, 23 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim: Descend 1-2	1:55
400	1 x 400 on 7:15 Pull: Negative Split	1:49
400	2 x 200 on 4:00 Kick: Alt 50 Mod with 50 Faster	2:00
	*****GROUP UP*****	
100	4 x 25 on :40 Go Time - Build Some Speed!	2:40
1,600	2x{2 x 200 on 3:30 Descend 1-2	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 200 on 3:10 Fast Swim	1:35
100	1 x 100 on 5:00 Cool Down	5:00

6:08 PM 3,200 Meters

**Workout #3508 - Thursday, 23 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim: Descend 1-2	1:55
400	1 x 400 on 7:15 Pull: Negative Split	1:49
400	2 x 200 on 4:00 Kick: Alt 50 Mod with 50 Faster	2:00
	*****GROUP UP*****	
100	4 x 25 on :40 Go Time - Build Some Speed!	2:40
1,600	2x{2 x 200 on 3:30 Descend 1-2	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 200 on 3:10 Fast Swim	1:35
100	1 x 100 on 5:00 Cool Down	5:00

6:08 PM 3,200 Meters

**Workout #3672 - Thursday, 23 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim: Descend 1-2	1:55
400	1 x 400 on 7:15 Pull: Negative Split	1:49
400	2 x 200 on 4:00 Kick: Alt 50 Mod with 50 Faster	2:00
	*****GROUP UP*****	
100	4 x 25 on :40 Go Time - Build Some Speed!	2:40
1,600	2x{2 x 200 on 3:30 Descend 1-2	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 200 on 3:10 Fast Swim	1:35
100	1 x 100 on 5:00 Cool Down	5:00

6:08 PM 3,200 Meters

**Workout #3859 - Thursday, 23 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim: Descend 1-2	1:55
400	1 x 400 on 7:15 Pull: Negative Split	1:49
400	2 x 200 on 4:00 Kick: Alt 50 Mod with 50 Faster	2:00
	*****GROUP UP*****	
100	4 x 25 on :40 Go Time - Build Some Speed!	2:40
1,600	2x{2 x 200 on 3:30 Descend 1-2	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 200 on 3:10 Fast Swim	1:35
100	1 x 100 on 5:00 Cool Down	5:00

6:08 PM 3,200 Meters

**Workout #3947 - Thursday, 23 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim: Descend 1-2	1:55
400	1 x 400 on 7:15 Pull: Negative Split	1:49
400	2 x 200 on 4:00 Kick: Alt 50 Mod with 50 Faster	2:00
	*****GROUP UP*****	
100	4 x 25 on :40 Go Time - Build Some Speed!	2:40
1,600	2x{2 x 200 on 3:30 Descend 1-2	1:45
	{2 x 100 on 1:40 Descend 1-2	1:40
	{1 x 200 on 3:10 Fast Swim	1:35
100	1 x 100 on 5:00 Cool Down	5:00

6:08 PM 3,200 Meters

**Workout #1248 - Sunday, 26 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 AM Start

Meters	Set Description	PACE
1,200	1 x 1200 on 25:00 Warm Up: Your Choice	2:05
	*****GROUP UP*****	
200	4 x 50 on 1:00 Descend 1-4	2:00
600	1 x 600 on 10:15 Negative Split	1:42
800	2 x 400 on 6:45 Descend 1-2	1:41
600	3 x 200 on 3:30 Descend 1-3	1:45
400	4 x 100 on 1:45 Descend 1-4, 5-8	1:45
150	1 x 150 on 3:00 Easy Swim	2:00
400	8 x 50 on :55 Hold a :37 Pace	1:50
200	1 x 200 on 5:00 Cool Down	2:30

6:36 AM 4,550 Meters

**Workout #1212 - Monday, 27 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 6:40 Swim & Drill Mix	1:40
500	10 x 50 on 1:05 Pull, mix efforts	2:10
450	6 x 75 on 2:00 Kick, faster last 25	2:40
	***** Group Up *****	
100	4 x 25 on :55 Fast!	3:40
375	5 x 75 on 1:20 Best Speed You Can Hold	1:47
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 1:40 Best Speed You Can Hold	2:13
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 2:00 Best Speed You Can Hold	2:40
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:30 PM 3,050 Meters	

**Workout #1707 - Monday, 27 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 6:40 Swim & Drill Mix	1:40
500	10 x 50 on 1:05 Pull, mix efforts	2:10
450	6 x 75 on 2:00 Kick, faster last 25	2:40
	***** Group Up *****	
100	4 x 25 on :55 Fast!	3:40
375	5 x 75 on 1:20 Best Speed You Can Hold	1:47
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 1:40 Best Speed You Can Hold	2:13
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 2:00 Best Speed You Can Hold	2:40
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:30 PM 3,050 Meters	

**Workout #1778 - Monday, 27 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 6:40 Swim & Drill Mix	1:40
500	10 x 50 on 1:05 Pull, mix efforts	2:10
450	6 x 75 on 2:00 Kick, faster last 25	2:40
	***** Group Up *****	
100	4 x 25 on :55 Fast!	3:40
375	5 x 75 on 1:20 Best Speed You Can Hold	1:47
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 1:40 Best Speed You Can Hold	2:13
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 2:00 Best Speed You Can Hold	2:40
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:30 PM 3,050 Meters	

**Workout #1919 - Monday, 27 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 6:40 Swim & Drill Mix	1:40
500	10 x 50 on 1:05 Pull, mix efforts	2:10
450	6 x 75 on 2:00 Kick, faster last 25	2:40
	***** Group Up *****	
100	4 x 25 on :55 Fast!	3:40
375	5 x 75 on 1:20 Best Speed You Can Hold	1:47
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 1:40 Best Speed You Can Hold	2:13
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 2:00 Best Speed You Can Hold	2:40
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:30 PM 3,050 Meters	

**Workout #1990 - Monday, 27 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 6:40 Swim & Drill Mix	1:40
500	10 x 50 on 1:05 Pull, mix efforts	2:10
450	6 x 75 on 2:00 Kick, faster last 25	2:40
	***** Group Up *****	
100	4 x 25 on :55 Fast!	3:40
375	5 x 75 on 1:20 Best Speed You Can Hold	1:47
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 1:40 Best Speed You Can Hold	2:13
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 2:00 Best Speed You Can Hold	2:40
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:30 PM 3,050 Meters	

**Workout #2109 - Monday, 27 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 6:40 Swim & Drill Mix	1:40
500	10 x 50 on 1:05 Pull, mix efforts	2:10
450	6 x 75 on 2:00 Kick, faster last 25	2:40
	***** Group Up *****	
100	4 x 25 on :55 Fast!	3:40
375	5 x 75 on 1:20 Best Speed You Can Hold	1:47
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 1:40 Best Speed You Can Hold	2:13
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 2:00 Best Speed You Can Hold	2:40
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:30 PM 3,050 Meters	



**Workout #2185 - Monday, 27 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 6:40 Swim & Drill Mix	1:40
500	10 x 50 on 1:05 Pull, mix efforts	2:10
450	6 x 75 on 2:00 Kick, faster last 25	2:40
	***** Group Up *****	
100	4 x 25 on :55 Fast!	3:40
375	5 x 75 on 1:20 Best Speed You Can Hold	1:47
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 1:40 Best Speed You Can Hold	2:13
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 2:00 Best Speed You Can Hold	2:40
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:30 PM 3,050 Meters	

**Workout #2266 - Monday, 27 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 6:40 Swim & Drill Mix	1:40
500	10 x 50 on 1:05 Pull, mix efforts	2:10
450	6 x 75 on 2:00 Kick, faster last 25	2:40
	***** Group Up *****	
100	4 x 25 on :55 Fast!	3:40
375	5 x 75 on 1:20 Best Speed You Can Hold	1:47
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 1:40 Best Speed You Can Hold	2:13
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 2:00 Best Speed You Can Hold	2:40
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:30 PM 3,050 Meters	

**Workout #2344 - Monday, 27 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 6:40 Swim & Drill Mix	1:40
500	10 x 50 on 1:05 Pull, mix efforts	2:10
450	6 x 75 on 2:00 Kick, faster last 25	2:40
	***** Group Up *****	
100	4 x 25 on :55 Fast!	3:40
375	5 x 75 on 1:20 Best Speed You Can Hold	1:47
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 1:40 Best Speed You Can Hold	2:13
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 2:00 Best Speed You Can Hold	2:40
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:30 PM 3,050 Meters	

**Workout #2677 - Monday, 27 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 6:40 Swim & Drill Mix	1:40
500	10 x 50 on 1:05 Pull, mix efforts	2:10
450	6 x 75 on 2:00 Kick, faster last 25	2:40
	***** Group Up *****	
100	4 x 25 on :55 Fast!	3:40
375	5 x 75 on 1:20 Best Speed You Can Hold	1:47
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 1:40 Best Speed You Can Hold	2:13
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 2:00 Best Speed You Can Hold	2:40
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:30 PM 3,050 Meters	

**Workout #2776 - Monday, 27 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 6:40 Swim & Drill Mix	1:40
500	10 x 50 on 1:05 Pull, mix efforts	2:10
450	6 x 75 on 2:00 Kick, faster last 25	2:40
	***** Group Up *****	
100	4 x 25 on :55 Fast!	3:40
375	5 x 75 on 1:20 Best Speed You Can Hold	1:47
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 1:40 Best Speed You Can Hold	2:13
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 2:00 Best Speed You Can Hold	2:40
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:30 PM 3,050 Meters	

**Workout #3203 - Monday, 27 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 6:40 Swim & Drill Mix	1:40
500	10 x 50 on 1:05 Pull, mix efforts	2:10
450	6 x 75 on 2:00 Kick, faster last 25	2:40
	***** Group Up *****	
100	4 x 25 on :55 Fast!	3:40
375	5 x 75 on 1:20 Best Speed You Can Hold	1:47
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 1:40 Best Speed You Can Hold	2:13
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 2:00 Best Speed You Can Hold	2:40
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:30 PM 3,050 Meters	

**Workout #3341 - Monday, 27 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 6:40 Swim & Drill Mix	1:40
500	10 x 50 on 1:05 Pull, mix efforts	2:10
450	6 x 75 on 2:00 Kick, faster last 25	2:40
	***** Group Up *****	
100	4 x 25 on :55 Fast!	3:40
375	5 x 75 on 1:20 Best Speed You Can Hold	1:47
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 1:40 Best Speed You Can Hold	2:13
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 2:00 Best Speed You Can Hold	2:40
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:30 PM 3,050 Meters	

**Workout #3506 - Monday, 27 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 6:40 Swim & Drill Mix	1:40
500	10 x 50 on 1:05 Pull, mix efforts	2:10
450	6 x 75 on 2:00 Kick, faster last 25	2:40
	***** Group Up *****	
100	4 x 25 on :55 Fast!	3:40
375	5 x 75 on 1:20 Best Speed You Can Hold	1:47
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 1:40 Best Speed You Can Hold	2:13
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 2:00 Best Speed You Can Hold	2:40
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:30 PM 3,050 Meters	

**Workout #3670 - Monday, 27 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 6:40 Swim & Drill Mix	1:40
500	10 x 50 on 1:05 Pull, mix efforts	2:10
450	6 x 75 on 2:00 Kick, faster last 25	2:40
	***** Group Up *****	
100	4 x 25 on :55 Fast!	3:40
375	5 x 75 on 1:20 Best Speed You Can Hold	1:47
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 1:40 Best Speed You Can Hold	2:13
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 2:00 Best Speed You Can Hold	2:40
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:30 PM 3,050 Meters	

**Workout #3858 - Monday, 27 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 6:40 Swim & Drill Mix	1:40
500	10 x 50 on 1:05 Pull, mix efforts	2:10
450	6 x 75 on 2:00 Kick, faster last 25	2:40
	***** Group Up *****	
100	4 x 25 on :55 Fast!	3:40
375	5 x 75 on 1:20 Best Speed You Can Hold	1:47
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 1:40 Best Speed You Can Hold	2:13
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 2:00 Best Speed You Can Hold	2:40
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:30 PM 3,050 Meters	

**Workout #3942 - Monday, 27 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 6:40 Swim & Drill Mix	1:40
500	10 x 50 on 1:05 Pull, mix efforts	2:10
450	6 x 75 on 2:00 Kick, faster last 25	2:40
	***** Group Up *****	
100	4 x 25 on :55 Fast!	3:40
375	5 x 75 on 1:20 Best Speed You Can Hold	1:47
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 1:40 Best Speed You Can Hold	2:13
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
375	5 x 75 on 2:00 Best Speed You Can Hold	2:40
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 All Out Effort	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:30 PM 3,050 Meters	

**Workout #1215 - Tuesday, 28 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Swim & Drill	1:45
450	6 x 75 on 1:30 Pull, mix efforts	2:00
400	4 x 100 on 2:30 Kick, some of it fast!	2:30
	&&&& Group Up &&&&	
200	4 x 50 on 1:05 Desc 1-4	2:10
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 1:30 Loosen	3:00
100	1 x 100 on 4:00 Last one, fast one	4:00
100	1 x 100 on 5:00 loosen	5:00
	6:15 PM 3,100 Meters	

**Workout #1703 - Tuesday, 28 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Swim & Drill	1:45
450	6 x 75 on 1:30 Pull, mix efforts	2:00
400	4 x 100 on 2:30 Kick, some of it fast!	2:30
	&&&& Group Up &&&&	
200	4 x 50 on 1:05 Desc 1-4	2:10
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 1:30 Loosen	3:00
100	1 x 100 on 4:00 Last one, fast one	4:00
100	1 x 100 on 5:00 loosen	5:00
6:15 PM 3,100 Meters		

**Workout #1781 - Tuesday, 28 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Swim & Drill	1:45
450	6 x 75 on 1:30 Pull, mix efforts	2:00
400	4 x 100 on 2:30 Kick, some of it fast!	2:30
	&&&& Group Up &&&&	
200	4 x 50 on 1:05 Desc 1-4	2:10
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 1:30 Loosen	3:00
100	1 x 100 on 4:00 Last one, fast one	4:00
100	1 x 100 on 5:00 loosen	5:00
6:15 PM 3,100 Meters		

**Workout #1915 - Tuesday, 28 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Swim & Drill	1:45
450	6 x 75 on 1:30 Pull, mix efforts	2:00
400	4 x 100 on 2:30 Kick, some of it fast!	2:30
	&&&& Group Up &&&&	
200	4 x 50 on 1:05 Desc 1-4	2:10
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 1:30 Loosen	3:00
100	1 x 100 on 4:00 Last one, fast one	4:00
100	1 x 100 on 5:00 loosen	5:00
6:15 PM 3,100 Meters		

**Workout #1987 - Tuesday, 28 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Swim & Drill	1:45
450	6 x 75 on 1:30 Pull, mix efforts	2:00
400	4 x 100 on 2:30 Kick, some of it fast!	2:30
	&&&& Group Up &&&&	
200	4 x 50 on 1:05 Desc 1-4	2:10
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 1:30 Loosen	3:00
100	1 x 100 on 4:00 Last one, fast one	4:00
100	1 x 100 on 5:00 loosen	5:00
6:15 PM 3,100 Meters		



**Workout #2106 - Tuesday, 28 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Swim & Drill	1:45
450	6 x 75 on 1:30 Pull, mix efforts	2:00
400	4 x 100 on 2:30 Kick, some of it fast!	2:30
	&&&& Group Up &&&&	
200	4 x 50 on 1:05 Desc 1-4	2:10
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 1:30 Loosen	3:00
100	1 x 100 on 4:00 Last one, fast one	4:00
100	1 x 100 on 5:00 loosen	5:00
6:15 PM 3,100 Meters		

**Workout #2182 - Tuesday, 28 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Swim & Drill	1:45
450	6 x 75 on 1:30 Pull, mix efforts	2:00
400	4 x 100 on 2:30 Kick, some of it fast!	2:30
	&&&& Group Up &&&&	
200	4 x 50 on 1:05 Desc 1-4	2:10
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 1:30 Loosen	3:00
100	1 x 100 on 4:00 Last one, fast one	4:00
100	1 x 100 on 5:00 loosen	5:00
6:15 PM 3,100 Meters		

**Workout #2264 - Tuesday, 28 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Swim & Drill	1:45
450	6 x 75 on 1:30 Pull, mix efforts	2:00
400	4 x 100 on 2:30 Kick, some of it fast!	2:30
	&&&& Group Up &&&&	
200	4 x 50 on 1:05 Desc 1-4	2:10
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 1:30 Loosen	3:00
100	1 x 100 on 4:00 Last one, fast one	4:00
100	1 x 100 on 5:00 loosen	5:00
6:15 PM 3,100 Meters		

**Workout #2343 - Tuesday, 28 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Swim & Drill	1:45
450	6 x 75 on 1:30 Pull, mix efforts	2:00
400	4 x 100 on 2:30 Kick, some of it fast!	2:30
	&&&& Group Up &&&&	
200	4 x 50 on 1:05 Desc 1-4	2:10
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 1:30 Loosen	3:00
100	1 x 100 on 4:00 Last one, fast one	4:00
100	1 x 100 on 5:00 loosen	5:00
6:15 PM 3,100 Meters		

**Workout #2672 - Tuesday, 28 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Swim & Drill	1:45
450	6 x 75 on 1:30 Pull, mix efforts	2:00
400	4 x 100 on 2:30 Kick, some of it fast!	2:30
	&&&& Group Up &&&&	
200	4 x 50 on 1:05 Desc 1-4	2:10
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 1:30 Loosen	3:00
100	1 x 100 on 4:00 Last one, fast one	4:00
100	1 x 100 on 5:00 loosen	5:00
	6:15 PM 3,100 Meters	

**Workout #2775 - Tuesday, 28 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Swim & Drill	1:45
450	6 x 75 on 1:30 Pull, mix efforts	2:00
400	4 x 100 on 2:30 Kick, some of it fast!	2:30
	&&&& Group Up &&&&	
200	4 x 50 on 1:05 Desc 1-4	2:10
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 1:30 Loosen	3:00
100	1 x 100 on 4:00 Last one, fast one	4:00
100	1 x 100 on 5:00 loosen	5:00
	6:15 PM 3,100 Meters	

**Workout #3198 - Tuesday, 28 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Swim & Drill	1:45
450	6 x 75 on 1:30 Pull, mix efforts	2:00
400	4 x 100 on 2:30 Kick, some of it fast!	2:30
	&&&& Group Up &&&&	
200	4 x 50 on 1:05 Desc 1-4	2:10
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 1:30 Loosen	3:00
100	1 x 100 on 4:00 Last one, fast one	4:00
100	1 x 100 on 5:00 loosen	5:00
	6:15 PM 3,100 Meters	

**Workout #3336 - Tuesday, 28 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Swim & Drill	1:45
450	6 x 75 on 1:30 Pull, mix efforts	2:00
400	4 x 100 on 2:30 Kick, some of it fast!	2:30
	&&&& Group Up &&&&	
200	4 x 50 on 1:05 Desc 1-4	2:10
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 1:30 Loosen	3:00
100	1 x 100 on 4:00 Last one, fast one	4:00
100	1 x 100 on 5:00 loosen	5:00
	6:15 PM 3,100 Meters	

**Workout #3504 - Tuesday, 28 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Swim & Drill	1:45
450	6 x 75 on 1:30 Pull, mix efforts	2:00
400	4 x 100 on 2:30 Kick, some of it fast!	2:30
	&&&& Group Up &&&&	
200	4 x 50 on 1:05 Desc 1-4	2:10
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 1:30 Loosen	3:00
100	1 x 100 on 4:00 Last one, fast one	4:00
100	1 x 100 on 5:00 loosen	5:00
6:15 PM 3,100 Meters		

**Workout #3667 - Tuesday, 28 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Swim & Drill	1:45
450	6 x 75 on 1:30 Pull, mix efforts	2:00
400	4 x 100 on 2:30 Kick, some of it fast!	2:30
	&&&& Group Up &&&&	
200	4 x 50 on 1:05 Desc 1-4	2:10
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 1:30 Loosen	3:00
100	1 x 100 on 4:00 Last one, fast one	4:00
100	1 x 100 on 5:00 loosen	5:00
6:15 PM 3,100 Meters		

**Workout #3854 - Tuesday, 28 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Swim & Drill	1:45
450	6 x 75 on 1:30 Pull, mix efforts	2:00
400	4 x 100 on 2:30 Kick, some of it fast!	2:30
	&&&& Group Up &&&&	
200	4 x 50 on 1:05 Desc 1-4	2:10
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 1:30 Loosen	3:00
100	1 x 100 on 4:00 Last one, fast one	4:00
100	1 x 100 on 5:00 loosen	5:00
	6:15 PM 3,100 Meters	

**Workout #3941 - Tuesday, 28 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Swim & Drill	1:45
450	6 x 75 on 1:30 Pull, mix efforts	2:00
400	4 x 100 on 2:30 Kick, some of it fast!	2:30
	&&&& Group Up &&&&	
200	4 x 50 on 1:05 Desc 1-4	2:10
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 1:30 Loosen	3:00
100	1 x 100 on 4:00 Last one, fast one	4:00
100	1 x 100 on 5:00 loosen	5:00
	6:15 PM 3,100 Meters	

**Workout #1218 - Wednesday, 29 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:15 Drill & Swim	1:45
400	4 x 100 on 2:30 Kick, middle of each faster	2:30
400	8 x 50 on 1:05 Pull, Mix up efforts	2:10
	@@@@ Group Up @@@@	
200	4 x 50 on 1:05 Find your paces	2:10
400	1 x 400 on 7:00 Neg Split	1:45
400	2 x 200 on 3:15 Desc 1-2	1:38
400	1 x 400 on 6:40 Neg Split	1:40
400	4 x 100 on 1:40 Desc 1-4	1:40
400	1 x 400 on 6:20 Neg Split!	1:35
400	8 x 50 on :53 Desc 1-4	1:46
100	1 x 100 on 5:00 Loosen	5:00
	6:33 PM 4,100 Meters	

**Workout #1702 - Wednesday, 29 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:15 Drill & Swim	1:45
400	4 x 100 on 2:30 Kick, middle of each faster	2:30
400	8 x 50 on 1:05 Pull, Mix up efforts	2:10
	@@@@ Group Up @@@@	
200	4 x 50 on 1:05 Find your paces	2:10
400	1 x 400 on 7:00 Neg Split	1:45
400	2 x 200 on 3:15 Desc 1-2	1:38
400	1 x 400 on 6:40 Neg Split	1:40
400	4 x 100 on 1:40 Desc 1-4	1:40
400	1 x 400 on 6:20 Neg Split!	1:35
400	8 x 50 on :53 Desc 1-4	1:46
100	1 x 100 on 5:00 Loosen	5:00
	6:33 PM 4,100 Meters	

**Workout #1784 - Wednesday, 29 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:15 Drill & Swim	1:45
400	4 x 100 on 2:30 Kick, middle of each faster	2:30
400	8 x 50 on 1:05 Pull, Mix up efforts	2:10
	@@@@ Group Up @@@@@	
200	4 x 50 on 1:05 Find your paces	2:10
400	1 x 400 on 7:00 Neg Split	1:45
400	2 x 200 on 3:15 Desc 1-2	1:38
400	1 x 400 on 6:40 Neg Split	1:40
400	4 x 100 on 1:40 Desc 1-4	1:40
400	1 x 400 on 6:20 Neg Split!	1:35
400	8 x 50 on :53 Desc 1-4	1:46
100	1 x 100 on 5:00 Loosen	5:00
	6:33 PM 4,100 Meters	

**Workout #1913 - Wednesday, 29 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:15 Drill & Swim	1:45
400	4 x 100 on 2:30 Kick, middle of each faster	2:30
400	8 x 50 on 1:05 Pull, Mix up efforts	2:10
	@@@@ Group Up @@@@@	
200	4 x 50 on 1:05 Find your paces	2:10
400	1 x 400 on 7:00 Neg Split	1:45
400	2 x 200 on 3:15 Desc 1-2	1:38
400	1 x 400 on 6:40 Neg Split	1:40
400	4 x 100 on 1:40 Desc 1-4	1:40
400	1 x 400 on 6:20 Neg Split!	1:35
400	8 x 50 on :53 Desc 1-4	1:46
100	1 x 100 on 5:00 Loosen	5:00
	6:33 PM 4,100 Meters	



**Workout #1986 - Wednesday, 29 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:15 Drill & Swim	1:45
400	4 x 100 on 2:30 Kick, middle of each faster	2:30
400	8 x 50 on 1:05 Pull, Mix up efforts	2:10
	@@@@ Group Up @@@@	
200	4 x 50 on 1:05 Find your paces	2:10
400	1 x 400 on 7:00 Neg Split	1:45
400	2 x 200 on 3:15 Desc 1-2	1:38
400	1 x 400 on 6:40 Neg Split	1:40
400	4 x 100 on 1:40 Desc 1-4	1:40
400	1 x 400 on 6:20 Neg Split!	1:35
400	8 x 50 on :53 Desc 1-4	1:46
100	1 x 100 on 5:00 Loosen	5:00
	6:33 PM 4,100 Meters	

**Workout #2103 - Wednesday, 29 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:15 Drill & Swim	1:45
400	4 x 100 on 2:30 Kick, middle of each faster	2:30
400	8 x 50 on 1:05 Pull, Mix up efforts	2:10
	@@@@ Group Up @@@@	
200	4 x 50 on 1:05 Find your paces	2:10
400	1 x 400 on 7:00 Neg Split	1:45
400	2 x 200 on 3:15 Desc 1-2	1:38
400	1 x 400 on 6:40 Neg Split	1:40
400	4 x 100 on 1:40 Desc 1-4	1:40
400	1 x 400 on 6:20 Neg Split!	1:35
400	8 x 50 on :53 Desc 1-4	1:46
100	1 x 100 on 5:00 Loosen	5:00
	6:33 PM 4,100 Meters	

**Workout #2181 - Wednesday, 29 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:15 Drill & Swim	1:45
400	4 x 100 on 2:30 Kick, middle of each faster	2:30
400	8 x 50 on 1:05 Pull, Mix up efforts	2:10
	@@@@ Group Up @@@@@	
200	4 x 50 on 1:05 Find your paces	2:10
400	1 x 400 on 7:00 Neg Split	1:45
400	2 x 200 on 3:15 Desc 1-2	1:38
400	1 x 400 on 6:40 Neg Split	1:40
400	4 x 100 on 1:40 Desc 1-4	1:40
400	1 x 400 on 6:20 Neg Split!	1:35
400	8 x 50 on :53 Desc 1-4	1:46
100	1 x 100 on 5:00 Loosen	5:00
	6:33 PM 4,100 Meters	

**Workout #2262 - Wednesday, 29 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:15 Drill & Swim	1:45
400	4 x 100 on 2:30 Kick, middle of each faster	2:30
400	8 x 50 on 1:05 Pull, Mix up efforts	2:10
	@@@@ Group Up @@@@@	
200	4 x 50 on 1:05 Find your paces	2:10
400	1 x 400 on 7:00 Neg Split	1:45
400	2 x 200 on 3:15 Desc 1-2	1:38
400	1 x 400 on 6:40 Neg Split	1:40
400	4 x 100 on 1:40 Desc 1-4	1:40
400	1 x 400 on 6:20 Neg Split!	1:35
400	8 x 50 on :53 Desc 1-4	1:46
100	1 x 100 on 5:00 Loosen	5:00
	6:33 PM 4,100 Meters	

**Workout #2342 - Wednesday, 29 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:15 Drill & Swim	1:45
400	4 x 100 on 2:30 Kick, middle of each faster	2:30
400	8 x 50 on 1:05 Pull, Mix up efforts	2:10
	@@@@ Group Up @@@@	
200	4 x 50 on 1:05 Find your paces	2:10
400	1 x 400 on 7:00 Neg Split	1:45
400	2 x 200 on 3:15 Desc 1-2	1:38
400	1 x 400 on 6:40 Neg Split	1:40
400	4 x 100 on 1:40 Desc 1-4	1:40
400	1 x 400 on 6:20 Neg Split!	1:35
400	8 x 50 on :53 Desc 1-4	1:46
100	1 x 100 on 5:00 Loosen	5:00
	6:33 PM 4,100 Meters	

**Workout #2671 - Wednesday, 29 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:15 Drill & Swim	1:45
400	4 x 100 on 2:30 Kick, middle of each faster	2:30
400	8 x 50 on 1:05 Pull, Mix up efforts	2:10
	@@@@ Group Up @@@@	
200	4 x 50 on 1:05 Find your paces	2:10
400	1 x 400 on 7:00 Neg Split	1:45
400	2 x 200 on 3:15 Desc 1-2	1:38
400	1 x 400 on 6:40 Neg Split	1:40
400	4 x 100 on 1:40 Desc 1-4	1:40
400	1 x 400 on 6:20 Neg Split!	1:35
400	8 x 50 on :53 Desc 1-4	1:46
100	1 x 100 on 5:00 Loosen	5:00
	6:33 PM 4,100 Meters	

**Workout #2772 - Wednesday, 29 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:15 Drill & Swim	1:45
400	4 x 100 on 2:30 Kick, middle of each faster	2:30
400	8 x 50 on 1:05 Pull, Mix up efforts	2:10
	@@@@ Group Up @@@@	
200	4 x 50 on 1:05 Find your paces	2:10
400	1 x 400 on 7:00 Neg Split	1:45
400	2 x 200 on 3:15 Desc 1-2	1:38
400	1 x 400 on 6:40 Neg Split	1:40
400	4 x 100 on 1:40 Desc 1-4	1:40
400	1 x 400 on 6:20 Neg Split!	1:35
400	8 x 50 on :53 Desc 1-4	1:46
100	1 x 100 on 5:00 Loosen	5:00
	6:33 PM 4,100 Meters	

**Workout #3197 - Wednesday, 29 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:15 Drill & Swim	1:45
400	4 x 100 on 2:30 Kick, middle of each faster	2:30
400	8 x 50 on 1:05 Pull, Mix up efforts	2:10
	@@@@ Group Up @@@@	
200	4 x 50 on 1:05 Find your paces	2:10
400	1 x 400 on 7:00 Neg Split	1:45
400	2 x 200 on 3:15 Desc 1-2	1:38
400	1 x 400 on 6:40 Neg Split	1:40
400	4 x 100 on 1:40 Desc 1-4	1:40
400	1 x 400 on 6:20 Neg Split!	1:35
400	8 x 50 on :53 Desc 1-4	1:46
100	1 x 100 on 5:00 Loosen	5:00
	6:33 PM 4,100 Meters	

**Workout #3335 - Wednesday, 29 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:15 Drill & Swim	1:45
400	4 x 100 on 2:30 Kick, middle of each faster	2:30
400	8 x 50 on 1:05 Pull, Mix up efforts	2:10
	@@@@ Group Up @@@@	
200	4 x 50 on 1:05 Find your paces	2:10
400	1 x 400 on 7:00 Neg Split	1:45
400	2 x 200 on 3:15 Desc 1-2	1:38
400	1 x 400 on 6:40 Neg Split	1:40
400	4 x 100 on 1:40 Desc 1-4	1:40
400	1 x 400 on 6:20 Neg Split!	1:35
400	8 x 50 on :53 Desc 1-4	1:46
100	1 x 100 on 5:00 Loosen	5:00
	6:33 PM 4,100 Meters	

**Workout #3501 - Wednesday, 29 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:15 Drill & Swim	1:45
400	4 x 100 on 2:30 Kick, middle of each faster	2:30
400	8 x 50 on 1:05 Pull, Mix up efforts	2:10
	@@@@ Group Up @@@@	
200	4 x 50 on 1:05 Find your paces	2:10
400	1 x 400 on 7:00 Neg Split	1:45
400	2 x 200 on 3:15 Desc 1-2	1:38
400	1 x 400 on 6:40 Neg Split	1:40
400	4 x 100 on 1:40 Desc 1-4	1:40
400	1 x 400 on 6:20 Neg Split!	1:35
400	8 x 50 on :53 Desc 1-4	1:46
100	1 x 100 on 5:00 Loosen	5:00
	6:33 PM 4,100 Meters	

**Workout #3665 - Wednesday, 29 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:15 Drill & Swim	1:45
400	4 x 100 on 2:30 Kick, middle of each faster	2:30
400	8 x 50 on 1:05 Pull, Mix up efforts	2:10
	@@@@ Group Up @@@@	
200	4 x 50 on 1:05 Find your paces	2:10
400	1 x 400 on 7:00 Neg Split	1:45
400	2 x 200 on 3:15 Desc 1-2	1:38
400	1 x 400 on 6:40 Neg Split	1:40
400	4 x 100 on 1:40 Desc 1-4	1:40
400	1 x 400 on 6:20 Neg Split!	1:35
400	8 x 50 on :53 Desc 1-4	1:46
100	1 x 100 on 5:00 Loosen	5:00
	6:33 PM 4,100 Meters	

**Workout #3852 - Wednesday, 29 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:15 Drill & Swim	1:45
400	4 x 100 on 2:30 Kick, middle of each faster	2:30
400	8 x 50 on 1:05 Pull, Mix up efforts	2:10
	@@@@ Group Up @@@@	
200	4 x 50 on 1:05 Find your paces	2:10
400	1 x 400 on 7:00 Neg Split	1:45
400	2 x 200 on 3:15 Desc 1-2	1:38
400	1 x 400 on 6:40 Neg Split	1:40
400	4 x 100 on 1:40 Desc 1-4	1:40
400	1 x 400 on 6:20 Neg Split!	1:35
400	8 x 50 on :53 Desc 1-4	1:46
100	1 x 100 on 5:00 Loosen	5:00
	6:33 PM 4,100 Meters	

**Workout #3938 - Wednesday, 29 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	2 x 300 on 5:15 Drill & Swim	1:45
400	4 x 100 on 2:30 Kick, middle of each faster	2:30
400	8 x 50 on 1:05 Pull, Mix up efforts	2:10
	@@@@ Group Up @@@@@	
200	4 x 50 on 1:05 Find your paces	2:10
400	1 x 400 on 7:00 Neg Split	1:45
400	2 x 200 on 3:15 Desc 1-2	1:38
400	1 x 400 on 6:40 Neg Split	1:40
400	4 x 100 on 1:40 Desc 1-4	1:40
400	1 x 400 on 6:20 Neg Split!	1:35
400	8 x 50 on :53 Desc 1-4	1:46
100	1 x 100 on 5:00 Loosen	5:00
6:33 PM 4,100 Meters		

**Workout #1221 - Thursday, 30 April 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	3 x 200 on 3:45 Swim & Drill	1:52
400	8 x 50 on 1:25 Kick, alt easy and fast	2:50
400	2 x 200 on 3:45 Pull, Desc 1-2	1:52
	\$\$\$\$ Group Up \$\$\$\$\$	
100	4 x 25 on :40 Fast Swim. FAST!!	2:40
1,600	2x{4 x 150 on 2:30 Desc 1-4	1:40
	{3 x 50 on 1:00 Desc 1-3	2:00
	{1 x 50 on 1:30 Loosen	3:00
6:08 PM 3,100 Meters		

**Workout #1236 - Monday, 04 May 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
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 :40 Kick: Evens Harder Effort	2:40
200	1 x 200 on 3:30 Swim: Steady/Stretch Out	1:45
	*****GROUP UP*****	
100	4 x 25 on :40 Speedy!	2:40
400	4 x 100 on 1:40 Descend 1-4	1:40
100	2 x 50 on 1:00 Even Pace	2:00
400	4 x 100 on 1:35 Descend 1-4	1:35
100	2 x 50 on 1:15 Even Pace	2:30
400	4 x 100 on 1:30 All Fast Swims	1:30
100	2 x 50 on 1:30 Even Pace	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
6:21 PM 3,200 Meters		

**Workout #1239 - Tuesday, 05 May 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:45 Swim: Even Pace	1:52
600	2 x 300 on 5:45 Pull: Last 100 of Each Faster	1:55
400	4 x 100 on 2:10 Kick: Middle 50 of Each Harder	2:10
	*****GROUP UP*****	
1,800	2x{2 x 150 on 2:25 Steady Then Last 50 Fast	1:37
	{3 x 50 on 1:00 Descend 1-3	2:00
	{2 x 150 on 2:35 50 Steady Then 100 Fast	1:43
	{3 x 50 on 1:00 Descend 1-3	2:00
100	1 x 100 on 5:00 Cool Down	5:00

6:10 PM 3,300 Meters

**Workout #1242 - Wednesday, 06 May 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim: Descend 1-2	1:55
400	1 x 400 on 7:20 Pull: Negative Split	1:50
400	2 x 200 on 4:00 Kick: In Each Alt 50 Mod, 50 Hard	2:00
	*****GROUP UP*****	
600	2 x 300 on 5:15 Descend 1-2 & Negative Split	1:45
300	6 x 50 on :55 1&2-Steady, 3&4-Fast, 5&6-Faster	1:50
600	2 x 300 on 5:05 Descend 1-2 & Negative Split	1:42
600	6 x 100 on 1:40 Descend 1-3, 4-6	1:40
600	2 x 300 on 4:55 Descend 1-2 & Negative Split	1:38
100	1 x 100 on 5:00 Cool Down	5:00

6:29 PM 4,200 Meters

**Workout #1245 - Thursday, 07 May 2015**  
**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 1:55 Pull: Hold a Good Even Pace	1:55
450	6 x 75 on 1:45 Kick: Descend 1-3, 4-6	2:20
	*****GROUP UP*****	
100	4 x 25 on :40 Fast Swims	2:40
1,800	2x{4 x 75 on 1:20 Descend 1-4	1:47
	{2 x 75 on 1:05 Fast Swims!	1:27
	{4 x 75 on 1:20 Descend 1-4	1:47
	{2 x 75 on 1:05 Fast Swims!	1:27
100	1 x 100 on 5:00 Cool Down	5:00

6:14 PM 3,450 Meters



**Workout #1224 - Monday, 11 May 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:20 Swim & Drill	1:50
600	8 x 75 on 1:25 Pull, faster last 25	1:53
400	2 x 200 on 5:00 Kick, mix up efforts	2:30
	----- Group Up -----	
750	10 x 75 on 1:30 Alt Easy and Fast	2:00
500	10 x 50 on 1:15 Alt Easy and Fast	2:30
250	10 x 25 on 1:00 All Fast - Go For It!!	4:00
100	1 x 100 on 5:00 Loosen	5:00
	6:19 PM 3,000 Meters	

**Workout #1227 - Tuesday, 12 May 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:30 Swim & Drill	1:45
400	4 x 100 on 1:50 Pull, Desc	1:50
450	6 x 75 on 2:00 Kick, mix efforts	2:40
	===== Group Up =====	
100	4 x 25 on :40 Fast!	2:40
200	2 x 100 on 1:45 Desc 1-2	1:45
400	4 x 100 on 1:40 Desc 1-4	1:40
600	6 x 100 on 1:35 Desc 1-3, 4-6	1:35
400	4 x 100 on 1:30 Desc 1-4	1:30
200	2 x 100 on 2:00 #1 Easier, #2 Fast!	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:19 PM 3,450 Meters	

**Workout #1230 - Wednesday, 13 May 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	8 x 50 on 1:00 Pull, Alt Easier & Faster	2:00
400	4 x 100 on 2:30 Kick, mix efforts	2:30
	+++++ Group Up +++++	
200	4 x 50 on 1:05 Desc 1-4	2:10
2,500	1x{12 x 100 on 1:40 Desc 1-4, 4-8, 9-12	1:40
	{1 x 50 on 1:20 Fast!	2:40
	{4 x 200 on 3:15 Desc 1-4	1:38
	{1 x 50 on 1:20 Fast!	2:40
	{1 x 400 on 6:15 Last one, fast one	1:34
100	1 x 100 on 5:00 Loosen	5:00
	6:26 PM 4,200 Meters	

**Workout #1233 - Thursday, 14 May 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:20 Swim & Drill	1:47
400	2 x 200 on 3:30 Pull, Desc 1-2	1:45
400	8 x 50 on 1:20 Kick, mix efforts	2:40
	Group Up	
100	4 x 25 on :40 Fast!	2:40
600	3 x 200 on 3:10 Desc 1-3	1:35
400	2 x 200 on 3:20 Desc 1-2	1:40
200	1 x 200 on 3:30 Fast	1:45
50	1 x 50 on 1:30 Loosen	3:00
200	1 x 200 on 4:00 Best of the day	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,050 Meters	

**Workout #1249 - Monday, 18 May 2015**  
**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 #1252 - Tuesday, 19 May 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
400	1 x 400 on 7:30 Swim/Drill Mix	1:52
500	2 x 250 on 4:45 Pull:100 Mod,100 Faster, 50 Fast	1:54
400	16 x 25 on :45 Every 3rd One is Fast!	3:00
	*****GROUP UP*****	
100	4 x 25 on :40 Mix Speeds Some FAST!!	2:40
1,600	2x{2 x 200 on 3:30 Descend 1-2	1:45
	{4 x 50 on :55 Descend 1-4	1:50
	{1 x 200 on 3:45 FAST SWIM! CHALLENGE YOURSELF!	1:52
100	1 x 100 on 5:00 Cool Down	5:00
	6:12 PM 3,100 Meters	

**Workout #1255 - Wednesday, 20 May 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 Swim: Mix Your Speed	1:48
400	4 x 100 on 1:45 Pull: Descend 1-4	1:45
450	6 x 75 on 1:50 Kick: Evens Faster	2:27
	*****GROUP UP*****	
600	1 x 600 on 10:15 Negative Split	1:42
600	2 x 300 on 5:00 Descend 1-2	1:40
600	3 x 200 on 3:20 Descend 1-3	1:40
600	4 x 150 on 2:30 Descend 1-4	1:40
500	5 x 100 on 1:35 1&2-Steady, 3&4-Faster, 5-Fastest	1:35
100	1 x 100 on 5:00 Cool Down	5:00
6:29 PM 4,350 Meters		

**Workout #1258 - Thursday, 21 May 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:45 #1-Steady, #2-Faster	1:55
400	1 x 400 on 7:15 Pull: Negative Split	1:49
400	2 x 200 on 4:00 Kick:2nd&4th 50 In Each 200 Hard	2:00
	*****GROUP UP*****	
100	4 x 25 on :40 Fast Swims	2:40
1,800	2x{3 x 50 on 1:00 Descend 1-3	2:00
	{2 x 150 on 2:20 Descend 1-2	1:33
	{3 x 50 on 1:00 Descend 1-3	2:00
	{2 x 150 on 2:20 Descend 1-2	1:33
100	1 x 100 on 5:00 Cool Down	5:00
6:12 PM 3,400 Meters		

**Workout #1271 - Monday, 25 May 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Swim & Drill	1:50
400	8 x 50 on 1:30 Kick, mix efforts	3:00
400	4 x 100 on 1:50 Pull, last 25 faster effort	1:50
	----- Group Up -----	
100	4 x 25 on :40 Fast	2:40
500	10 x 50 on 1:00 Odds easier, Evens Faster	2:00
50	1 x 50 on 1:30 Loosen	3:00
500	10 x 50 on :55 4 fast, 1 easy	1:50
50	1 x 50 on 1:30 Loosen	3:00
500	10 x 50 on :50 Desc 1-5, 6-10	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:21 PM 3,200 Meters		

**Workout #1267 - Tuesday, 26 May 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:40 Swim and Drill	1:50
450	6 x 75 on 1:25 Pull, mix efforts	1:53
400	4 x 100 on 2:30 Kick, include some fast efforts	2:30
	===== Group Up =====	
225	3 x 75 on 1:15 Desc 1-3	1:40
200	4 x 50 on 1:05 Desc 1-4	2:10
225	3 x 75 on 1:20 Desc 1-3	1:47
200	4 x 50 on 1:00 Desc 1-4	2:00
225	3 x 75 on 1:25 Desc 1-3	1:53
200	4 x 50 on :55 Desc 1-4	1:50
225	3 x 75 on 1:30 Desc 1-3	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:16 PM 3,050 Meters	

**Workout #1266 - Wednesday, 27 May 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	4 x 150 on 2:40 Swim and Drill	1:47
400	2 x 200 on 3:30 Pull, last 50 faster	1:45
450	6 x 75 on 2:00 Kick, last 25 faster	2:40
	~~~~~ Group Up ~~~~~	
100	4 x 25 on :40 Fast	2:40
1,000	2 x 500 on 8:20 Dec 1-2	1:40
900	3 x 300 on 5:00 Desc 1-3	1:40
800	8 x 100 on 1:40 Desc 1-4, 5-8	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:31 PM 4,350 Meters	

Workout #1262 - Thursday, 28 May 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Swim and Drill	1:50
400	4 x 100 on 2:30 Kick, mix efforts	2:30
400	4 x 100 on 1:50 Pull, mix efforts	1:50
	<<<<< Group Up >>>>>	
200	4 x 50 on 1:10 Desc 1-3, #4 Easier	2:20
1,200	1x{2 x 200 on 3:00 Steady	1:30
	{2 x 200 on 2:55 Steady	1:28
	{2 x 200 on 2:50 Steady	1:25
25	1 x 25 on 1:00 Loosen	4:00
200	1 x 200 on 5:00 Last one, fast one	2:30
100	1 x 100 on 5:00 Loosen	5:00
	6:10 PM 3,125 Meters	

Workout #1275 - Monday, 01 June 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:20 Steady:But Mix In Few Faster 25s	1:40
400	8 x 50 on :55 Pull: Descend 1-4, 5-8	1:50
400	16 x 25 on :40 Every 4th One Very Fast	2:40
100	1 x 100 on 2:00 Steady Swim	2:00
	*****GROUP UP*****	
100	4 x 25 on :40 Build Some Speed	2:40
1,900	2x{6 x 75 on 1:25 2 Fast, 1 Steady, Repeat	1:53
	{4 x 75 on 1:20 3 Fast, 1 Steady	1:47
	{2 x 75 on 1:15 FAST SWIMS!!!	1:40
	{1 x 50 on 1:30 Loosen	3:00
100	1 x 100 on 5:00 Cool Down	5:00

6:18 PM 3,400 Meters

Workout #1278 - Tuesday, 02 June 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:45 Mix of Swim and Drill	1:52
600	2 x 300 on 5:30 Pull: Descend 1-2	1:50
400	1 x 400 on 8:00 Kick:Steady Every 3rd 25 Faster	2:00
	~~~~~GROUP UP~~~~~	
100	4 x 25 on :40 Fast Swims!	2:40
400	4 x 100 on 1:45 Descend 1-4	1:45
200	2 x 100 on 1:40 Fast Swims	1:40
400	4 x 100 on 1:50 Descend 1-4	1:50
200	2 x 100 on 1:35 Faster Swims!	1:35
400	4 x 100 on 1:55 Descend 1-4	1:55
200	2 x 100 on 1:30 Fastest Swims!!!!	1:30
100	1 x 100 on 5:00 Cool Down	5:00

6:19 PM 3,400 Meters

**Workout #1284 - Wednesday, 03 June 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:30 Descend 1-3	1:50
400	1 x 400 on 7:00 Pull: Each 100 Faster	1:45
400	2 x 200 on 4:30 Kick: Alt Easy/Faster by 50's	2:15
	~~~~~GROUP UP~~~~~	
2,800	2x{1 x 400 on 6:30 Steady Swim	1:38
	{2 x 200 on 3:20 Descend 1-2	1:40
	{1 x 400 on 6:45 Negative Split	1:41
	{4 x 50 on :55 Descend 1-4	1:50
100	1 x 100 on 5:00 Cool Down	5:00

6:24 PM 4,300 Meters

Workout #1287 - Thursday, 04 June 2015
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 1:50 Pull:Middle 50 of Each Sw Harder	1:50
450	6 x 75 on 1:50 Kick: Evens Harder	2:27
	*****GROUP UP*****	
100	4 x 25 on :40 Mix Speed-At Least 2 Fast	2:40
500	2 x 250 on 4:15 200 Steady, Last 50 Fast	1:42
500	2 x 250 on 4:05 150 Steady, Last 100 Fast	1:38
500	2 x 250 on 3:55 150 Steady, 150 Fast	1:34
100	1 x 100 on 5:00 Cool Down	5:00
	6:11 PM 3,150 Meters	

Workout #1302 - Monday, 08 June 2015
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	8 x 50 on 1:15 Kick, evens faster	2:30
400	4 x 100 on 1:50 Pull, Desc	1:50
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
1,400	1x{1 x 100 on 2:30 Easy/Steady	2:30
	{4 x 100 on 2:15 RACE SPEED	2:15
	{1 x 100 on 2:30 Easy/Steady	2:30
	{3 x 100 on 2:15 RACE SPEED	2:15
	{1 x 100 on 2:30 Easy/Steady	2:30
	{2 x 100 on 2:15 RACE SPEED	2:15
	{1 x 100 on 2:30 Easy/Steady	2:30
	{1 x 100 on 2:30 RACE SPEED	2:30
100	1 x 100 on 5:00 Loosen	5:00
	6:15 PM 3,000 Meters	

Workout #1305 - Tuesday, 09 June 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:40 Mix swim/drill & Desc	1:50
400	4 x 100 on 2:30 kick, last 25 faster	2:30
450	6 x 75 on 1:20 Pull, mix efforts	1:47
	===== Group Up =====	
200	4 x 50 on 1:05 Desc 1-4	2:10
450	3 x 150 on 2:30 Desc 1-3	1:40
450	3 x 150 on 2:40 Desc 1-3	1:47
450	3 x 150 on 2:50 Desc 1-3	1:53
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,100 Meters	

Workout #1308 - Wednesday, 10 June 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Swim and drill & mix effort	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	2:40
	***** Group Up *****	
200	4 x 50 on 1:05 desc 1-4	2:10
1,200	4 x 300 on 4:45 Desc 1-4	1:35
800	4 x 200 on 3:15 Desc 1-4	1:38
400	4 x 100 on 1:45 Desc 1-4	1:45
100	1 x 100 on 5:00 Loosen	5:00
6:27 PM 4,150 Meters		

Workout #1311 - Thursday, 11 June 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 7:00 Swim & Drill	1:45
400	4 x 100 on 2:30 kick, mix efforts	2:30
600	6 x 100 on 1:50 Pull, Desc	1:50
	##### 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
6:09 PM 3,200 Meters		

Workout #1360 - Sunday, 14 June 2015
Masters - Blue
1 minute 15 seconds rest between sets

5:00 AM Start		
Meters	Set Description	PACE
=====	=====	=====
600	1 x 600 on 13:00 Swim, Kick, Pull as Desired	2:10
450	6 x 75 on 1:50 25 fly kick + 50 free swim	2:27
300	6 x 50 on 1:00 Pull, -1 Stroke/50	2:00
	1 on 5:00 bathroom & group up	
200	4 x 50 on 1:15 Kick, mix speeds as desired	2:30
400	8 x 50 on 1:20 Stroke as 25 Fast Swim, 25 Drill	2:40
	1 on 1:00 Rest	
	Below kick set - aim to go as fast as you can	
400	8 x 50 on 1:15 Kick, Board OK, FAST	2:30
100	1 x 100 on 3:00 Loosen / Bathroom	3:00
1,200	12 x 100 on 1:30 Free Odds Faster	1:30
900	12 x 75 on 1:15 Free, Every 3rd Faster	1:40
600	12 x 50 on :55 Free, Every 4th Faster	1:50
300	12 x 25 on :30 Free, Every 5th Faster	2:00
200	1 x 200 on 4:00 Cool Down	2:00
	7:20 AM 5,650 Meters	

Workout #1361 - Sunday, 14 June 2015
Masters - Blue
1 minute rest between sets

5:00 AM Start		
Meters	Set Description	PACE
=====	=====	=====
800	1 x 800 on 14:00 Easy Swim/Pull	1:45
400	8 x 50 on 1:15 Kick IM Order, Board OK	2:30
400	8 x 50 on 1:00 Desc 1-4, 5-8	2:00
100	4 x 25 on :45 Fast	3:00
	1 on 5:00 bathroom	
400	4 x 100 on 1:50 25 Stroke + 75 Free	1:50
1,500	1x{6 x 50 on 1:05 free	2:10
	{6 x 50 on 1:00 free	2:00
	{6 x 50 on :55 free	1:50
	{6 x 50 on :50 free	1:40
	{6 x 50 on :45 free	1:30
100	1 x 100 on 3:00 Loosen	3:00
1,000	8 x 125 on 2:20 75 IM + 50 Free	1:52
100	1 x 100 on 3:00 Loosen	3:00
400	1 x 400 on 10:00 Best effort 400 Freestyle	2:30
100	1 x 100 on 5:00 Loosen	5:00
	7:06 AM 5,300 Meters	

Workout #1362 - Sunday, 14 June 2015
Masters - Blue
1 minute rest between sets

5:00 AM Start

Meters	Set Description	PACE
500	1 x 500 on 8:30 Swim 1st 25 of each 100=Drill	1:42
500	1 x 500 on 8:30 Pull no pddls, BE 3/5 @ 50	1:42
400	4 x 100 on 2:30 Kick, no board, 100 IM Order	2:30
200	8 x 25 on :55 alt free/stroke @ 25, all fast	3:40
200	1 x 200 on 8:00 Easy swim + break	4:00
300	6 x 50 on 1:30 Stroke-Fast Effort!	3:00
200	4 x 50 on 1:05 Loosen	2:10
3,000	1x{2 x 500 on 8:30 Free neg split	1:42
	{2 x 400 on 7:00 First 100 = IM	1:45
	{2 x 300 on 5:15 Free neg split	1:45
	{2 x 200 on 3:30 1st 100 = IM	1:45
	{2 x 100 on 2:00 Fast Free to the Finish	2:00
	6:58 AM 5,300 Meters	

Workout #1363 - Sunday, 14 June 2015
Masters - Blue
1 minute rest between sets

5:00 AM Start

Meters	Set Description	PACE
600	1 x 600 on 11:00 10' Easy Swim	1:50
400	8 x 50 on 1:00 Descend 1-4, 5-8	2:00
400	8 x 50 on 1:20 Kick IM Order, Board OK	2:40
800	8 x 100 on 2:00 Steady, choice	2:00
	1 on 6:00 -- bathroom & group up --	
2,100	2x{1 x 400 on 6:30 1st 100 = 100 IM	1:38
	{8 x 50 on 1:15 Mod: 1-4= free, 5-8= stroke	2:30
	{1 x 50 on 1:30 loosen	3:00
	{2 x 75 on 2:30 Fast, #1=Stroke, #2=Free	3:20
	{1 x 50 on 1:00 loosen (start early!)	2:00
	1 on :30 rest	
300	6 x 50 on :45 Free, Strong & Steady	1:30
	1 on :30 rest	
200	4 x 50 on :43 Free, Strong & Steady	1:26
	1 on :30 rest	
100	2 x 50 on :41 Strong & Steady	1:22
	1 on :30 rest	
50	1 x 50 on 2:00 BEST EFFORT	4:00
300	1 x 300 on 5:00 Loosen	1:40
	7:06 AM 5,250 Meters	

Workout #1324 - Monday, 15 June 2015
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
600	4 x 150 on 2:50 Pull:1&3=Steady, 2&4=Harder	1:53
400	1 x 400 on 8:00 Kick: Every Other 50 Harder	2:00
	*****GROUP UP*****	
1,600	2x{8 x 25 on :40 Evens Faster!	2:40
	{2 x 75 on 1:20 Middle 25 Is FAST!!!	1:47
	{8 x 25 on :35 Evens Faster!	2:20
	{2 x 75 on 1:20 Middle 25 Is FAST!!!	1:47
	{4 x 25 on :30 MAX EFFORT	2:00
100	1 x 100 on 5:00 Cool Down	5:00
6:12 PM 3,100 Meters		

Workout #1327 - Tuesday, 16 June 2015
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
600	12 x 50 on :55 Pull: Descend 1-4, 5-8, 9-12	1:50
400	16 x 25 on :45 Kick: Every 3rd One = Very Fast	3:00
	*****GROUP UP*****	
100	4 x 25 on :40 Fast Swims	2:40
400	4 x 100 on 1:45 2 & 4 = FAST!!!	1:45
200	4 x 50 on 1:00 2 & 4 = FAST!!!	2:00
400	4 x 100 on 1:55 2 & 4 = FAST!!!!	1:55
200	4 x 50 on 1:00 2 & 4 = FAST!!!	2:00
400	4 x 100 on 2:05 2 & 4 = FAST!!!	2:05
100	1 x 100 on 5:00 Cool Down	5:00
6:19 PM 3,200 Meters		

Workout #1330 - Wednesday, 17 June 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 Steady Swim/Mix in Drills	1:48
500	5 x 100 on 1:50 Pull: Harder on 2 & 4	1:50
450	6 x 75 on 1:40 Kick: Middle 25 Of Each Hard	2:13
	~~~~~GROUP UP ~~~~~	
2,900	1x{4 x 50 on 1:00 Descend 1-4	2:00
	{5 x 100 on 1:40 Descend 1-5	1:40
	{1 x 500 on 8:00 Negative Split	1:36
	{2 x 250 on 4:10 Descend 1-2	1:40
	{1 x 500 on 8:00 Negative Split	1:36
	{5 x 100 on 1:40 Descend 1-5	1:40
	{4 x 50 on 1:00 Descend 1-4, Last 2 = Fast 2	2:00
100	1 x 100 on 5:00 Cool Down	5:00
6:27 PM 4,450 Meters		

**Workout #1333 - Thursday, 18 June 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 6:00 Swim/Drill Mix	2:00
400	1 x 400 on 7:15 Pull: Swim Some 50's Harder	1:49
400	2 x 200 on 4:15 Kick: Easier & Faster by 50's	2:08
	*****GROUP UP*****	
100	4 x 25 on :40 Fast Swims!	2:40
400	2 x 200 on 3:00 Steady	1:30
200	2 x 100 on 1:45 Descend 1-2	1:45
400	2 x 200 on 3:10 Steady	1:35
200	2 x 100 on 1:40 Descend 1-2	1:40
400	2 x 200 on 3:20 Negative Split	1:40
200	2 x 100 on 1:35 Fast Swims	1:35
100	1 x 100 on 5:00 Cool Down	5:00
6:19 PM 3,400 Meters		

**Workout #1378 - Monday, 22 June 2015**  
**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 #1381 - Tuesday, 23 June 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 7:00 Swim & Drill	1:45
600	6 x 100 on 1:50 Pull, mix efforts	1:50
400	8 x 50 on 1:20 Kick, alt easy/fast	2:40
	===== Group Up =====	
200	4 x 50 on 1:05 Desc 1-4	2:10
1,500	4x{1 x 25 on 1:30 Loosen	6:00
	{1 x 200 on 3:15 Faster each round	1:38
	{3 x 50 on 1:05 Get FAST!!!!	2:10
100	1 x 100 on 5:00 Loosen	5:00
6:16 PM 3,200 Meters		

**Workout #1384 - Wednesday, 24 June 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:20 Mix swim and drill	1:47
400	4 x 100 on 2:30 Kick, blast the last 25	2:30
450	6 x 75 on 1:20 Pull, faster last 25	1:47
----- Group Up -----		
200	4 x 50 on 1:00 Desc 1-4	2:00
600	1 x 600 on 9:10 Neg Split	1:32
600	3 x 200 on 3:20 Desc 1-3	1:40
600	4 x 150 on 2:40 Desc 1-4	1:47
600	6 x 100 on 1:55 Desc 1-3, 4-6	1:55
100	1 x 100 on 5:00 Loosen	5:00
6:29 PM 4,150 Meters		

**Workout #1387 - Thursday, 25 June 2015**  
**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
400	8 x 50 on 1:00 Pull, Desc the set	2:00
450	6 x 75 on 1:40 Kick, mix efforts	2:13
~~~~~ Group Up ~~~~~		
100	4 x 25 on :40 Fast!	2:40
450	3 x 150 on 2:30 Steady	1:40
450	3 x 150 on 2:40 Desc 1-3	1:47
450	3 x 150 on 2:50 Desc 1-3	1:53
25	1 x 25 on 1:00 Loosen	4:00
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 3,175 Meters		

Workout #1400 - Monday, 29 June 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim: Descend 1-2	1:55
400	1 x 400 on 7:30 Pull: Steady	1:52
400	8 x 50 on 1:05 Kick: Mix Speeds-Some Fast	2:10
~~~~~GROUP UP~~~~~		
100	4 x 25 on :40 Build Some Speed	2:40
1,600	2x{8 x 50 on 1:00 Descend 1-4, 5-8	2:00
	{2 x 50 on 1:15 Steady Swims	2:30
	{4 x 50 on :50 Fast Swims!	1:40
	{2 x 50 on 1:15 Steady Swims	2:30
100	2 x 50 on 1:30 Best Effort!	3:00
100	1 x 100 on 5:00 Cool Down	5:00
6:19 PM 3,300 Meters		

**Workout #1403 - Tuesday, 30 June 2015**  
**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 1:55 Pull: Odds Steady, Evens Faster	1:55
450	6 x 75 on 1:50 Kick: Middle 25 of Each Fast	2:27
	*****GROUP UP*****	
100	4 x 25 on :40 Fast Swims	2:40
600	8 x 75 on 1:35 Descend 1-4, 5-8	2:07
450	6 x 75 on 1:25 Descend 1-3, 4-6	1:53
300	4 x 75 on 1:15 Descend 1-4	1:40
150	2 x 75 on 1:05 Fast Swims!	1:27
25	1 x 25 on 1:30 Loosen/Easy Swim	6:00
75	1 x 75 on 2:00 Best Effort	2:40
100	1 x 100 on 5:00 Cool Down	5:00
	6:22 PM 3,250 Meters	

**Workout #1409 - Wednesday, 01 July 2015**  
**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
600	2 x 300 on 5:45 Pull: Descend 1-2	1:55
400	4 x 100 on 2:00 Kick: Middle 50 of Each Faster	2:00
	*****GROUP UP*****	
200	4 x 50 on 1:00 Descend 1-4	2:00
2,600	2x{3 x 100 on 1:40 Descend 1-3	1:40
	{2 x 250 on 4:05 Descend 1-2	1:38
	{1 x 500 on 8:00 Negative Split	1:36
100	1 x 100 on 5:00 Cool Down	5:00
	6:25 PM 4,300 Meters	

**Workout #1412 - Thursday, 02 July 2015**  
**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
500	10 x 50 on :55 Pull: Evens Harder	1:50
300	12 x 25 on :40 Kick: Every 3rd One Fast	2:40
200	1 x 200 on 3:15 Steady Swim	1:38
	*****GROUP UP*****	
400	2 x 200 on 3:00 Steady	1:30
200	2 x 100 on 1:40 Descend 1-2	1:40
400	2 x 200 on 3:05 Steady	1:32
200	2 x 100 on 1:40 Descend 1-2	1:40
400	2 x 200 on 3:10 Steady	1:35
200	2 x 100 on 1:40 Descend 1-2	1:40
200	1 x 200 on 4:00 Last One, Fast One	2:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:21 PM 3,500 Meters	

**Workout #1429 - Monday, 06 July 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
	Aquathlon Monday Night!	
600	3 x 200 on 3:45 Mix swim & Drill	1:52
400	8 x 50 on 1:15 kick, mix speeds	2:30
400	4 x 100 on 1:50 Pull, Desc	1:50
	==== Group Up =====	
100	4 x 25 on :40 Fast!	2:40
25	1 x 25 on 1:00 Loosen	4:00
450	6 x 75 on 1:30 Fast!	2:00
25	1 x 25 on 1:00 Loosen	4:00
450	6 x 75 on 1:50 Fast!	2:27
25	1 x 25 on 1:00 Loosen	4:00
450	6 x 75 on 2:10 Fast!	2:53
100	1 x 100 on 5:00 Loosen	5:00
	6:24 PM 3,025 Meters	

**Workout #1539 - Monday, 06 July 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 4:00 Swim mix in drills	2:00
400	8 x 50 on 1:00 Pull	2:00
400	8 x 50 on 1:00 Kick	2:00
	====group up====	
300	6 x 50 on 1:00 Dec 1-3, 4-6	2:00
200	8 x 25 on :40 FAST FAST FAST	2:40
300	6 x 50 on 1:00 Dec 1-3, 4-6	2:00
200	8 x 25 on :35 FAST FAST FAST	2:20
300	6 x 50 on 1:00 Dec 1-3, 4-6	2:00
200	8 x 25 on :30 FAST FAST FAST	2:00
300	6 x 50 on 1:00 Dec 1-3, 4-6	2:00
100	1 x 100 on 5:00 Cool down	5:00
	6:22 PM 3,300 Meters	

**Workout #1432 - Tuesday, 07 July 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Swim & Drill	1:50
400	4 x 100 on 2:30 kick. last 25 always fast!!!!	2:30
450	6 x 75 on 1:25 Pull, last 25 faster!	1:53
	----- Group Up -----	
1,800	1x{3 x 100 on 1:45 Steady	1:45
	{2 x 100 on 1:40 Faster	1:40
	{1 x 100 on 2:05 Fastest	2:05
	{3 x 100 on 1:40 Steady	1:40
	{2 x 100 on 1:35 Faster	1:35
	{1 x 100 on 2:00 Fastest	2:00
	{3 x 100 on 1:35 Steady	1:35
	{2 x 100 on 1:30 Faster	1:30
	{1 x 100 on 1:25 Fastest	1:25
100	1 x 100 on 5:00 Loosen	5:00
6:09 PM 3,350 Meters		

**Workout #1542 - Tuesday, 07 July 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:55 Swim mix in drills	1:58
300	2 x 150 on 3:10 Pull	2:07
400	4 x 100 on 2:10 Kick	2:10
	===group up===	
200	4 x 50 on 1:00 Build speed	2:00
400	4 x 100 on 1:45 Dec 1-4	1:45
200	4 x 50 on 1:00 Dec 1-4	2:00
400	4 x 100 on 1:40 Dec 1-4	1:40
200	4 x 50 on 1:00 Dec 1-4	2:00
400	4 x 100 on 1:35 Dec 1-4	1:35
200	4 x 50 on 1:00 FAST	2:00
100	1 x 100 on 5:00 cool down	5:00
6:20 PM 3,400 Meters		

**Workout #1435 - Wednesday, 08 July 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
800	8 x 100 on 1:45 Swim & Drill Mix	1:45
450	6 x 75 on 1:40 Kick as desired	2:13
400	8 x 50 on 1:00 Pull, Desc!	2:00
	***** Group Up *****	
200	4 x 50 on 1:00 Desc 1-4, get going!	2:00
1,700	2x{1 x 400 on 6:30 Negative Split it	1:38
	{6 x 50 on 1:05 Desc to faster pace than above	2:10
	{6 x 25 on :30 Fast Pace, Not Sprint	2:00
50	1 x 50 on 1:30 Loosen	3:00
400	1 x 400 on 7:00 Best Effort	1:45
100	1 x 100 on 5:00 Loosen	5:00
6:29 PM 4,100 Meters		

**Workout #1545 - Wednesday, 08 July 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	2 x 300 on 5:40 Swim mix in drills	1:53
400	4 x 100 on 2:10 pull	2:10
300	6 x 50 on 1:00 Kick	2:00
	===group up===	
400	4 x 100 on 1:45 Set pace	1:45
800	2 x 400 on 6:45 Dec 1-2	1:41
400	4 x 100 on 1:45 Dec 1-4	1:45
800	2 x 400 on 6:40 Dec 1-2	1:40
400	4 x 100 on 1:45 Sprint last 50	1:45
100	1 x 100 on 5:00 cool down	5:00
6:29 PM 4,200 Meters		

**Workout #1438 - Thursday, 09 July 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
400	2 x 200 on 3:45 Swim & Drill	1:52
600	6 x 100 on 1:50 Pull, mix efforts	1:50
400	4 x 100 on 2:20 Kick, mix efforts	2:20
	##### group Up #####	
100	4 x 25 on :40 Speedy!!!!	2:40
1,000	4 x 250 on 4:30 Last 50 Max Speed	1:48
600	4 x 150 on 2:30 Last 50 Max Speed	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:11 PM 3,200 Meters		



**Workout #1548 - Thursday, 09 July 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	2 x 250 on 5:00 Swim mix in drills	2:00
400	4 x 100 on 2:00 Pull	2:00
450	6 x 75 on 1:30 Kick	2:00
	===group up===	
100	4 x 25 on :40 build speed	2:40
400	2 x 200 on 3:10 Dec 1-2, negative split	1:35
200	2 x 100 on 1:40 Dec 1-2	1:40
100	4 x 25 on :40 Dec 1-4	2:40
400	2 x 200 on 3:20 Dec 1-2, negative split	1:40
200	2 x 100 on 1:40 Dec 1-2,	1:40
100	4 x 25 on :40 steady	2:40
400	2 x 200 on 4:00 Best effort	2:00
100	1 x 100 on 5:00 cool down	5:00
6:22 PM 3,350 Meters		

**Workout #1441 - Monday, 13 July 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:45 Swim: Descend 1-2	1:52
600	2 x 300 on 5:45 Pull: Steady	1:55
400	4 x 100 on 2:00 Kick: 1st&3rd 25 Harder	2:00
	*****GROUP UP*****	
100	4 x 25 on :40 Mix/Build Speed	2:40
1,600	2x{2 x 50 on 1:00 #1-Moderate, #2 - Fast!	2:00
	{4 x 100 on 1:45 Descend 1-4	1:45
	{2 x 50 on 1:00 #1- Moderate, #2=Fast!	2:00
	{2 x 100 on 2:00 Two Fast Swims	2:00
50	1 x 50 on 1:30 Loosen Swim	3:00
100	1 x 100 on 3:00 Best Effort!	3:00
100	1 x 100 on 5:00 Cool Down	5:00
6:18 PM 3,350 Meters		

**Workout #1444 - Tuesday, 14 July 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 7:00 Mix Swim & Drills	1:45
400	8 x 50 on :55 Pull: Descend 1-4, 5-8	1:50
400	16 x 25 on :40 Kick: Every 4th = 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
300	2 x 150 on 2:30 Descend 1-2	1:40
300	6 x 50 on 1:00 Descend 1-3, 4-6	2:00
300	2 x 150 on 2:40 Descend 1-2	1:47
300	6 x 50 on 1:00 Descend 1-3, 4-6	2:00
300	2 x 150 on 2:50 Descend 1-2, #2=Fast!	1:53
100	1 x 100 on 5:00 Cool Down	5:00
	6:17 PM 3,100 Meters	

**Workout #1475 - Wednesday, 15 July 2015**  
**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 1:05 Pull: Descend 1-4, 5-8	2:10
400	16 x 25 on :45 Kick: Every 4th one is FAST!	3:00
	*****GROUP UP*****	
3,000	2x{6 x 50 on 1:00 Descend 1-3, 4-6	2:00
	{2 x 300 on 4:50 Negative Split Both Swims	1:37
	{6 x 100 on 1:40 Descend 1-3, 4-6	1:40
100	1 x 100 on 5:00 Loosen/Cool Down	5:00
	6:29 PM 4,300 Meters	

**Workout #1478 - Thursday, 16 July 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 4:00 Mix of Swim and Drill	2:00
600	2 x 300 on 5:30 Pull: Descend 1-2	1:50
400	4 x 100 on 2:15 Kick: Descend 1-4	2:15
	~~~~~GROUP UP~~~~~	
100	4 x 25 on :40 Get Up And GO!	2:40
300	4 x 75 on 1:20 Strong and Steady	1:47
225	3 x 75 on 1:15 Descend 1-3	1:40
150	2 x 75 on 1:10 Strong Swims	1:33
75	1 x 75 on 1:05 Fast Swim!!!	1:27
150	2 x 75 on 1:10 Strong Swims	1:33
225	3 x 75 on 1:15 Descend 1-3	1:40
300	4 x 75 on 1:20 Descend 1-4	1:47
50	1 x 50 on 1:30 Loosen	3:00
75	1 x 75 on 2:00 Last One, FAST ONE!!!!!!!	2:40
100	1 x 100 on 5:00 Cool Down	5:00
	6:21 PM 3,150 Meters	

Workout #1454 - Monday, 20 July 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:40 Mix swim and drill	1:50
400	8 x 50 on 1:30 Kick, Mix speeds	3:00
450	6 x 75 on 1:20 Pull, last 25 Faster	1:47
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
1,600	4x{2 x 100 on 1:40 Desc 1-2	1:40
	{6 x 25 on :35 Hold best pace from above	2:20
	{1 x 50 on 1:30 Loosen	3:00
6:12 PM 3,150 Meters		

Workout #1457 - Tuesday, 21 July 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Mix swim & Drill	1:50
400	4 x 100 on 1:50 Pull, Neg Split	1:50
450	6 x 75 on 1:40 Last 25 faster	2:13
	===== Group Up =====	
100	4 x 25 on :40 Fast!	2:40
1,550	1x{2 x 100 on 1:45 Steady	1:45
	{2 x 100 on 1:40 Steady	1:40
	{1 x 100 on 1:35 Steady	1:35
	{1 x 25 on 1:00 easy	4:00
	{2 x 100 on 1:40 Steady	1:40
	{2 x 100 on 1:35 Steady	1:35
	{1 x 100 on 1:30 Steady	1:30
	{1 x 25 on 1:00 easy	4:00
	{2 x 100 on 1:35 Steady	1:35
	{2 x 100 on 1:30 Steady	1:30
	{1 x 100 on 1:25 Steady	1:25
100	1 x 100 on 5:00 Loosen	5:00
6:08 PM 3,200 Meters		

Workout #1460 - Wednesday, 22 July 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Mix swim and drill	1:50
400	4 x 100 on 2:30 kick, last 25 faster	2:30
400	8 x 50 on 1:00 Pull, desc	2:00
	----- Group Up -----	
200	4 x 50 on 1:05 Desc 1-4	2:10
800	2 x 400 on 6:20 Desc 1-2	1:35
400	2 x 200 on 3:20 Desc 1-2	1:40
800	2 x 400 on 6:10 Desc 1-2	1:32
400	4 x 100 on 1:40 Desc 1-4	1:40
100	1 x 100 on 5:00 loosen	5:00
6:27 PM 4,100 Meters		

Workout #1463 - Thursday, 23 July 2015
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
500	10 x 50 on 1:00 Swim and drill	2:00
400	2 x 200 on 3:40 Pull, Neg Split	1:50
400	8 x 50 on 1:25 Kick, evens faster	2:50
	///// Group Up \\\	
100	4 x 25 on :40 Fast!	2:40
400	2 x 200 on 3:20 Desc 1-2	1:40
400	2 x 200 on 3:10 Desc 1-2	1:35
400	2 x 200 on 3:00 Desc 1-2	1:30
400	2 x 200 on 3:30 Desc 1-2, #2 is KABOOM!	1:45
100	1 x 100 on 5:00 Loosen	5:00
6:13 PM 3,100 Meters		

Workout #1493 - Monday, 27 July 2015
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 #1496 - Tuesday, 28 July 2015
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
500	1 x 500 on 10:00 Mix of Swim and Drill	2:00
400	4 x 100 on 1:45 Pull: Descend 1-4	1:45
450	6 x 75 on 1:40 Kick: Descend 1-3, 4-6	2:13
	*****GROUP UP*****	
100	4 x 25 on :40 Fast Swims	2:40
400	2 x 200 on 3:30 Steady	1:45
200	1 x 200 on 4:00 Fast Swim	2:00
400	2 x 200 on 3:40 Steady	1:50
200	1 x 200 on 4:00 Faster Swim	2:00
400	2 x 200 on 3:50 Steady	1:55
200	1 x 200 on 4:00 Fastest Swim!!!!	2:00
100	1 x 100 on 5:00 Cool Down	5:00
6:20 PM 3,350 Meters		

Workout #1499 - Wednesday, 29 July 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 4:00 Steady Swims/Drill	2:00
600	2 x 300 on 5:45 Pull: Negative Split	1:55
400	4 x 100 on 2:00 Kick: Even Laps=Faster	2:00
	~~~~~GROUP UP~~~~~	
2,800	2x{4 x 50 on :55 Steady Swims	1:50
	{1 x 600 on 9:30 Negative Split	1:35
	{1 x 300 on 5:15 Steady Swim	1:45
	{6 x 50 on :50 1&2-Steady, 3&4-Moder, 5&6-Fast	1:40
100	1 x 100 on 5:00 Cool Down	5:00
6:24 PM 4,300 Meters		

**Workout #1502 - Thursday, 30 July 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 #1&2 - Steady, #3 - Faster	1:45
400	8 x 50 on :55 Pull: Descend 1-4, 5-8	1:50
400	16 x 25 on :40 Kick: 3,6,9,12 & 15 =FAST!!	2:40
	*****GROUP UP*****	
100	4 x 25 on :40 Mix your speed	2:40
300	2 x 150 on 2:30 #1-Steady, #2-Hard	1:40
300	4 x 75 on 1:20 #1&2-Steady, #3&4-Hard	1:47
300	2 x 150 on 2:25 #1-Steady, #2-Hard	1:37
300	4 x 75 on 1:20 #1&2-Steady, #3&4-Hard	1:47
300	2 x 150 on 2:20 Last Two Fast Two	1:33
100	1 x 100 on 5:00 Cool Down	5:00
6:14 PM 3,100 Meters		

**Workout #1506 - Monday, 03 August 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Swim & Drill	1:50
400	4 x 100 on 1:50 Pull, Desc	1:50
450	6 x 75 on 1:40 Kick, last 25 faster	2:13
	----- Group Up -----	
400	8 x 50 on 1:00 25 Fast, 25 Easy	2:00
200	2 x 100 on 2:15 Desc 1-2	2:15
400	8 x 50 on 1:00 25 Easy, 25 Fast	2:00
200	2 x 100 on 2:15 Desc 1-2	2:15
400	8 x 50 on 1:15 All Fast	2:30
100	1 x 100 on 5:00 Loosen	5:00
6:18 PM 3,150 Meters		

**Workout #1509 - Tuesday, 04 August 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Mix swim & drill	1:45
400	8 x 50 on 1:00 Pull, Desc	2:00
400	4 x 100 on 2:30 Kick, Desc	2:30
	***** Group Up *****	
200	4 x 50 on 1:05 Fast!	2:10
150	2 x 75 on 1:40 Desc	2:13
300	4 x 75 on 1:30 Desc	2:00
450	6 x 75 on 1:20 Desc	1:47
300	4 x 75 on 1:10 Desc	1:33
50	1 x 50 on 1:30 Loosen	3:00
150	2 x 75 on 2:00 Best of the day	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:18 PM 3,100 Meters	

**Workout #1512 - Wednesday, 05 August 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	4 x 100 on 2:00 Mix swim & drill	2:00
450	6 x 75 on 1:20 Pull, last 25 faster	1:47
400	8 x 50 on 1:20 Kick, mix efforts	2:40
	===== Group Up =====	
100	4 x 25 on :40 Fast!	2:40
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 5:00 Desc 1-2	1:40
400	2 x 200 on 3:30 Desc 1-2	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:29 PM 4,250 Meters	

**Workout #1515 - Thursday, 06 August 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	1 x 600 on 11:00 Mix swim & drill	1:50
400	4 x 100 on 1:50 Pull, Desc	1:50
400	4 x 100 on 2:30 Kick, last 25 FAST	2:30
	##### Group Up #####	
100	4 x 25 on :40 Fast!	2:40
1,800	1x{1 x 200 on 3:20 Steady	1:40
	{3 x 200 on 3:05 Fast Pace	1:32
	{1 x 200 on 3:20 Steady	1:40
	{2 x 200 on 3:05 Fast Pace	1:32
	{1 x 200 on 3:20 Steady	1:40
	{1 x 200 on 3:05 Fast Pace	1:32
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,400 Meters	

**Workout #1518 - Monday, 10 August 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	2 x 250 on 5:00 Last 50 = Drill	2:00
500	5 x 100 on 1:50 Pull: Middle 50 of Each Harder	1:50
450	6 x 75 on 1:40 Kick: Middle 25 = Fast	2:13
	*****GROUP UP*****	
100	4 x 25 on :40 Fast Swims	2:40
300	4 x 75 on 1:20 Descend 1-4	1:47
	75 3 x 25 on :45 Steady and Smooth	3:00
300	4 x 75 on 1:10 Fast Swims	1:33
	75 3 x 25 on :45 Steady and Smooth	3:00
300	4 x 75 on 1:20 Descend 1-4	1:47
	75 3 x 25 on :45 Steady and Smooth	3:00
300	4 x 75 on 1:10 Fast Swims	1:33
	75 3 x 25 on :45 Steady and Smooth	3:00
150	2 x 75 on 2:00 Best of the Day	2:40
100	1 x 100 on 5:00 Coold Down	5:00
	6:29 PM 3,300 Meters	

**Workout #1521 - Tuesday, 11 August 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:45 Steady, Mix in Drills As Desired	1:55
400	1 x 400 on 7:00 Pull: Negative Split	1:45
400	2 x 200 on 4:30 Kick: Alt Easier & Harder by 25s	2:15
	*****GROUP UP*****	
100	4 x 25 on :40 Mix Your Speed	2:40
1,400	2x{2 x 100 on 1:40 Steady	1:40
	{2 x 100 on 1:35 Pick It Up	1:35
	{2 x 100 on 1:30 Fast Swims	1:30
	{1 x 100 on 2:30 Steady	2:30
100	1 x 100 on 3:00 Best Swim of the Day	3:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:09 PM 3,100 Meters	

**Workout #1524 - Wednesday, 12 August 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:50 25 Drill, 75 Swim	1:50
400	8 x 50 on :55 Pull: Descend 1-4, 5-8	1:50
400	16 x 25 on :40 Kick: Every 4th is FAST! *****GROUP UP*****	2:40
400	8 x 50 on :55 1-4 Steady, 5-8 Faster	1:50
800	2 x 400 on 6:30 Negative Split and Descend 1-2	1:38
400	4 x 100 on 1:45 Steady	1:45
800	2 x 400 on 6:30 Negative Split and Descend 1-2	1:38
400	2 x 200 on 3:30 Descend 1-2	1:45
100	1 x 100 on 3:00 Cool Down	3:00

6:29 PM 4,300 Meters

**Workout #1527 - Thursday, 13 August 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:45 Descend 1-3	1:52
300	1 x 300 on 5:30 Pull: Steady	1:50
500	5 x 100 on 2:00 Kick: Middle 50 = Faster *****GROUP UP*****	2:00
100	4 x 25 on :40 Fast Swims	2:40
1,500	2x{2 x 250 on 4:20 Descend 1-2 {2 x 100 on 1:40 Descend 1-2 {1 x 50 on 1:00 Fast Swim!	1:44 1:40 2:00
100	1 x 100 on 5:00 Cool Down	5:00

6:07 PM 3,100 Meters

**Workout #1554 - Monday, 17 August 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:40 Swim mix in drills	1:50
600	2 x 300 on 5:30 Pull Dec 1-2	1:50
400	4 x 100 on 2:20 Kick - last 50 fast ===group up===	2:20
1,800	2x{4 x 25 on :40 Fast {2 x 100 on 1:45 Dec 1-2 {4 x 25 on :40 Steady {2 x 100 on 1:40 Dec 1-2 {4 x 25 on :40 Steady {2 x 100 on 2:00 Best effort	2:40 1:45 2:40 1:40 2:40 2:00
100	1 x 100 on 5:00 Cool Down	5:00

6:16 PM 3,300 Meters



**Workout #1557 - Tuesday, 18 August 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	3 x 200 on 3:40 Swim mix in drills	1:50
400	8 x 50 on :50 pull dec 1-4, 5-8	1:40
400	16 x 25 on :35 Kick - every other fast	2:20
	===group up===	
100	4 x 25 on :40 Fast	2:40
300	2 x 150 on 2:50 GO HARD	1:53
150	3 x 50 on 1:00 Steady	2:00
300	2 x 150 on 2:45 GO HARD	1:50
150	3 x 50 on 1:00 Steady	2:00
300	2 x 150 on 2:40 GO HARD	1:47
50	1 x 50 on 1:30 loosen	3:00
150	1 x 150 on 3:00 BEST EFFORT SWIM- FAST FAST FAST	2:00
100	1 x 100 on 5:00 cool down	5:00
	6:16 PM 3,000 Meters	

**Workout #1560 - Wednesday, 19 August 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
500	2 x 250 on 4:30 Swim - mix in drills	1:48
400	4 x 100 on 1:50 Pull	1:50
450	6 x 75 on 1:45 Kick	2:20
	===group up===	
2,800	2x{4 x 50 on 1:00 Steady Pace	2:00
	{4 x 75 on 1:12 Dec 1-4	1:36
	{2 x 150 on 2:25 Dec 1-2	1:37
	{2 x 300 on 5:25 Dec 1-2	1:48
100	1 x 100 on 5:00 cool down	5:00
	6:26 PM 4,250 Meters	

**Workout #1563 - Thursday, 20 August 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:30 Swim mix in drills	1:50
400	2 x 200 on 3:30 Pull Choice	1:45
400	2 x 200 on 4:35 Kick Choice	2:18
===group up===		
100	4 x 25 on :40 FAST	2:40
375	5 x 75 on 1:15 FAST	1:40
75	1 x 75 on 2:00 Easy	2:40
300	4 x 75 on 1:15 FAST	1:40
75	1 x 75 on 2:00 Easy	2:40
225	3 x 75 on 1:15 FAST	1:40
75	1 x 75 on 2:00 Easy	2:40
150	2 x 75 on 1:15 FAST	1:40
75	1 x 75 on 2:00 Easy	2:40
75	1 x 75 on 2:00 BEST EFFORT	2:40
100	1 x 100 on 5:00 Cool Down	5:00
6:18 PM 3,025 Meters		

**Workout #1530 - Monday, 24 August 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:30 Swim: Descend 1-2	1:50
400	1 x 400 on 7:00 Pull: Steady	1:45
400	2 x 200 on 4:30 Kick: Pick Up Pace on Each 50	2:15
*****GROUP UP*****		
300	12 x 25 on :40 Every 4th One is VERY FAST	2:40
50	1 x 50 on 1:00 Steady Swim	2:00
200	8 x 25 on :30 Odds Steady, Evens Fast!	2:00
50	1 x 50 on 1:00 Steady	2:00
100	4 x 25 on 1:00 ALL FAST SWIMS!!!	4:00
50	1 x 50 on 1:00 Steady	2:00
100	4 x 25 on 1:00 ALL FAST SWIMS!!	4:00
50	1 x 50 on 1:00 Steady Swim	2:00
200	8 x 25 on :30 Odds Steady, Evens Fast!	2:00
50	1 x 50 on 1:00 Steady	2:00
300	12 x 25 on :40 Every 4th One Is VERY FAST!	2:40
50	1 x 50 on 1:00 Steady	2:00
100	4 x 25 on 1:00 BEST OF THE DAY!	4:00
100	1 x 100 on 5:00 Cool Down	5:00
6:30 PM 3,100 Meters		

**Workout #1533 - Tuesday, 25 August 2015**  
**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
450	6 x 75 on 2:00 Kick: The Last 25 is Fast!	2:40
500	1 x 500 on 9:00 Pull: Steady	1:48
	~~~~~GROUP UP~~~~~	
100	4 x 25 on :40 Quick Swims!	2:40
1,400	2x{2 x 100 on 1:45 Strong and Smooth	1:45
	{2 x 100 on 1:50 Fast Swims	1:50
	{2 x 100 on 1:55 Faster Swims!!!!	1:55
	{1 x 100 on 2:00 Steady	2:00
100	1 x 100 on 3:00 Best of the Day!	3:00
100	1 x 100 on 5:00 Cool Down	5:00
6:13 PM 3,150 Meters		

Workout #1536 - Wednesday, 26 August 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	1 x 600 on 10:30 Swim: Each 200 Gets Faster	1:45
500	5 x 100 on 2:10 Kick: Middle 50 is Faster	2:10
300	1 x 300 on 5:30 Pull: Steady	1:50
	*****GROUP UP*****	
200	4 x 50 on 1:00 Find 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 6:20 Negative Split	1:35
400	2 x 200 on 3:30 Descend 1-2	1:45
400	1 x 400 on 6:10 Negative Split	1:32
400	8 x 50 on :55 Descend 1-4, 5-8	1:50
100	1 x 100 on 5:00 Cool Down	5:00
6:30 PM 4,100 Meters		

Workout #1551 - Thursday, 27 August 2015
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
500	10 x 50 on 1:10 Kick: 2nd 25 Of Each Is Faster	2:20
500	10 x 50 on :55 Pull: Every third one is faster	1:50
	*****GROUP UP*****	
100	4 x 25 on :40 Find Your Pace	2:40
1,500	3x{2 x 200 on 3:05 Descend 1-2	1:32
	{2 x 50 on 1:05 Steady	2:10
100	1 x 100 on 5:00 Cool Down	5:00
6:07 PM 3,100 Meters		

Workout #1567 - Monday, 31 August 2015
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 #1570 - Tuesday, 01 September 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====		
400	1 x 400 on 6:45 Mix swim & drill	1:41
450	6 x 75 on 2:00 Kick, last 25 faster	2:40
600	6 x 100 on 1:50 Pull, Desc	1:50
	===== Group Up =====	
200	4 x 50 on 1:05 Desc 1-4	2:10
400	2 x 200 on 3:20 Desc 1-2	1:40
400	2 x 200 on 3:10 Desc 1-2	1:35
400	2 x 200 on 3:00 Desc 1-2	1:30
50	1 x 50 on 1:30 Loosen	3:00
200	1 x 200 on 3:30 Last one fast one	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:15 PM 3,200 Meters	

Workout #1573 - Wednesday, 02 September 2015
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, mix efforts	2:30
450	6 x 75 on 1:25 Pull, last 25 faster	1:53
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
600	1 x 600 on 10:30 Negative Split	1:45
600	2 x 300 on 5:10 Desc 1-2	1:43
600	6 x 100 on 1:40 Desc 1-3, 4-6	1:40
600	1 x 600 on 10:30 Negative Split	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:29 PM 4,050 Meters	

Workout #1576 - Thursday, 03 September 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	4 x 150 on 2:40 Mix swim & drill	1:47
400	8 x 50 on 1:20 Kick, some of them fast	2:40
400	4 x 100 on 1:50 Pull, Negative Split	1:50
	***** Group Up *****	
200	4 x 50 on 1:10 Desc 1-4	2:20
1,500	3x{1 x 150 on 2:25 Steady	1:37
	{1 x 150 on 2:35 Faster	1:43
	{3 x 50 on :55 Fastest	1:50
	{1 x 50 on 1:30 Loosen	3:00
6:07 PM	3,100 Meters	

Workout #1591 - Monday, 07 September 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
500	2 x 250 on 4:30 Swim: mix in drills	1:48
400	4 x 100 on 1:50 Pull: Last 25 hard	1:50
450	6 x 75 on 1:50 Kick: mix up pace	2:27
	===group up===	
1,500	2x{4 x 25 on :40 Build some speed	2:40
	{6 x 50 on 1:00 Dec 1-3, 4-6	2:00
	{4 x 25 on :30 Dec 1-4	2:00
	{4 x 50 on :50 Dec 1-4	1:40
	{1 x 50 on 1:30 Loosen	3:00
200	4 x 50 on 2:00 Best of the day	4:00
100	1 x 100 on 5:00 Cool Down	5:00
6:17 PM	3,150 Meters	

Workout #1592 - Tuesday, 08 September 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:20 Drill 50 Swim 50	1:47
400	4 x 100 on 1:50 Pull - Dec 1-4	1:50
450	6 x 75 on 1:45 Kick Dec 1-3, 4-6	2:20
	===group up===	
100	4 x 25 on :40 Steady	2:40
300	4 x 75 on 1:30 Best Effort	2:00
100	1 x 100 on 2:00 Steady	2:00
300	4 x 75 on 1:25 Best Effort	1:53
100	1 x 100 on 2:00 Steady	2:00
300	4 x 75 on 1:20 Best Effort	1:47
100	1 x 100 on 2:00 Steady	2:00
300	4 x 75 on 1:15 Best Effort	1:40
100	1 x 100 on 5:00 cool down	5:00
6:18 PM	3,150 Meters	

Workout #1593 - Wednesday, 09 September 2015
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	3 x 200 on 3:45 Every other 50 hard	1:52
400	8 x 50 on :55 Pull Dec 1-4, 5-8	1:50
400	16 x 25 on :35 Kick mixed speeds	2:20
	===group up===	
3,000	2x{4 x 50 on 1:00 Dec 1-3, 4-6	2:00
	{1 x 500 on 7:30 Negative Split	1:30
	{6 x 50 on 1:00 Dec 1-4	2:00
	{2 x 250 on 3:55 Dec 1-2	1:34
100	1 x 100 on 5:00 Cool Down	5:00
	6:30 PM 4,500 Meters	

Workout #1594 - Thursday, 10 September 2015
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	3 x 200 on 3:50 Swim mix in drills	1:55
450	3 x 150 on 2:50 Pull Dec 1-3	1:53
400	4 x 100 on 2:25 Kick Dec 1-4	2:25
	===group up===	
200	8 x 25 on :30 Dec 1-4, 5-8	2:00
200	4 x 50 on :50 Dec 1-4	1:40
200	2 x 100 on 1:30 Dec 1-2 negative split	1:30
400	2 x 200 on 3:00 Steady	1:30
200	2 x 100 on 1:45 Dec 1-2	1:45
200	4 x 50 on :53 Dec 1-4	1:46
200	8 x 25 on :30 Hard steady pace	2:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:15 PM 3,150 Meters	

Workout #1579 - Monday, 14 September 2015
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	3 x 200 on 3:30 Mix swim & drill	1:45
400	4 x 100 on 2:30 Kick, 1st 25 always fast	2:30
400	8 x 50 on 1:00 Pull, mix efforts	2:00
	##### Group Up #####	
100	4 x 25 on :40 Fast!	2:40
600	8 x 75 on 2:00 Go fast, get tired!	2:40
100	1 x 100 on 2:30 Go easy, feel less tired	2:30
450	6 x 75 on 2:00 Go Fast. get tired again	2:40
100	1 x 100 on 2:30 Go easy, feel better	2:30
300	4 x 75 on 2:15 GO!	3:00
100	1 x 100 on 5:00 Loosen	5:00
	6:29 PM 3,150 Meters	

Workout #1582 - Tuesday, 15 September 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	2 x 250 on 5:00 Drill & swim mix	2:00
400	4 x 100 on 1:55 Pull, desc	1:55
400	8 x 50 on 1:20 Kick, alt easy/fast @ 25	2:40
	----- Group Up -----	
1,800	1x{3 x 100 on 1:45 Desc	1:45
	{2 x 100 on 1:40 Desc	1:40
	{1 x 100 on 1:35 GO!	1:35
	{1 on 1:00 rest	
	{3 x 100 on 1:40 Desc	1:40
	{2 x 100 on 1:35 Desc	1:35
	{1 x 100 on 1:30 GO!	1:30
	{1 on 1:00 rest	
	{3 x 100 on 1:35 Desc	1:35
	{2 x 100 on 1:30 Desc	1:30
	{1 x 100 on 3:00 LAST ONE, FAST ONE!!	3:00
100	1 x 100 on 5:00 Loosen	5:00
6:11 PM 3,200 Meters		

Workout #1585 - Wednesday, 16 September 2015
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
450	6 x 75 on 2:00 kick, faster in the middle	2:40
400	2 x 200 on 3:40 Pull, Desc	1:50
	===== Group Up =====	
800	2 x 400 on 6:10 Desc 1-2	1:32
200	4 x 50 on 1:05 Desc 1-4	2:10
800	2 x 400 on 6:20 Desc 1-2	1:35
200	4 x 50 on 1:15 Desc 1-4	2:30
800	2 x 400 on 6:30 Desc 1-2	1:38
100	1 x 100 on 5:00 Loosen	5:00
6:33 PM 4,350 Meters		

Workout #1588 - Thursday, 17 September 2015
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	4 x 150 on 2:40 Swim / drill mix	1:47
450	6 x 75 on 1:20 Pull, mix efforts	1:47
400	4 x 100 on 2:30 Kick, Desc	2:30
	^^^^ Group Up ^^^^^	
100	4 x 25 on :40 Fast!	2:40
450	3 x 150 on 3:00 Desc 1-3	2:00
	50 2 x 25 on :45 #1 Easy, #2 Max Speed	3:00
450	3 x 150 on 2:40 Desc 1-3	1:47
	50 2 x 25 on :45 #1 Easy, #2 Max Speed	3:00
450	3 x 150 on 2:20 Desc 1-3	1:33
100	1 x 100 on 5:00 Loosen	5:00
	6:14 PM 3,100 Meters	

Workout #1621 - Monday, 21 September 2015
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
400	2 x 200 on 3:45 Swim/Drill Mix	1:52
600	2 x 300 on 5:30 Pull: Descend 1-2	1:50
400	8 x 50 on 1:20 Kick: Alt Moderate/Harder by 50s	2:40
	*****GROUP UP*****	
100	4 x 25 on :40 Quick Swims	2:40
1,500	2x{3 x 100 on 1:45 Descend 1-3; #3 is FAST	1:45
	{1 x 50 on 1:30 Steady Swim	3:00
	{2 x 100 on 1:50 Descend 1-2; #2 is Faster	1:50
	{1 x 50 on 1:30 Steady Swim	3:00
	{1 x 100 on 2:05 Fastest Swim of the Round	2:05
	{1 x 50 on 1:30 Steady 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
	6:18 PM 3,200 Meters	

Workout #1624 - Tuesday, 22 September 2015
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
400	1 x 400 on 6:45 Steady Swim/Mix Speed	1:41
600	12 x 50 on :55 Pull: Descend 14-, 5-8, 6-12	1:50
400	16 x 25 on :45 Kick: Every 4th One is Very Fast	3:00
	*****GROUP UP*****	
100	4 x 25 on :40 Hard Swims	2:40
600	4 x 150 on 2:30 Last 50 of Each Swim is Hard	1:40
600	4 x 150 on 2:50 Last 100 of Each Swim is Hard	1:53
300	2 x 150 on 3:10 Fast Swims	2:07
150	1 x 150 on 3:30 Steady Swim	2:20
150	1 x 150 on 3:30 Best of the Day	2:20
100	1 x 100 on 5:00 Cool Down	5:00
	6:24 PM 3,400 Meters	

Workout #1627 - Wednesday, 23 September 2015
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
500	1 x 500 on 8:30 Build: Each 100 A Little Faster	1:42
500	5 x 100 on 1:45 Pull: 1&2=Steady; Descend 3-5	1:45
450	6 x 75 on 2:00 Kick: Middle 25 of Each Hard	2:40
~~~~~GROUP UP~~~~~		
200	4 x 50 on 1:00 Descend 1-4	2:00
2,600	1x{3 x 300 on 5:00 Descend 1-3	1:40
	{1 x 100 on 1:45 Steady, Moderate Pace	1:45
	{3 x 300 on 4:50 Descend 1-3	1:37
	{1 x 100 on 1:45 Steady, Moderate Pace	1:45
	{2 x 300 on 4:40 Descend 1-2	1:33
100	1 x 100 on 5:00 Cool Down	5:00
6:27 PM 4,350 Meters		

**Workout #1630 - Thursday, 24 September 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	2 x 300 on 5:45 Descend 1-2	1:55
400	1 x 400 on 6:45 Pull: Steady	1:41
400	2 x 200 on 4:30 Kick: Build by 50's	2:15
*****GROUP UP*****		
100	4 x 25 on :40 Fast Swims	2:40
300	4 x 75 on 1:05 Hold Your Pace	1:27
300	4 x 75 on 1:15 Descend 1-4	1:40
300	4 x 75 on 1:35 Steady	2:07
300	4 x 75 on 1:15 Descend 1-4	1:40
300	4 x 75 on 1:05 Stay Strong!	1:27
100	1 x 100 on 5:00 Cool Down	5:00
6:12 PM 3,100 Meters		

**Workout #1603 - Monday, 28 September 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	2 x 300 on 5:30 Swim - last 100 pick up the pace	1:50
400	4 x 100 on 1:50 Pull- Dec 1-4	1:50
400	2 x 200 on 4:20 Kick mixed speeds	2:10
===group up===		
200	4 x 50 on 1:10 Dec 1-4	2:20
300	12 x 25 on :30 Odds FAST	2:00
200	4 x 50 on 1:05 Dec 1-4	2:10
300	12 x 25 on :30 Odds FAST	2:00
200	4 x 50 on 1:00 Dec 1-4	2:00
300	12 x 25 on :30 Odds FAST	2:00
200	4 x 50 on 2:00 BEST OF THE DAY	4:00
100	1 x 100 on 5:00 Cool Down	5:00
6:23 PM 3,200 Meters		

**Workout #1606 - Tuesday, 29 September 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
500	1 x 500 on 9:20 Swim mix in drills	1:52
450	6 x 75 on 1:40 Kick- Dec 1-5	2:13
400	2 x 200 on 3:40 Pull- Dec 1-3	1:50
	===group up===	
100	4 x 25 on :40 Dec 1-4	2:40
400	4 x 100 on 1:50 Dec 1-4	1:50
400	4 x 100 on 1:45 Dec 1-4	1:45
400	4 x 100 on 1:40 Dec 1-4	1:40
400	4 x 100 on 1:35 Dec 1-4	1:35
200	2 x 100 on 2:15 BEST EFFORT	2:15
100	1 x 100 on 5:00 Cool Down	5:00
	6:19 PM 3,350 Meters	

**Workout #1609 - Wednesday, 30 September 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	3 x 200 on 3:40 Dec 1-3	1:50
400	4 x 100 on 1:50 Pull Dec 1-4	1:50
400	4 x 100 on 2:20 Kick mixed speeds	2:20
	===group up===	
100	4 x 25 on :40 Steady	2:40
2,400	1x{16 x 50 on :55 Every 4th one fast	1:50
	{8 x 100 on 1:40 Dec 1-4, 5-8	1:40
	{2 x 400 on 6:30 Dec 1-2	1:38
100	1 x 100 on 5:00 cool down	5:00
	6:23 PM 4,000 Meters	

**Workout #1612 - Thursday, 01 October 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	3 x 200 on 3:30 Swim mix in drills	1:45
400	8 x 50 on :50 Pull- Dec 1-4, 5-8	1:40
400	16 x 25 on :40 Kick- odds fast	2:40
	===group up===	
100	4 x 25 on :40 Steady	2:40
1,600	2x{2 x 100 on 1:45 Negative Split	1:45
	{2 x 200 on 3:20 Dec 1-2	1:40
	{1 x 200 on 3:40 Go hard	1:50
100	1 x 100 on 5:00 cool down	5:00
	6:10 PM 3,200 Meters	

**Workout #1649 - Monday, 12 October 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 Mix of Swim and Drills	1:48
500	5 x 100 on 1:45 Pull:1&2 Steady; 3,4,5 Hrder Eff	1:45
450	6 x 75 on 1:50 Kick: Evens Harder	2:27
	*****GROUP UP*****	
100	4 x 25 on :40 Get Some Speed!	2:40
400	8 x 50 on 1:00 Descend 1-4, 5-8	2:00
	50 2 x 25 on :40 Moderate Pace	2:40
200	4 x 50 on :55 Descend 1-4	1:50
	50 2 x 25 on :40 Moderate Pace	2:40
400	8 x 50 on :50 Descend 1-4, 5-8	1:40
	50 2 x 25 on :40 Moderate Pace	2:40
200	4 x 50 on :55 Descend 1-4	1:50
	50 2 x 25 on 1:00 Easy Swims	4:00
100	2 x 50 on 1:30 GO TIME!!!	3:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:24 PM 3,150 Meters	

**Workout #1652 - Tuesday, 13 October 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Swim: Descend 1-2	1:50
400	1 x 400 on 7:00 Steady Pull	1:45
400	2 x 200 on 4:45 Kick: Build: Each 50 Is Faster	2:22
	~~~~~GROUP UP~~~~~	
100	4 x 25 on :40 Fast Swims	2:40
1,400	2x{4 x 75 on 1:25 Descend 1-4; #4 is FAST	1:53
	{1 x 50 on 1:30 Moderate Pace	3:00
	{4 x 75 on 1:15 Descend 1-4, #4 is FAST	1:40
	{1 x 50 on 1:30 Moderate Pace	3:00
150	2 x 75 on 2:00 Last Two, Fast Two!!!!	2:40
	6:08 PM 3,050 Meters	

Workout #1655 - Wednesday, 14 October 2015
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	3 x 200 on 3:30 Swim: Descend 1-3	1:45
400	1 x 400 on 6:45 Pull: Negative Split	1:41
400	16 x 25 on :40 Kick: 4,8,12 & 16 are FAST!	2:40
~~~~~GROUP UP~~~~~		
200	4 x 50 on :55 Descend 1-4	1:50
500	1 x 500 on 8:00 Negative Split	1:36
400	4 x 100 on 1:40 1&2 Steady, Pick Up Pace on 3&4	1:40
500	1 x 500 on 8:10 Negative Split	1:38
400	4 x 100 on 1:40 1&2 Steady, Pick Up Pace on 3&4	1:40
500	1 x 500 on 8:20 Negative Split	1:40
200	4 x 50 on :55 Descend 1-4	1:50
100	1 x 100 on 3:00 Cool Down	3:00
6:30 PM 4,200 Meters		

**Workout #1658 - Thursday, 15 October 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
400	2 x 200 on 3:40 Swim: Descend 1-2	1:50
600	2 x 300 on 5:30 Pull: Descend 1-2	1:50
400	4 x 100 on 2:30 Kick: Last 25 of Each is Hard	2:30
*****GROUP UP*****		
100	4 x 25 on :40 Get Moving!	2:40
1,600	2x{1 x 200 on 3:30 Negative Split	1:45
	{2 x 200 on 3:15 Descend 1-2	1:38
	{1 x 200 on 3:00 Fast Swim	1:30
100	1 x 100 on 5:00 Cool Down	5:00
6:08 PM 3,200 Meters		

**Workout #1686 - Monday, 19 October 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
400	2 x 200 on 3:40 Swim mix in drills	1:50
600	2 x 300 on 5:30 Dec 1-2	1:50
400	4 x 100 on 2:10 Kick Dec 1-4	2:10
===GROUP UP===		
100	4 x 25 on :40 Build some speed	2:40
1,400	2x{4 x 75 on 1:20 Dec 1-4	1:47
	{4 x 50 on 1:00 Dec 1-4	2:00
	{4 x 25 on :30 go hard	2:00
	{1 x 100 on 2:00 loosen	2:00
300	4 x 75 on 2:00 Best of the day	2:40
100	1 x 100 on 5:00 cool down	5:00
6:17 PM 3,300 Meters		

**Workout #1689 - Tuesday, 20 October 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	6 x 100 on 1:50 Swim Dec 1-3, 4-6	1:50
400	8 x 50 on :55 Pull dec 1-4, 5-8	1:50
400	16 x 25 on :30 Kick mixed speeds	2:00
	===GROUP UP===	
100	4 x 25 on :40 Dec 1-4	2:40
400	4 x 100 on 1:45 Dec 1-4	1:45
200	4 x 50 on 1:00 steady	2:00
400	4 x 100 on 1:40 Dec 1-4	1:40
200	4 x 50 on 1:00 steady	2:00
400	4 x 100 on 1:35 Dec 1-4	1:35
100	1 x 100 on 5:00 Cool Down	5:00
	6:13 PM 3,200 Meters	

**Workout #1694 - Wednesday, 21 October 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
500	2 x 250 on 4:00 Negative split	1:36
500	5 x 100 on 1:50 Pull - last 50 of each set hard	1:50
450	6 x 75 on 1:45 Kick mixed speeds	2:20
	===GROUP UP===	
2,800	2x{4 x 50 on 1:00 Steady	2:00
	{2 x 400 on 6:45 Negative split and Dec 1-2	1:41
	{4 x 100 on 1:40 Dec 1-4	1:40
100	1 x 100 on 5:00 Cool Down	5:00
	6:27 PM 4,350 Meters	

**Workout #1697 - Thursday, 22 October 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	2 x 300 on 5:30 Swim mix in drills	1:50
400	4 x 100 on 1:50 pull Dec 1-4	1:50
400	2 x 200 on 4:40 Kick mixed speeds	2:20
	===GROUP UP===	
100	4 x 25 on :40 Build some speed	2:40
100	2 x 50 on 1:00 Dec 1-2	2:00
200	2 x 100 on 1:50 Dec 1-2	1:50
300	2 x 150 on 2:35 Dec 1-2	1:43
400	2 x 200 on 3:15 Dec 1-2	1:38
500	2 x 250 on 3:55 2 Fast Swims	1:34
100	1 x 100 on 5:00 cool down	5:00
	6:13 PM 3,100 Meters	

**Workout #1670 - Monday, 26 October 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
400	1 x 400 on 7:00 Mix swim & drill	1:45
500	10 x 50 on 1:30 Kick, faster on the evens	3:00
400	16 x 25 on :30 Pull, alt easy/fast @ 25	2:00
===== Group Up =====		
100	4 x 25 on :45 Fast!	3:00
100	1 x 100 on 2:15 Easy	2:15
300	3 x 100 on 1:30 All Fast	1:30
100	1 x 100 on 2:15 Easy	2:15
300	3 x 100 on 1:40 All Fast	1:40
100	1 x 100 on 2:15 Easy	2:15
300	3 x 100 on 1:50 All Fast	1:50
100	1 x 100 on 2:15 Easy	2:15
300	3 x 100 on 2:00 All Fast	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:24 PM 3,100 Meters		

**Workout #1673 - Tuesday, 27 October 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
500	1 x 500 on 9:00 Mix swim & Drill	1:48
450	6 x 75 on 1:25 Pull, last 25 faster	1:53
400	4 x 100 on 2:30 Kick, mix efforts	2:30
----- Group Up -----		
100	4 x 25 on :40 Fast!	2:40
Control your efforts, this will get challenging!		
300	2 x 150 on 2:50 Desc 1-2	1:53
300	2 x 150 on 2:40 Desc 1-2	1:47
300	2 x 150 on 2:30 Desc 1-2	1:40
300	2 x 150 on 2:20 Desc 1-2	1:33
300	2 x 150 on 2:10 Desc 1-2	1:27
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,050 Meters		

**Workout #1676 - Wednesday, 28 October 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	3 x 200 on 3:30 Mix swim & drill	1:45
600	3 x 200 on 3:30 Pull, Desc	1:45
300	1 x 300 on 7:00 Kick, mix efforts	2:20
	***** Group Up *****	
200	4 x 50 on 1:00 Desc 1-4	2:00
100	2 x 50 on 1:05 Desc 1-2	2:10
900	3 x 300 on 5:15 Desc 1-3	1:45
100	2 x 50 on 1:05 Desc 1-2	2:10
600	2 x 300 on 5:05 Desc 1-2	1:42
100	2 x 50 on 1:05 Desc 1-2	2:10
300	1 x 300 on 4:55 Last one, fast one!	1:38
100	2 x 50 on 1:05 Desc 1-2	2:10
100	1 x 100 on 5:00 Loosen	5:00
	6:33 PM 4,000 Meters	

**Workout #1679 - Thursday, 29 October 2015**  
**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
450	6 x 75 on 2:00 Kick, last 25 faster	2:40
400	2 x 200 on 3:20 Pull, Desc	1:40
	%%%% Group Up %%%%	
100	4 x 25 on :40 Fast!	2:40
450	6 x 75 on 1:30 Best Effort on All	2:00
100	1 x 100 on 2:30 Loosen	2:30
450	6 x 75 on 1:45 Best Effort on All	2:20
100	1 x 100 on 2:30 Loosen	2:30
450	6 x 75 on 2:00 Best Effort on All	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:25 PM 3,200 Meters	

**Workout #1811 - Monday, 02 November 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:20 Swim: Descend 1-3	1:40
400	8 x 50 on :55 Pull: Descend 1-4, 5-8	1:50
400	16 x 25 on :45 Kick: 4, 8, 12 & 16 = Very Fast	3:00
	*****GROUP UP*****	
200	4 x 50 on 1:00 Descend 1-4	2:00
300	12 x 25 on :35 Evens Faster	2:20
100	1 x 100 on 1:50 Steady	1:50
300	12 x 25 on :35 Evens Faster	2:20
100	1 x 100 on 1:50 Steady	1:50
100	4 x 25 on 1:00 MAX Effort on All - GO FAST!	4:00
100	1 x 100 on 1:50 Steady	1:50
300	12 x 25 on :35 Evens Faster	2:20
100	1 x 100 on 1:50 Steady	1:50
100	4 x 25 on 1:00 MAX Effort on All - GO FAST!	4:00
100	1 x 100 on 3:00 Cool Down	3:00
	6:27 PM 3,200 Meters	

**Workout #1822 - Tuesday, 03 November 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:45 Moderate Swims	1:52
600	2 x 300 on 5:45 Pull: Descend 1-2	1:55
400	1 x 400 on 8:00 Kick: Alt Speed @50s	2:00
	*****GROUP UP*****	
100	4 x 25 on :40 Fast Swims	2:40
1,400	2x{4 x 100 on 1:45 Descend 1-4	1:45
	{2 x 100 on 1:55 Fast Swims	1:55
	{1 x 100 on 2:05 Go Faster!!!	2:05
50	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
	6:14 PM 3,150 Meters	



**Workout #1827 - Wednesday, 04 November 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Swim: Descend 1-2	1:50
400	1 x 400 on 6:45 Pull: Steady	1:41
400	2 x 200 on 4:15 Kick: Middle 100 of Each 200 Hard	2:08
	~~~~~GROUP UP~~~~~	
800	2 x 400 on 6:15 Descend 1-2 & Negative Split	1:34
400	2 x 200 on 3:30 Descend 1-2 & Negative Split	1:45
800	2 x 400 on 6:30 Descend 1-2	1:38
400	2 x 200 on 3:30 Descend 1-2	1:45
400	1 x 400 on 6:45 Negative Split	1:41
100	1 x 100 on 5:00 Cool Down	5:00
	6:27 PM 4,300 Meters	

Workout #1832 - Thursday, 05 November 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:45 Swim: Descend 1-2	1:55
400	1 x 400 on 6:45 Pull: Steady	1:41
400	2 x 200 on 4:30 Kick: Kick the Even 25s Harder	2:15
	~~~~~GROUP UP~~~~~	
100	4 x 25 on :40 Get Up And Go!	2:40
1,600	2x{1 x 200 on 3:45 Steady, But Not Lazy	1:52
	{2 x 200 on 3:20 Descend 1-2	1:40
	{1 x 200 on 3:00 Go Hard!!!	1:30
100	1 x 100 on 5:00 Cool Down	5:00
	6:08 PM 3,200 Meters	

**Workout #1800 - Monday, 09 November 2015**  
**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 #1803 - Tuesday, 10 November 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	2 x 250 on 4:30 Swim mix in drills	1:48
400	4 x 100 on 1:50 Pull 1-4	1:50
450	6 x 75 on 1:50 Kick mixed speeds	2:27
	===GROUP UP===	
100	4 x 25 on :40 Build some speed	2:40
1,600	2x{8 x 25 on :35 Dec 1-4, 5-8	2:20
	{4 x 50 on 1:00 Dec 1-4	2:00
	{2 x 100 on 1:40 Dec 1-2	1:40
	{1 x 200 on 3:30 negative split	1:45
100	1 x 100 on 5:00 Cool Down	5:00

6:12 PM 3,150 Meters

**Workout #1806 - Wednesday, 11 November 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:40 Negative split	1:50
400	8 x 50 on :55 Pull Dec 1-4	1:50
400	16 x 25 on :35 Kick mixed speeds	2:20
	===GROUP UP===	
450	6 x 75 on 1:30 Dec 1-3, 4-6	2:00
600	1 x 600 on 9:15 Negative split	1:32
450	6 x 75 on 1:30 Dec 1-3, 4-6	2:00
600	1 x 600 on 9:30 Negative split	1:35
450	6 x 75 on 1:30 Dec 1-3, 4-6	2:00
100	1 x 100 on 5:00 Cool Down	5:00

6:29 PM 4,050 Meters

**Workout #1821 - Thursday, 12 November 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:40 Swim mix in drills	1:50
450	3 x 150 on 2:45 Pull: Last 50 fast	1:50
400	4 x 100 on 2:10 Kick mixed speeds	2:10
	===GROUP UP===	
100	4 x 25 on :40 Build some speed	2:40
1,800	2x{2 x 150 on 2:15 Dec 1-2	1:30
	{2 x 75 on 1:20 Negative Split	1:47
	{2 x 150 on 2:10 Dec 1-2	1:27
	{2 x 75 on 1:20 Negative Split	1:47
100	1 x 100 on 5:00 Cool Down	5:00

6:11 PM 3,450 Meters

**Workout #1863 - Monday, 16 November 2015**  
**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 2:20 Kick, last 25 Faster	2:20
400	4 x 100 on 1:50 Pull, middle faster	1:50
	***** Group Up *****	
1,500	1x{6 x 50 on 1:03 Strong	2:06
	{1 on :30 Break	
	{6 x 50 on :58 Alt Mod/Fast	1:56
	{1 on :30 Break	
	{6 x 50 on :53 Desc	1:46
	{1 on :30 Break	
	{6 x 50 on :48 Alt Mod/Fast	1:36
	{1 on :30 Break	
	{6 x 50 on :43 All Great!	1:26
100	1 x 100 on 5:00 Loosen	5:00
6:07 PM 3,000 Meters		

**Workout #1866 - Tuesday, 17 November 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Drill & Swim	1:50
400	2 x 200 on 3:30 Pull, Neg Split	1:45
400	8 x 50 on 1:20 Kick, Desc	2:40
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
600	8 x 75 on 1:20 last 25 of each FAST!	1:47
450	6 x 75 on 1:15 Last 50 of each FAST!	1:40
300	4 x 75 on 1:10 All FAST!	1:33
50	1 x 50 on 1:30 Loosen	3:00
150	2 x 75 on 2:00 Faster than fast!!	2:40
100	1 x 100 on 5:00 Loosen	5:00
6:16 PM 3,150 Meters		

**Workout #1869 - Wednesday, 18 November 2015**  
**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	8 x 50 on :55 Pull, Desc	1:50
400	2 x 200 on 4:15 Kick, Mix efforts	2:08
	===== Group Up =====	
500	10 x 50 on 1:00 Desc 1-4 / 5-8 / 9-10	2:00
500	5 x 100 on 1:45 Desc 1-3 / 4-5	1:45
1,000	2 x 500 on 7:45 Desc 1-2	1:33
400	4 x 100 on 1:50 Desc 1-4	1:50
200	4 x 50 on 1:05 Fast, Faster, Fastest, Fastester	2:10
100	1 x 100 on 5:00 Loosen	5:00
6:29 PM 4,100 Meters		

**Workout #1872 - Thursday, 19 November 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	4 x 150 on 2:50 Swim & Drill Mix	1:53
450	6 x 75 on 1:45 Kick, last 25 faster	2:20
400	4 x 100 on 1:50 Pull, Desc	1:50
	%%%% Group Up %%%%	
100	4 x 25 on :50 Fast!	3:20
1,600	1x{3 x 200 on 3:20 Fast Pace	1:40
	{1 x 200 on 3:40 Steady	1:50
	{2 x 200 on 3:20 Fast Pace	1:40
	{1 x 200 on 3:40 Steady	1:50
	{1 x 200 on 3:20 Fast Pace	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,250 Meters	

**Workout #1885 - Monday, 23 November 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:30 Steady, Mix Speed As Desired	1:45
600	2 x 300 on 5:45 Pull: Descend 1-2	1:55
400	4 x 100 on 2:15 Kick: Middle 50 of Each Harder	2:15
	*****GROUP UP*****	
100	4 x 25 on :40 Get Moving!	2:40
1,500	2x{4 x 75 on 1:10 Descend 1-4	1:33
	{1 x 75 on 2:00 Steady Swim	2:40
	{4 x 75 on 1:10 Descend 1-4	1:33
	{1 x 75 on 2:00 Steady Swim	2:40
150	2 x 75 on 2:00 Best of the Day!	2:40
100	1 x 100 on 5:00 Cool Down	5:00
	6:13 PM 3,250 Meters	

**Workout #1890 - Tuesday, 24 November 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
400	1 x 400 on 6:45 Steady Swim	1:41
500	10 x 50 on :55 Pull: 1&2 Steady, Desc 3-6, 7-10	1:50
400	16 x 25 on :45 Kick: Every 4th One is FAST	3:00
~~~~~GROUP UP~~~~~		
100	4 x 25 on :40 Fast Swims!	2:40
400	4 x 100 on 1:45 Descend 1-4	1:45
100	2 x 50 on 1:10 Steady	2:20
200	2 x 100 on 2:15 Fast Swims!!!	2:15
100	2 x 50 on 1:10 Steady	2:20
400	4 x 100 on 1:45 Descend 1-4	1:45
100	2 x 50 on 1:10 Steady	2:20
200	2 x 100 on 2:15 Even Faster!!!	2:15
100	2 x 50 on 1:10 Steady	2:20
100	1 x 100 on 3:00 BEST OF THE DAY!!!	3:00
6:23 PM 3,100 Meters		

Workout #1902 - Wednesday, 25 November 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
400	2 x 200 on 3:45 Swim: Mix in Some Drills	1:52
600	2 x 300 on 5:45 Pull: Descend 1-2	1:55
400	4 x 100 on 2:15 Kick: Last 25 is Very Fast!	2:15
~~~~~GROUP UP~~~~~		
2,800	2x{4 x 50 on 1:00 Descend 1-4	2:00
	{2 x 200 on 3:20 Descend 1-2	1:40
	{2 x 400 on 6:20 Negative Split	1:35
100	1 x 100 on 5:00 Cool Down	5:00
6:25 PM 4,300 Meters		

**Workout #1960 - Monday, 30 November 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:30 Steady swim	1:50
400	4 x 100 on 1:50 Pull: Dec 1-4	1:50
400	2 x 200 on 4:40 Kick: Negative Split	2:20
===Group up===		
200	4 x 50 on 1:00 Steady	2:00
400	4 x 100 on 1:50 Dec 1-4	1:50
200	4 x 50 on 1:00 Steady	2:00
400	4 x 100 on 1:40 Dec 1-4	1:40
200	4 x 50 on 1:00 Steady	2:00
400	4 x 100 on 1:30 Dec 1-4	1:30
100	1 x 100 on 5:00 Cool Down	5:00
6:16 PM 3,300 Meters		

**Workout #1963 - Tuesday, 01 December 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
500	1 x 500 on 9:10 Swim- mix in drills	1:50
400	4 x 100 on 1:50 Pull: Negative Split	1:50
450	6 x 75 on 1:50 Kick: Mixed speeds	2:27
	===Group Up===	
100	4 x 25 on :40 Build some speed	2:40
1,600	2x{2 x 150 on 2:45 Dec 1-2	1:50
	{4 x 100 on 1:40 Dec 1-4, Negative split	1:40
	{2 x 50 on 1:10 Steady	2:20
100	1 x 100 on 5:00 cool down	5:00
6:11 PM 3,150 Meters		

**Workout #1966 - Wednesday, 02 December 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
400	2 x 200 on 3:40 Swim: middle 50 hard	1:50
600	2 x 300 on 5:30 Pull: Steady	1:50
400	4 x 100 on 2:20 Kick: Dec 1-4	2:20
	===Group Up===	
300	1 x 300 on 5:00 Steady	1:40
600	6 x 100 on 1:45 Dec 1-3, 4-6	1:45
300	1 x 300 on 5:00 Steady	1:40
600	6 x 100 on 1:40 Dec 1-3, 4-6	1:40
300	1 x 300 on 5:00 Steady	1:40
600	6 x 100 on 1:35 Dec 1-3, 4-6	1:35
100	1 x 100 on 5:00 Cool Down	5:00
6:29 PM 4,200 Meters		

**Workout #1969 - Thursday, 03 December 2015**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	3 x 200 on 3:40 Swim: Mix in drills	1:50
400	8 x 50 on :55 Pull: Dec 1-4, 5-8	1:50
400	16 x 25 on :40 Kick: Mixed speeds	2:40
	===Group Up===	
200	4 x 50 on 1:00 Dec 1-4	2:00
300	4 x 75 on 1:20 2 steady 2 hard	1:47
300	4 x 75 on 1:15 2 steady 2 hard	1:40
300	4 x 75 on 1:10 2 steady 2 hard	1:33
200	1 x 200 on 3:50 Steady recovery swim	1:55
300	4 x 75 on 2:00 Best swims of the WEEK! Go hard!	2:40
100	1 x 100 on 5:00 Cool Down	5:00
6:16 PM 3,100 Meters		

**Workout #2030 - Monday, 07 December 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:15 Swim & Drill	1:38
400	8 x 50 on 1:20 Kick, Mix Speeds	2:40
400	4 x 100 on 1:50 Pull, Neg Split	1:50
	///// Group Up \\\	
200	4 x 50 on 1:10 Decs 1-4	2:20
1,400	1x{2 x 100 on 1:35 Desc 1-2	1:35
	{4 x 25 on :35 1 EZ, 2-4 Fast	2:20
	{2 x 100 on 1:40 Desc 1-2	1:40
	{4 x 25 on :40 1 EZ, 2-4 Fast	2:40
	{2 x 100 on 1:45 Desc 1-2	1:45
	{4 x 25 on :45 1 EZ, 2-4 Fast	3:00
	{2 x 100 on 1:50 Desc 1-2	1:50
	{4 x 25 on :50 1 EZ, 2-4 Fast	3:20
	{2 x 100 on 2:00 Both fast!	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,100 Meters	

**Workout #2033 - Tuesday, 08 December 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:15 Mix swim & drill	1:45
400	8 x 50 on 1:00 Pull, mix efforts	2:00
400	4 x 100 on 2:30 Kick, faster last 25	2:30
	==== Group Up =====	
100	4 x 25 on :40 Fast	2:40
1,500	1x{2 x 100 on 1:45 Steady	1:45
	{2 x 100 on 1:40 Desc 1-2	1:40
	{1 x 100 on 2:05 FAST	2:05
	{1 on :30 rest	
	{2 x 100 on 1:40 Steady	1:40
	{2 x 100 on 1:35 Desc 1-2	1:35
	{1 x 100 on 2:00 FAST	2:00
	{1 on :30 rest	
	{2 x 100 on 1:35 Steady	1:35
	{2 x 100 on 1:30 Desc 1-2	1:30
	{1 x 100 on 4:00 Last one, fast one!	4:00
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,100 Meters	

**Workout #2036 - Wednesday, 09 December 2015**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	4 x 150 on 2:40 Swim & Drill Mix	1:47
450	6 x 75 on 1:30 Pull, Last 25 Faster	2:00
450	6 x 75 on 2:00 Kick, Mix Efforts	2:40
	***** Group Up *****	
200	4 x 50 on 1:00 Desc 1-4	2:00
800	2 x 400 on 6:15 Desc 1-2	1:34
800	4 x 200 on 3:15 Desc 1-4	1:38
800	8 x 100 on 1:45 Desc 1-4, Hold Fast Pace Last 4	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:28 PM 4,200 Meters	

**Workout #2039 - Thursday, 10 December 2015**  
**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 2:30 Kick, last two faster	2:30
400	8 x 50 on 1:00 Pull, 25 EZ, 25 Fast	2:00
	~~~~~ Group Up ~~~~~	
100	4 x 25 on :40 Fast	2:40
1,800	1x{1 x 200 on 3:30 Steady	1:45
	{1 x 200 on 3:10 Fast Pace	1:35
	{1 x 200 on 3:30 Steady	1:45
	{2 x 200 on 3:10 Fast Pace	1:35
	{1 x 200 on 3:30 Steady	1:45
	{3 x 200 on 3:10 Fast Pace	1:35
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,400 Meters	

Workout #1956 - Monday, 14 December 2015
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 #1959 - Tuesday, 15 December 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 6:45 Steady Swim	1:41
500	10 x 50 on :55 Pull: 1&2 Steady, Desc 3-6, 7-10	1:50
400	16 x 25 on :45 Kick: Alt Mod & Hard	3:00
	*****GROUP UP*****	
100	4 x 25 on :40 Fast Swims	2:40
1,800	1x{2 x 200 on 3:20 125 Steady, 75 Hard	1:40
	{2 x 200 on 3:30 100 Steady, 100 Hard	1:45
	{2 x 200 on 3:40 75 Steady, 125 Hard	1:50
	{2 x 200 on 3:50 50 Steady, 150 Hard	1:55
	{1 x 200 on 4:00 Hard All the Way!	2:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:15 PM 3,300 Meters	

Workout #2022 - Wednesday, 16 December 2015
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	4 x 100 on 1:50 Pull: Descend 1-4	1:50
450	6 x 75 on 1:50 Kick: Evens Harder	2:27
	*****GROUP UP*****	
200	4 x 50 on 1:00 Descend 1-4	2:00
600	1 x 600 on 9:30 Negative Split	1:35
600	2 x 300 on 4:50 Descend 1-2	1:37
600	3 x 200 on 3:20 Descend 1-3	1:40
400	4 x 100 on 1:45 Descend 1-4	1:45
200	4 x 50 on :50 Strong Swims	1:40
100	1 x 100 on 5:00 Cool Down	5:00
	6:27 PM 4,050 Meters	

Workout #2025 - Thursday, 17 December 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Steady Swims/Mix Up Speed	1:50
400	1 x 400 on 7:00 Pull: Negative Split	1:45
400	2 x 200 on 4:00 Kick: Alt Harder Effort @25s	2:00
	*****GROUP UP*****	
100	4 x 25 on :40 Fast Swims	2:40
1,500	2x{2 x 150 on 2:30 Descend 1-2	1:40
	{1 x 150 on 2:15 Fast Swim!!!	1:30
	{2 x 150 on 2:30 Descend 1-2	1:40
50	1 x 50 on 1:30 Steady Swim	3:00
150	1 x 150 on 3:00 GO, GO, GO!!!!!!!	2:00
	6:05 PM 3,200 Meters	

Workout #2063 - Monday, 21 December 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:40 Swim mix in drills	1:50
450	3 x 150 on 2:45 Pull: Last 50 hard	1:50
400	4 x 100 on 2:20 Kick: Mixed speeds	2:20
	===Group up===	
100	4 x 25 on :40 Build some speed	2:40
1,500	2x{3 x 75 on 1:30 Steady	2:00
	{1 x 50 on 1:00 FAST	2:00
	{2 x 75 on 1:35 Steady	2:07
	{2 x 50 on :55 FAST	1:50
	{1 x 75 on 1:40 Steady	2:13
	{3 x 50 on :50 FAST	1:40
100	1 x 100 on 5:00 cool down	5:00
6:13 PM 3,150 Meters		

Workout #2069 - Tuesday, 22 December 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 3 moderate, 3 fast	1:50
400	8 x 50 on 1:00 Pull: Dec 1-4, 5-8	2:00
400	16 x 25 on :35 Kick mixed speeds	2:20
	===Group Up===	
100	4 x 25 on :40 Dec 1-4	2:40
225	3 x 75 on 1:20 Steady	1:47
150	2 x 75 on 1:15 Dec 1-2	1:40
75	1 x 75 on 2:00 FAST FAST FAST	2:40
225	3 x 75 on 1:25 Steady	1:53
150	2 x 75 on 1:20 Dec 1-2	1:47
75	1 x 75 on 2:00 FAST FAST FAST	2:40
225	3 x 75 on 1:30 Steady	2:00
150	2 x 75 on 1:25 Dec 1-2	1:53
75	1 x 75 on 2:00 Steady!	2:40
150	2 x 75 on 1:50 BEST OF THE DAY!!	2:27
100	1 x 100 on 5:00 Cool Down	5:00
6:24 PM 3,100 Meters		

Workout #2066 - Wednesday, 23 December 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:10 Steady Swim	1:50
500	5 x 100 on 1:50 Pull: Dec 1-4	1:50
450	6 x 75 on 2:00 Kick	2:40
	===Group up===	
2,800	2x{6 x 50 on 1:00 First 3 steady, last 3 pick up	2:00
	{1 x 500 on 8:00 Negative Split	1:36
	{6 x 100 on 1:30 Dec 1-3,4-6	1:30
100	1 x 100 on 5:00 Cool Down	5:00
6:27 PM 4,350 Meters		

Workout #2072 - Thursday, 24 December 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:25 Swim mix in drills	1:48
400	4 x 100 on 1:50 Pull - last 25 fast	1:50
400	2 x 200 on 4:40 Kick negative split	2:20
	===Group Up===	
100	4 x 25 on :40 Dec 1-4	2:40
1,600	2x{4 x 100 on 1:30 Dec 1-4	1:30
	{2 x 200 on 3:40 Steady	1:50
200	2 x 100 on 2:00 FAST!	2:00
6:08 PM 3,300 Meters		

Workout #2228 - Monday, 28 December 2015
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	8 x 50 on 1:00 Pull, Desc 1-4/5-8	2:00
450	6 x 75 on 1:50 Kick, last 25 faster	2:27
	----- Group Up -----	
300	6 x 50 on 1:10 Desc 1-3, 4-6	2:20
1,300	2x{6 x 75 on 2:00 Best Effort	2:40
	{1 x 200 on 4:30 Easy	2:15
6:14 PM 3,050 Meters		

Workout #2231 - Tuesday, 29 December 2015
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 1:30 Pull, mix speeds	2:00
400	4 x 100 on 2:30 Kick, mix speeds	2:30
	***** Group Up *****	
1,800	1x{3 x 100 on 1:45 Steady	1:45
	{2 x 100 on 1:40 Faster	1:40
	{1 x 100 on 2:15 Fastest	2:15
	{3 x 100 on 1:40 Steady	1:40
	{2 x 100 on 1:35 Faster	1:35
	{1 x 100 on 2:15 Fastest	2:15
	{3 x 100 on 1:35 Steady	1:35
	{2 x 100 on 1:30 Faster	1:30
	{1 x 100 on 2:15 Fastest	2:15
100	1 x 100 on 5:00 Loosen	5:00
6:11 PM 3,350 Meters		

Workout #2234 - Wednesday, 30 December 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 6:45 Swim & Drill	1:41
600	6 x 100 on 1:50 Pull, Desc	1:50
400	8 x 50 on 1:10 Kick, mix speeds	2:20
	^^^^ Group Up ^^^^^	
100	4 x 25 on :40 FAST!!	2:40
800	2 x 400 on 6:40 Desc 1-2	1:40
400	8 x 50 on :55 Alt Mod/Fast @ 50	1:50
800	2 x 400 on 6:40 Neg Split	1:40
400	8 x 50 on 1:00 Mod/Fast @ 50	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:28 PM 4,000 Meters		

Workout #2237 - Thursday, 31 December 2015
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Mix swim & drill	1:50
400	8 x 50 on 1:00 Pull, mix efforts	2:00
450	6 x 75 on 1:50 Kick, last 25 fast	2:27
	==== Group Up =====	
100	4 x 25 on :40 FAST!	2:40
1,600	2x{2 x 250 on 4:15 last 50 faster	1:42
	{2 x 100 on 1:45 Desc 1-2	1:45
	{2 x 50 on 1:05 #1 Max, #2 Easy	2:10
6:06 PM 3,150 Meters		