

Workout #2076 - Monday, 04 January 2016
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
400	1 x 400 on 7:30 Steady swim	1:52
500	10 x 50 on :55 Pull: pick up pace on odds	1:50
500	20 x 25 on :40 Kick: Dec 1-5,6-10,11-15,16-20	2:40
	===Group up===	
200	2 x 100 on 1:45 Steady	1:45
200	2 x 100 on 1:50 Moderate	1:50
200	2 x 100 on 2:00 FAST!	2:00
200	2 x 100 on 1:40 Steady	1:40
200	2 x 100 on 1:45 moderate	1:45
200	2 x 100 on 1:50 FAST!	1:50
200	2 x 100 on 2:00 Steady	2:00
200	2 x 100 on 2:00 BEST OF THE DAY!!!!	2:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:20 PM 3,100 Meters	

Workout #2079 - Tuesday, 05 January 2016
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
600	3 x 200 on 3:45 Swim mix in drills	1:52
450	3 x 150 on 2:45 Pull - last 50 hard	1:50
400	4 x 100 on 2:20 Kick: Dec 1-4	2:20
	===Group Up===	
100	4 x 25 on :40 Dec 1-4	2:40
1,500	2x{3 x 150 on 2:30 Dec 1-4	1:40
	{3 x 50 on 1:00 Fast	2:00
	{1 x 150 on 2:25 Steady	1:37
150	1 x 150 on 2:30 BEST OF THE DAY!	1:40
100	1 x 100 on 5:00 Cool Down	5:00
	6:14 PM 3,300 Meters	

Workout #2082 - Wednesday, 06 January 2016
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: Negative Split	1:50
400	2 x 200 on 4:40 Kick: alternate fast/slow 50s	2:20
	===Group up===	
200	4 x 50 on 1:00 Dec 1-4	2:00
300	3 x 100 on 1:40 Dec 1-3	1:40
300	1 x 300 on 4:30 Steady	1:30
200	4 x 50 on :55 Dec 1-4	1:50
300	3 x 100 on 1:35 Dec 1-3	1:35
300	1 x 300 on 4:45 Steady	1:35
200	4 x 50 on 1:00 Dec 1-4	2:00
300	3 x 100 on 1:40 Dec 1-3	1:40
300	1 x 300 on 4:30 Steady	1:30
200	4 x 50 on :55 2 steady 2 FAST!	1:50
100	1 x 100 on 5:00 Cool Down	5:00
	6:33 PM 4,100 Meters	

Workout #2085 - Thursday, 07 January 2016
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
500	1 x 500 on 9:00 Steady Swim	1:48
500	5 x 100 on 1:50 Pull	1:50
450	6 x 75 on 1:45 Kick Dec 1-4	2:20
	===Group Up===	
100	4 x 25 on :40 Steady	2:40
1,500	2x{3 x 75 on 1:20 Dec 1-3	1:47
	{3 x 75 on 1:15 Dec 1-3	1:40
	{3 x 75 on 1:10 Dec 1-3	1:33
	{1 x 75 on 1:30 Steady	2:00
150	2 x 75 on 2:00 BEST OF THE DAY!!	2:40
100	1 x 100 on 5:00 Cool Down	5:00
	6:14 PM 3,300 Meters	

Workout #2304 - Monday, 11 January 2016
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
600	3 x 200 on 3:40 Swim & Drill	1:50
400	4 x 100 on 2:30 Kick. last 25 FAST!!	2:30
450	6 x 75 on 1:20 Pull, build each	1:47
	----- Group Up -----	
100	4 x 25 on :40 Speedy	2:40
400	8 x 50 on 1:00 Desc 1-4	2:00
200	8 x 25 on :45 Do as 2 Faster, 1 Easier	3:00
300	6 x 50 on 1:00 Desc 1-3	2:00
150	6 x 25 on :40 Do as 1 Easier, 2 Faster	2:40
200	4 x 50 on 1:00 Desc 1-2	2:00
100	4 x 25 on :35 All Fast, Be Strong	2:20
100	1 x 100 on 5:00 Loosen	5:00
	6:18 PM 3,000 Meters	

Workout #2307 - Tuesday, 12 January 2016
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
600	2 x 300 on 5:40 Mix Drill & Swim	1:53
400	8 x 50 on 1:00 Pull, Desc	2:00
450	6 x 75 on 1:45 Kick, mix speeds	2:20
	***** Group Up *****	
100	4 x 25 on :40 Get Going!	2:40
1,500	1x{5 x 100 on 1:50 Easier 1st 75	1:50
	{4 x 100 on 1:45 Easier 1st 50	1:45
	{3 x 100 on 1:40 Easier 1st 25	1:40
	{2 x 100 on 1:35 All Fast	1:35
	{1 on 1:00 Rest	
	{1 x 100 on 3:00 Max Effort!	3:00
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,150 Meters	

Workout #2310 - Wednesday, 13 January 2016
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 6:45 Drill & Swim	1:41
500	10 x 50 on 1:15 Kick, alt Easy/Fast	2:30
600	6 x 100 on 1:40 Pull, Desc	1:40
	///// Group Up \\\	
100	2 x 50 on 1:10 Desc 1-2	2:20
800	2 x 400 on 6:50 #1 Neg Split,#2 Build Each 100	1:42
100	2 x 50 on 1:10 Best Effort	2:20
600	2 x 300 on 5:00 #1 Neg Split,#2 Build Each 100	1:40
100	2 x 50 on 1:10 Best Effort	2:20
400	2 x 200 on 3:15 #1 Neg Split,#2 Build Each 100	1:38
100	2 x 50 on 1:10 Best Effort	2:20
200	2 x 100 on 1:35 #1 Neg Split,#2 Build Each 25	1:35
100	2 x 50 on 1:10 Last Two, Fast Two	2:20
100	1 x 100 on 5:00 Loosen	5:00
	6:37 PM 4,100 Meters	

Workout #2313 - Thursday, 14 January 2016
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:40 Swim & Drill Mix	1:50
400	4 x 100 on 2:30 Kick, Build Each	2:30
400	4 x 100 on 1:50 Pull, Build Each	1:50
	==== Group Up =====	
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
	6:08 PM 3,300 Meters	

Workout #2088 - Monday, 18 January 2016
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 #2091 - Tuesday, 19 January 2016
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	2 x 300 on 6:00 Swim mix in drills	2:00
400	1 x 400 on 7:15 Pull: Negative Split	1:49
400	2 x 200 on 4:15 Kick: last 50 hard	2:08
	===GROUP UP===	
100	4 x 25 on :40 Fast	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	1:35
100	1 x 100 on 5:00 Cool Down	5:00
	6:19 PM 3,400 Meters	

Workout #2094 - Wednesday, 20 January 2016
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
450	6 x 75 on 1:25 Pull, Steady pace	1:53
400	1 x 400 on 10:00 Steady	2:30
	=== Group Up ===	
100	4 x 25 on :50 Fast, Get Ready!	3:20
2,400	1x{4 x 50 on 1:00 Fast	2:00
	{1 x 600 on 9:30 Negative Split	1:35
	{4 x 50 on 1:00 Fast	2:00
	{1 x 600 on 9:45 Negative Split	1:38
	{4 x 50 on 1:00 Fast	2:00
	{1 x 600 on 10:00 Negative Split	1:40
100	1 x 100 on 5:00 Cool Down	5:00
	6:26 PM 4,050 Meters	

Workout #2097 - Thursday, 21 January 2016
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:30 Mixed Speeds	1:50
400	4 x 100 on 1:45 Pull: Dec 1-4	1:45
400	8 x 50 on 1:10 Kick: Evens Faster	2:20
	===GROUP UP===	
100	4 x 25 on :40 Fast!	2:40
1,500	2x{3 x 75 on 1:20 Descend 1-3	1:47
	{1 x 25 on :35 FAST!	2:20
	{1 x 150 on 2:40 Steady	1:47
	{1 x 100 on 1:35 FAST	1:35
	{1 x 200 on 3:25 Steady	1:42
	{1 x 50 on :50 FAST!	1:40
100	1 x 100 on 5:00 Cool Down	5:00

6:08 PM 3,100 Meters

Workout #2341 - Monday, 25 January 2016
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	4 x 150 on 2:45 Swim and Drill	1:50
400	8 x 50 on 1:25 Kick, mixed efforts	2:50
400	4 x 100 on 1:50 Pull, Neg Split	1:50
	***** Group Up *****	
100	4 x 25 on :40 Fast	2:40
1,500	1x{6 x 50 on 1:01 free	2:02
	{1 on :30 rest	
	{6 x 50 on :57 free	1:54
	{1 on :30 rest	
	{6 x 50 on :53 free	1:46
	{1 on :30 rest	
	{6 x 50 on :49 free	1:38
	{1 on :30 rest	
	{6 x 50 on :45 free	1:30
100	1 x 100 on 5:00 Loosen	5:00

6:13 PM 3,100 Meters

Workout #2340 - Tuesday, 26 January 2016
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	2 x 300 on 5:30 Swim and Drill	1:50
400	4 x 100 on 2:30 Kick, Neg Split	2:30
400	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
	+++++ Group Up +++++	
100	4 x 25 on :40 Fast	2:40
225	3 x 75 on 1:40 Desc 1-3	2:13
200	4 x 50 on 1:00 Desc 1-4	2:00
225	3 x 75 on 1:30 Desc 1-3	2:00
200	4 x 50 on 1:00 Desc 1-5	2:00
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 1:10 Desc 1-3	1:33
100	1 x 100 on 5:00 Loosen	5:00
	6:18 PM 3,100 Meters	

Workout #2339 - Wednesday, 27 January 2016
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	6 x 100 on 1:45 Mix swim & drill	1:45
400	2 x 200 on 3:30 Pull, Neg Split	1:45
450	6 x 75 on 2:00 Kick last 25 fast	2:40
	===== Group Up =====	
100	4 x 25 on :40 Fast	2:40
500	1 x 500 on 8:15 Neg Split	1:39
500	5 x 100 on 1:45 Steady Pace	1:45
500	10 x 50 on :55 Alt Mod/Fast	1:50
300	1 x 300 on 5:00 Neg Split	1:40
300	3 x 100 on 1:45 Steady	1:45
300	6 x 50 on :55 Alt Mod/Fast	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:33 PM 4,050 Meters	

Workout #2338 - Thursday, 28 January 2016
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	1 x 600 on 10:45 Swim & Drill	1:48
450	6 x 75 on 1:20 Pull, mix efforts	1:47
400	4 x 100 on 2:20 Kick, faster last 25	2:20
	##### Group Up #####	
100	4 x 25 on :40 Fast	2:40
1,500	1x{2 x 200 on 3:15 Steady	1:38
	{2 x 200 on 3:05 Steady	1:32
	{2 x 200 on 2:55 Fast!	1:28
	{1 x 100 on 2:15 Easy	2:15
	{1 x 200 on 4:00 Last one, fast one	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:07 PM 3,150 Meters	

Workout #2141 - Monday, 01 February 2016
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 7:20 Steady Swim	1:50
500	10 x 50 on :55 Pull Dec 1-4, 5-8, 9-10	1:50
500	20 x 25 on :40 Kick: Mixed speeds	2:40
	===GROUP UP===	
1,650	3x{2 x 75 on 1:25 Dec 1-2	1:53
	{2 x 75 on 1:20 Dec 1-2	1:47
	{2 x 75 on 1:15 Dec 1-2	1:40
	{1 x 100 on 2:00 Easy	2:00
150	2 x 75 on 2:00 BEST OF THE DAY!	2:40
100	1 x 100 on 5:00 Cool Down	5:00
	6:16 PM 3,300 Meters	

Workout #2144 - Tuesday, 02 February 2016
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 drills	1:52
600	2 x 300 on 5:30 Pull Dec 1-2	1:50
400	4 x 100 on 2:10 Kick last 50 fast	2:10
	===GROUP UP===	
200	4 x 50 on 1:15 Dec 1-4	2:30
400	4 x 100 on 1:45 Dec 1-4	1:45
200	4 x 50 on 1:00 Dec 1-4	2:00
100	4 x 25 on :35 Dec 1-4	2:20
200	4 x 50 on 1:00 Dec 1-4	2:00
400	4 x 100 on 1:45 first 2 steady last 2 fast	1:45
100	1 x 100 on 5:00 Cool Down	5:00
	6:12 PM 3,000 Meters	

Workout #2147 - Wednesday, 03 February 2016
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
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 Negative Split	2:20
	===GROUP UP===	
2,400	2x{1 x 400 on 6:00 Negative Split	1:30
	{4 x 100 on 1:35 Dec 1-4	1:35
	{4 x 100 on 1:30 Dec 1-4	1:30
400	1 x 400 on 6:30 Negative Split	1:38
100	1 x 100 on 5:00 Cool down	5:00
	6:23 PM 4,300 Meters	

Workout #2150 - Thursday, 04 February 2016
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Steady	1:50
400	4 x 100 on 1:50 Pull: Decend 1-4	1:50
400	2 x 200 on 4:30 Kick: 2nd & 4th 50 Harder	2:15
	===GROUP UP===	
100	4 x 25 on :40 FAST	2:40
1,500	2x{1 x 250 on 4:15 Steady	1:42
	{4 x 50 on :50 Descend 1-4	1:40
	{1 x 250 on 4:15 Negative Split	1:42
	{1 x 50 on 1:30 MAX EFFORT	3:00
100	1 x 100 on 3:00 Cool Down	3:00
	6:06 PM 3,100 Meters	

Workout #2382 - Monday, 08 February 2016
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:40 Swim and Drill	1:50
400	4 x 100 on 1:50 Pull, Desc	1:50
400	16 x 25 on :40 Kick, Alt EZ/Fast	2:40
	----- Group Up -----	
100	4 x 25 on :40 FAST!	2:40
400	4 x 100 on 1:45 Last 50 of each FAST	1:45
	5:41 PM 1,700 Meters	

Workout #2398 - Monday, 08 February 2016
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	3 x 200 on 3:30 Swim and Drill	1:45
400	4 x 100 on 1:50 Pull, Desc	1:50
400	16 x 25 on :40 Kick, Alt EZ/Fast	2:40
----- Group Up -----		
100	4 x 25 on :40 FAST!	2:40
400	4 x 100 on 1:45 Last 50 of each FAST	1:45
100	2 x 50 on 1:05 #1 Fast, #2 Easy	2:10
400	4 x 100 on 1:55 Last 75 of each FAST	1:55
100	2 x 50 on 1:05 #1 Fast, #2 Easy	2:10
400	4 x 100 on 2:05 All FAST	2:05
100	1 x 100 on 5:00 Loosen	5:00
6:17 PM 3,000 Meters		

Workout #2401 - Tuesday, 09 February 2016
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	3 x 200 on 3:30 Swim & Drill Mix	1:45
400	8 x 50 on 1:00 Pull, Desc	2:00
400	4 x 100 on 2:30 Kick, Fast Last 25	2:30
^^^^^ Group Up ^^^^^		
200	4 x 50 on 1:05 Desc	2:10
1,350	1x{3 x 150 on 2:40 Steady	1:47
	{1 x 150 on 2:20 Fast Pace	1:33
	{2 x 150 on 2:40 Steady	1:47
	{1 x 150 on 2:20 Fast Pace	1:33
	{1 x 150 on 2:40 Steady	1:47
	{1 x 150 on 2:20 Fast Pace	1:33
100	1 x 100 on 5:00 Loosen	5:00
6:07 PM 3,050 Meters		

Workout #2404 - Wednesday, 10 February 2016
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	6 x 100 on 1:45 Mix swim & Drill	1:45
400	4 x 100 on 1:50 Pull, Desc	1:50
400	4 x 100 on 2:30 Kick, mix efforts	2:30
===== Group Up =====		
200	4 x 50 on 1:05 Desc	2:10
600	2 x 300 on 4:45 Neg Split	1:35
600	6 x 100 on 1:40 Desc	1:40
600	8 x 75 on 1:20 Desc	1:47
600	12 x 50 on 1:00 Alt Mod/Fast @ 50	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:30 PM 4,100 Meters		

Workout #2407 - Thursday, 11 February 2016
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
600	4 x 150 on 2:45 Swim & Drill Mix	1:50
450	6 x 75 on 1:25 Pull, Neg Split	1:53
400	8 x 50 on 1:15 Kick, mix efforts	2:30
	+++++ Group Up +++++	
600	6 x 100 on 2:00 Best Effort	2:00
100	1 x 100 on 2:30 Loosen	2:30
450	6 x 75 on 1:40 Best Effort	2:13
100	1 x 100 on 2:30 Loosen	2:30
300	6 x 50 on 1:20 Best Effort	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:19 PM 3,100 Meters	

Workout #2153 - Monday, 15 February 2016
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
400	2 x 200 on 3:45 Swim mix in drills	1:52
600	2 x 300 on 5:30 Pull: first and last 50 hard	1:50
400	4 x 100 on 2:20 Kick Dec 1-4	2:20
	===GROUP UP===	
300	12 x 25 on :30 Odds are fast	2:00
400	4 x 100 on 1:50 2 steady 2 fast	1:50
300	12 x 25 on :35 Odds are fast	2:20
400	4 x 100 on 1:50 2 steady 2 fast	1:50
300	12 x 25 on :40 Odds are fast	2:40
100	1 x 100 on 2:00 FAST!	2:00
100	1 x 100 on 5:00 COOL DOWN	5:00
	6:22 PM 3,300 Meters	

Workout #2156 - Tuesday, 16 February 2016
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
400	4 x 100 on 1:50 Swim Dec 1-4	1:50
600	12 x 50 on 1:00 Pull - Odds are hard	2:00
400	16 x 25 on :35 Kick - mixed speeds	2:20
	===GROUP UP===	
1,800	2x{4 x 100 on 1:35 Dec 1-4	1:35
	{1 x 150 on 2:35 Negative Split	1:43
	{2 x 100 on 1:30 Dec 1-2	1:30
	{1 x 150 on 2:35 Negative Split	1:43
100	1 x 100 on 5:00 COOL DOWN	5:00
	6:08 PM 3,300 Meters	

Workout #2159 - Wednesday, 17 February 2016
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
550	1 x 550 on 10:00 Steady Swim	1:49
400	4 x 100 on 1:50 Pull - Odds are faster	1:50
450	6 x 75 on 1:40 Kick - middle 25 hard	2:13
===GROUP UP===		
800	2 x 400 on 6:40 Dec 1-2	1:40
100	2 x 50 on 1:00 Dec 1-2	2:00
600	2 x 300 on 4:45 Dec 1-2	1:35
100	2 x 50 on 1:00 Dec 1-2	2:00
400	2 x 200 on 3:00 Dec 1-2	1:30
100	2 x 50 on 1:00 Dec 1-2	2:00
200	2 x 100 on 1:25 Dec 1-2	1:25
100	2 x 50 on 1:00 Steady	2:00
100	2 x 50 on 1:15 FAST FAST FAST!	2:30
100	1 x 100 on 3:00 COOL DOWN	3:00
6:27 PM 4,000 Meters		

Workout #2162 - Thursday, 18 February 2016
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	4 x 100 on 1:50 Dec 1-4	1:50
400	2 x 200 on 4:40 Kick - negative split	2:20
===GROUP UP===		
1,800	1x{3 x 200 on 3:30 Steady	1:45
	{3 x 200 on 3:20 Pick it up a little	1:40
	{2 x 200 on 3:10 A bit faster	1:35
	{1 x 200 on 3:00 FAST!	1:30
100	1 x 100 on 5:00 COOL DOWN	5:00
6:08 PM 3,300 Meters		

Workout #2437 - Monday, 22 February 2016
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 #2440 - Tuesday, 23 February 2016
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:40 Swim & Drill - high elbows	1:50
400	4 x 100 on 1:45 Pull, Neg Split	1:45
450	6 x 75 on 1:50 Kick, last 25 faster	2:27
	~~~~~ Group Up ~~~~~	
100	4 x 25 on :40 SPEEDY!!!!	2:40
1,500	2x{1 x 50 on 1:30 Loosen	3:00
	{2 x 200 on 3:15 Steady Pace	1:38
	{1 x 200 on 3:05 Fast Pace	1:32
	{1 x 100 on 2:00 VERY FAST	2:00
100	1 x 100 on 5:00 Cool down	5:00

6:09 PM 3,150 Meters

**Workout #2443 - Wednesday, 24 February 2016**  
**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	8 x 50 on 1:00 Pull, Desc	2:00
400	4 x 100 on 2:30 Kick, mix efforts	2:30
	----- Group UP -----	
200	4 x 50 on 1:05 Desc	2:10
600	1 x 600 on 9:30 Neg Split	1:35
600	2 x 300 on 4:50 Desc	1:37
600	3 x 200 on 3:20 Desc	1:40
300	3 x 100 on 1:45 Desc	1:45
300	3 x 100 on 1:50 Desc	1:50
100	1 x 100 on 5:00 Cool down	5:00

6:30 PM 4,100 Meters

**Workout #2446 - Thursday, 25 February 2016**  
**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
200	4 x 50 on 1:00 Swim, Desc	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
450	3 x 150 on 2:40 Desc 1-3	1:47
450	3 x 150 on 2:30 Desc 1-3	1:40
450	3 x 150 on 2:20 Desc 1-3	1:33
	1 on :30 Extra rest	
150	1 x 150 on 3:00 Last one, fast one	2:00
100	1 x 100 on 5:00 Loosen	5:00

6:13 PM 3,150 Meters

**Workout #2168 - Monday, 29 February 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	4 x 100 on 1:50 Swim mix in drills	1:50
400	8 x 50 on 1:00 Pull Dec 1-4, 5-8	2:00
400	16 x 25 on :40 Kick - Mix Speeds	2:40
	=== Group Up ===	
100	4 x 25 on :40 FAST! FAST! FAST!	2:40
1,700	2x{4 x 50 on 1:00 Desc 1-4	2:00
	{1 on :30 Rest	
	{4 x 50 on :55 Desc 1-4	1:50
	{1 on :30 Rest	
	{4 x 50 on :50 Desc 1-4	1:40
	{1 on :30 rest	
	{4 x 50 on :45 Desc 1-4	1:30
	{1 x 50 on 1:30 Steady	3:00
200	4 x 50 on 1:00 FAST FAST FAST	2:00
100	1 x 100 on 5:00 Cool down	5:00
	6:19 PM 3,300 Meters	

**Workout #2243 - Tuesday, 01 March 2016**  
**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 negative split	1:50
400	4 x 100 on 2:20 Kick Dec 1-4	2:20
	===GROUP UP===	
100	4 x 25 on :40 Fast	2:40
1,800	2x{4 x 75 on 1:30 Dec 1-4	2:00
	{4 x 75 on 1:25 Dec 1-4	1:53
	{4 x 75 on 1:20 Dec 1-4	1:47
100	1 x 100 on 5:00 Cool Down	5:00
	6:16 PM 3,400 Meters	

**Workout #2246 - Wednesday, 02 March 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	2 x 250 on 4:30 Steady Swims	1:48
500	5 x 100 on 1:50 Pull: Middle 50 of each faster	1:50
450	6 x 75 on 1:50 Kick: Middle 25 Faster	2:27
	===GROUP UP===	
500	1 x 500 on 7:40 Steady Swim	1:32
500	2 x 250 on 4:15 Descend 1-2	1:42
500	5 x 100 on 1:45 Pick up tempo 2nd 1/2 of each sw	1:45
500	2 x 250 on 4:15 Descend 1-2	1:42
500	1 x 500 on 7:40 Negative Split	1:32
100	1 x 100 on 5:00 Cool Down	5:00
	6:26 PM 4,050 Meters	

**Workout #2249 - Thursday, 03 March 2016**  
**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, neg split	1:50
500	2 x 250 on 5:30 Kick negative split	2:12
===GROUP UP===		
400	2 x 200 on 3:10 Desc 1-2	1:35
100	2 x 50 on 1:00 #1 easy, #2 faster	2:00
400	2 x 200 on 3:20 Desc 1-2	1:40
100	2 x 50 on 1:00 #1 easy, #2 faster	2:00
400	2 x 200 on 3:30 Desc 1-2	1:45
100	2 x 50 on 1:00 #1 easy, #2 faster	2:00
200	1 x 200 on 3:40 Best Effort	1:50
100	1 x 100 on 5:00 Loosen	5:00
6:16 PM 3,300 Meters		

**Workout #2165 - Monday, 07 March 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:10 first 25 of 100 drill	1:50
500	5 x 100 on 1:50 Pull steady	1:50
450	6 x 75 on 1:50 kick dec 1-3, 4-6	2:27
****GROUP UP****		
1,500	2x{2 x 100 on 2:00 Steady	2:00
	{4 x 75 on 1:20 Dec 1-3	1:47
	{4 x 50 on :55 race pace	1:50
	{1 x 50 on 1:00 Steady swim	2:00
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 3,200 Meters		

**Workout #2252 - Tuesday, 08 March 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:30 25 drill 75 swim	1:45
300	1 x 300 on 5:00 50 fist drill 100 regular pull	1:40
400	8 x 50 on 1:10 last 25 fast	2:20
***GROUP UP***		
1,900	2x{4 x 100 on 2:00 dec 1-4	2:00
	{3 x 100 on 1:50 Fast Pace	1:50
	{2 x 100 on 1:45 Sprint	1:45
	{1 x 50 on 1:00 loosen	2:00
100	1 x 100 on 1:30 Race Pace	1:30
6:08 PM 3,300 Meters		

**Workout #2253 - Wednesday, 09 March 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 6:00 alt 50 drill 50 swim	2:00
400	1 x 400 on 7:30 Pull	1:52
400	2 x 200 on 3:45 kick last 25 of 100 fast	1:52
	***GROUP UP***	
300	6 x 50 on :45 fast	1:30
400	4 x 100 on 1:40 dec 1-4	1:40
400	2 x 200 on 3:30 2nd one faster	1:45
400	1 x 400 on 6:30 fast pace	1:38
400	2 x 200 on 3:30 2nd one faster	1:45
400	4 x 100 on 1:40 dec 1-4	1:40
300	6 x 50 on :45 fast	1:30
100	1 x 100 on 5:00 loosen	5:00
	6:28 PM 4,100 Meters	

**Workout #2254 - Thursday, 10 March 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	4 x 125 on 2:10 1st 25 drill	1:44
500	5 x 100 on 2:00 pull ,paddels on even	2:00
450	6 x 75 on 1:30 kick middle 25 fast	2:00
	***GROUP UP***	
1,600	2x{5 x 50 on :50 Fast	1:40
	{2 x 250 on 4:00 2nd faster	1:36
	{1 x 50 on 1:00 loosen	2:00
250	1 x 250 on 4:00 Race Pace	1:36
100	1 x 100 on 5:00 cool down	5:00
	6:09 PM 3,400 Meters	

**Workout #2355 - Monday, 14 March 2016**  
**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 drills	1:52
600	2 x 300 on 5:30 Pull: Negative split	1:50
400	4 x 100 on 2:10 Kick: Dec 1-4	2:10
	===GROUP UP===	
400	4 x 100 on 1:50 Dec 1-4	1:50
150	3 x 50 on 1:00 Steady	2:00
200	2 x 100 on 1:45 FAST!	1:45
50	1 x 50 on 1:00 Steady	2:00
400	4 x 100 on 1:40 Dec 1-4	1:40
150	3 x 50 on 1:00 Steady	2:00
200	2 x 100 on 1:35 FAST!	1:35
50	1 x 50 on 1:00 Steady	2:00
100	1 x 100 on 1:30 BEST OF THE DAY!!!	1:30
100	1 x 100 on 5:00 Cool Down	5:00
	6:18 PM 3,200 Meters	



**Workout #2358 - Tuesday, 15 March 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Swim: Dec 1-3, 4-6	1:50
400	8 x 50 on 1:00 Pull: Dec 1-4, 5-8	2:00
400	16 x 25 on :40 Kick: mixed speeds	2:40
	===GROUP UP===	
1,950	3x{1 x 150 on 2:30 Steady	1:40
	{1 x 150 on 2:20 Fast	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	2:00
6:06 PM 3,350 Meters		

**Workout #2361 - Wednesday, 16 March 2016**  
**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: Dec 1-4	1:50
450	6 x 75 on 1:40 Kick steady	2:13
	===GROUP UP===	
300	1 x 300 on 5:15 Steady	1:45
300	1 x 300 on 4:45 FAST	1:35
300	1 x 300 on 5:15 Steady	1:45
600	2 x 300 on 4:45 FAST	1:35
300	1 x 300 on 5:15 Steady	1:45
900	3 x 300 on 4:45 FAST!	1:35
100	1 x 100 on 5:00 Cool down	5:00
6:29 PM 4,150 Meters		

**Workout #2364 - Thursday, 17 March 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Steady Swims	1:50
400	4 x 100 on 1:50 Pull: Descend 1-4	1:50
400	2 x 200 on 4:20 Kick: last 100 harder	2:10
	*****GROUP UP*****	
100	4 x 25 on :40 Dec 1-4	2:40
1,500	2x{2 x 75 on 1:20 Dec 1-2	1:47
	{2 x 150 on 2:30 FAST	1:40
	{2 x 75 on 1:20 Dec 1-2	1:47
	{1 x 150 on 2:50 FAST	1:53
100	1 x 100 on 5:00 Cool Down	5:00
6:08 PM 3,100 Meters		

**Workout #2449 - Monday, 21 March 2016**  
**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	8 x 50 on 1:00 Pull, mix efforts	2:00
400	4 x 100 on 2:30 Kick, mix efforts	2:30
	==== Group Up =====	
1,600	1x{4 x 25 on :30 FAST	2:00
	{3 x 100 on 1:50 Steady	1:50
	{4 x 25 on :35 FAST	2:20
	{3 x 100 on 1:45 Steady	1:45
	{4 x 25 on :40 FAST	2:40
	{3 x 100 on 1:40 Steady	1:40
	{4 x 25 on :45 Fast	3:00
	{3 x 100 on 1:35 Steady	1:35
100	1 x 100 on 5:00 Loosen	5:00

6:09 PM 3,100 Meters

**Workout #2452 - Tuesday, 22 March 2016**  
**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	4 x 100 on 1:50 Pull, Desc	1:50
400	8 x 50 on 1:20 Kick, alt ez/fast	2:40
	+++++ Group Up +++++	
100	4 x 25 on :40 Speederific	2:40
1,500	1x{5 x 100 on 2:00 Steady	2:00
	{4 x 100 on 1:50 Faster Pace	1:50
	{3 x 100 on 1:40 Faster Pace	1:40
	{2 x 100 on 1:30 Faster Pace	1:30
	{1 on 1:00 Extra Rest	
	{1 x 100 on 2:00 Last one, fast one!	2:00
100	1 x 100 on 5:00 Cool down	5:00

6:12 PM 3,100 Meters

**Workout #2455 - Wednesday, 23 March 2016**  
**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 mix	1:50
400	4 x 100 on 1:45 Pull, Desc	1:45
400	8 x 50 on 1:30 Kick, odds FAST	3:00
	*&*&* Group Up *&*&*	
200	4 x 50 on 1:00 Desc 1-4	2:00
800	2 x 400 on 6:30 Desc & Neg Split	1:38
200	2 x 100 on 1:45 Steady, easier (not easy)	1:45
400	1 x 400 on 7:00 Neg Split, Faster Effort	1:45
200	2 x 100 on 1:45 Steady, easier (not easy)	1:45
800	2 x 400 on 6:30 Desc & Neg Split	1:38
100	1 x 100 on 5:00 Loosen	5:00
	6:29 PM 4,100 Meters	

**Workout #2458 - Thursday, 24 March 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
400	1 x 400 on 7:00 swim and drill	1:45
500	10 x 50 on 1:00 Pull, mix efforts	2:00
500	5 x 100 on 2:30 Kick, neg split!	2:30
	----- Group Up -----	
100	4 x 25 on :40 ZOOM!	2:40
400	4 x 100 on 2:00 FAST	2:00
200	1 x 200 on 3:30 Neg Split it	1:45
300	4 x 75 on 1:40 FAST	2:13
200	1 x 200 on 3:30 Neg Split it	1:45
200	4 x 50 on 1:10 FAST	2:20
200	1 x 200 on 3:30 Neg Split it	1:45
100	1 x 100 on 5:00 Cool down	5:00
	6:20 PM 3,100 Meters	

**Workout #2495 - Monday, 28 March 2016**  
**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 #2498 - Tuesday, 29 March 2016**  
**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	4 x 100 on 2:30 Kick, Mix speeds	2:30
400	8 x 50 on 1:00 Pull, Desc 1-4	2:00
	----- Group Up -----	
100	4 x 25 on :40 Speedy Swims!	2:40
1,600	2x{4 x 100 on 1:45 Steady, Moderate Efforts	1:45
	{2 x 200 on 3:20 Desc 1-2, #2 is FAST	1:40
100	1 x 100 on 5:00 Loosen	5:00

6:10 PM 3,200 Meters

**Workout #2501 - Wednesday, 30 March 2016**  
**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 1:50 Kick, last 25 faster	2:27
400	4 x 100 on 1:50 Pull, Desc	1:50
	----- Group Up -----	
250	5 x 50 on 1:00 Desc	2:00
200	4 x 50 on :55 Desc	1:50
150	3 x 50 on :50 Desc	1:40
50	1 x 50 on 1:30 Get ready	3:00
600	1 x 600 on 10:00 Hold Best Pace from above 50s	1:40
600	1 x 600 on 9:30 Neg Split as Pace, Faster Pace	1:35
600	2 x 300 on 5:20 Desc 1-2, Last one fast	1:47
100	1 x 100 on 5:00 Loosen	5:00

6:30 PM 4,000 Meters

**Workout #2504 - Thursday, 31 March 2016**  
**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, Desc	1:53
400	8 x 50 on 1:20 Kick, last 25 faster	2:40
	----- Group Up -----	
450	3 x 150 on 2:35 Desc	1:43
50	2 x 25 on :50 1 Easy, 1 Fast	3:20
450	3 x 150 on 2:30 Desc	1:40
50	2 x 25 on :50 1 Easy, 1 Fast	3:20
450	3 x 150 on 2:25 Desc	1:37
50	2 x 25 on :50 1 Easy, 1 Fast	3:20
100	1 x 100 on 5:00 Loosen	5:00

6:15 PM 3,050 Meters

**Workout #2519 - Monday, 04 April 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
5:00 PM	Start	
500	5 x 100 on 1:50 Swim mix in drills	1:50
500	10 x 50 on 1:00 Pull: every 4th fast	2:00
400	16 x 25 on :40 Kick mixed speeds	2:40
	===GROUP UP===	
100	4 x 25 on :40 2 easy, 2 fast	2:40
600	12 x 50 on 1:00 1 Easy, 3 fast: repeat	2:00
100	4 x 25 on :40 2 easy/2 hard	2:40
400	8 x 50 on 1:00 1 easy, 3 fast: repeat	2:00
100	4 x 25 on :40 2 easy/ 2 hard	2:40
200	4 x 50 on 1:00 1 easy, 3 fast	2:00
100	4 x 25 on :40 2 easy, 2 fast	2:40
100	2 x 50 on 1:00 BEST OF THE DAY!!!!!! GO FAST	2:00
100	1 x 100 on 5:00 cool down	5:00
6:25 PM	3,200 Meters	

**Workout #2522 - Tuesday, 05 April 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
5:00 PM	Start	
600	3 x 200 on 3:45 Swim: mix in drills	1:52
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 Dec 1-4	2:40
1,525	1x{5 x 75 on 1:30 Fast!	2:00
	{1 x 100 on 1:50 Steady	1:50
	{4 x 75 on 1:30 Fast!	2:00
	{1 x 100 on 1:50 Steady	1:50
	{3 x 75 on 1:30 Fast!	2:00
	{1 x 100 on 1:50 Steady	1:50
	{2 x 75 on 1:30 Fast!	2:00
	{1 x 100 on 1:50 Steady	1:50
	{1 x 75 on 1:30 Fast!	2:00
100	1 x 100 on 5:00 Cool down	5:00
6:13 PM	3,125 Meters	

**Workout #2525 - Wednesday, 06 April 2016**  
**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: negative split	1:50
400	2 x 200 on 4:20 Kick: middle 100 faster	2:10
	===GROUP UP===	
1,000	2 x 500 on 8:30 Negative Split and Descend 1-2	1:42
250	1 x 250 on 4:15 Steady Swim	1:42
1,000	2 x 500 on 8:00 Negative Split and Descend 1-2	1:36
250	1 x 250 on 4:15 Last One, Fast One	1:42
100	1 x 100 on 5:00 Cool Down	5:00
	6:23 PM 4,000 Meters	

**Workout #2528 - Thursday, 07 April 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:30 Steady Swim	1:54
400	4 x 100 on 1:50 Pull: Steady	1:50
450	6 x 75 on 1:45 Kick: evens faster	2:20
	===GROUP UP===	
100	4 x 25 on :40 Fast	2:40
1,600	2x{1 x 200 on 3:40 Steady but strong	1:50
	{2 x 200 on 3:20 Descend 1-2	1:40
	{1 x 200 on 3:00 FAST! FAST! FAST!	1:30
100	1 x 100 on 5:00 Cool Down	5:00
	6:09 PM 3,150 Meters	

**Workout #2507 - Monday, 11 April 2016**  
**Masters - Blue**  
**1 minute 15 seconds rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 7:00 Mix swim and drill	1:45
600	6 x 100 on 1:50 Pull, Desc	1:50
400	8 x 50 on 1:20 Kick, mix speeds	2:40
	##### Group Up #####	
200	4 x 50 on 1:15 Fast	2:30
375	5 x 75 on 1:30 How fast can you go today?	2:00
125	1 x 125 on 4:00 Loosen	3:12
375	5 x 75 on 1:45 How fast can you go now?	2:20
125	1 x 125 on 4:00 Loosen	3:12
375	5 x 75 on 2:00 A few more speedy ones!	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:29 PM 3,075 Meters	

**Workout #2510 - Tuesday, 12 April 2016**  
**Masters - Blue**  
**1 minute 15 seconds rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:20 Mix drill and swim	1:47
450	6 x 75 on 2:00 Kick, last 25 faster	2:40
400	8 x 50 on 1:00 Pull, Desc	2:00
	***** Group Up *****	
100	4 x 25 on :40 KaBOOM	2:40
500	5 x 100 on 1:40 Steady strong pace	1:40
200	4 x 50 on 1:00 Faster Pace than 100s	2:00
300	3 x 100 on 1:35 Steady, Strong Pace	1:35
200	4 x 50 on 1:05 Faster Pace than 100s	2:10
100	1 x 100 on 1:30 Steady and Strong	1:30
200	4 x 50 on 1:10 Fast!	2:20
100	1 x 100 on 5:00 Loosen	5:00
	6:22 PM 3,150 Meters	

**Workout #2513 - Wednesday, 13 April 2016**  
**Masters - Blue**  
**1 minute 15 seconds rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Mix drill and swim	1:45
450	6 x 75 on 1:20 Pull, Desc	1:47
400	8 x 50 on 1:15 Kick, mix effort	2:30
	===== Group Up =====	
800	2 x 400 on 6:25 Desc	1:36
900	3 x 300 on 5:05 Desc	1:42
800	4 x 200 on 3:45 Desc	1:52
100	1 x 100 on 5:00 Loosen	5:00
	6:28 PM 4,050 Meters	

**Workout #2516 - Thursday, 14 April 2016**  
**Masters - Blue**  
**1 minute 15 seconds rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	2 x 250 on 4:30 Drill & Swim Mix	1:48
400	4 x 100 on 1:50 Pull, Desc	1:50
400	8 x 50 on 1:20 Kick, some fast!	2:40
	%%%% Group Up %%%%	
100	4 x 25 on :40 Speederific	2:40
1,300	2x{1 x 250 on 4:15 Moderate	1:42
	{1 x 150 on 2:30 Fast	1:40
	{2 x 50 on :55 Fastest	1:50
	{1 x 150 on 2:35 Stay Strong	1:43
	Note, the below 250 is only at the end	
250	1 x 250 on 4:20 Still strong	1:44
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,050 Meters	

**Workout #2531 - Monday, 18 April 2016**  
**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: Negative Split	1:50
400	4 x 100 on 2:20 Kick mixed speeds	2:20
=== GROUP UP ===		
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 1:30 Dec 1-4	1:30
100	1 x 100 on 5:00 Cool Down	5:00
6:09 PM 3,100 Meters		

**Workout #2534 - Tuesday, 19 April 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	6 x 100 on 1:50 Dec 1-3, 4-6	1:50
400	8 x 50 on 1:00 Pull: Last 25 harder than 1st	2:00
400	16 x 25 on :40 Kick mixed speeds	2:40
=== GROUP UP ===		
100	4 x 25 on :40 Dec 1-4	2:40
1,600	2x{2 x 150 on 2:50 Dec 1-2	1:53
	{4 x 50 on 1:00 Steady	2:00
	{2 x 150 on 2:30 Dec 1-2	1:40
100	1 x 100 on 5:00 Cool Down	5:00
6:13 PM 3,200 Meters		

**Workout #2537 - Wednesday, 20 April 2016**  
**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
600	6 x 100 on 1:50 Pull: Every other 100 harder	1:50
450	6 x 75 on 1:40 kick: Last 25 hard	2:13
=== GROUP UP ===		
300	1 x 300 on 5:30 Negative Split	1:50
600	2 x 300 on 5:20 Dec 1-2	1:47
900	3 x 300 on 5:10 Dec 1-3, Negative Split	1:43
600	2 x 300 on 5:00 Dec 1-2	1:40
300	1 x 300 on 4:50 BEST OF THE DAY!	1:37
100	1 x 100 on 5:00 Cool down	5:00
6:32 PM 4,350 Meters		



**Workout #2540 - Thursday, 21 April 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Steady Swim	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 Dec 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	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 #2543 - Monday, 02 May 2016**  
**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 #2546 - Tuesday, 03 May 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:40 Swim: Mix on some drills	1:50
400	1 x 400 on 7:30 Pull: each 100 faster	1:52
400	2 x 200 on 4:30 Kick: Every other 50 faster	2:15
	=== GROUP UP ===	
100	4 x 25 on :40 Evens Moderate Odds FAST	2:40
1,700	2x{2 x 100 on 1:50 Strong and steady	1:50
	{3 x 200 on 3:20 1-Steady, 2-Neg Split, 3-Fast	1:40
	{1 x 50 on 1:30 Easy	3:00
100	1 x 100 on 5:00 Cool Down	5:00

6:12 PM 3,300 Meters

**Workout #2549 - Wednesday, 04 May 2016**  
**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	4 x 100 on 1:50 Pull: Dec 1-4	1:50
400	2 x 200 on 4:20 Kick: Mix speeds	2:10
=== GROUP UP ===		
600	1 x 600 on 10:00 Negative Split	1:40
400	2 x 200 on 3:30 Dec 1-2	1:45
600	1 x 600 on 10:15 Negative Split	1:42
400	4 x 100 on 1:50 Dec 1-4	1:50
600	1 x 600 on 10:30 Negative Split	1:45
100	1 x 100 on 5:00 Cool Down	5:00
6:28 PM 4,100 Meters		

**Workout #2552 - Thursday, 05 May 2016**  
**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: mixed speeds	1:50
450	6 x 75 on 1:45 Kick: Mixed speeds	2:20
..... Group Up .....		
100	4 x 25 on :40 FAST!	2:40
450	3 x 150 on 2:45 Steady	1:50
50	2 x 25 on :30 FAST!	2:00
450	3 x 150 on 2:35 Steady	1:43
50	2 x 25 on :40 Fast!	2:40
450	3 x 150 on 2:25 Steady	1:37
50	2 x 25 on :50 Fast!	3:20
1	on :30 Catch your breathe! GET READY!	
150	1 x 150 on 5:00 BEST OF THE DAY!!!!	3:20
100	1 x 100 on 5:00 Loosen	5:00
6:24 PM 3,300 Meters		

**Workout #2670 - Monday, 09 May 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:40 Swim & drill	1:53
400	8 x 50 on 1:10 Kick, mix speeds	2:20
400	2 x 200 on 3:30 Pull, Desc	1:45
	----- Group Up -----	
200	4 x 50 on :55 Desc	1:50
200	2 x 100 on 1:40 Desc	1:40
75	1 x 75 on 2:00 Max Speed	2:40
200	2 x 100 on 1:35 Desc	1:35
75	1 x 75 on 2:00 Max Speed	2:40
200	2 x 100 on 1:30 Desc	1:30
75	1 x 75 on 2:00 Max Speed	2:40
200	2 x 100 on 1:35 Desc`	1:35
75	1 x 75 on 2:00 Max Speed	2:40
200	2 x 100 on 1:40 Desc	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:18 PM 3,000 Meters	

**Workout #2667 - Tuesday, 10 May 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	4 x 150 on 2:30 Mix swim and drill	1:40
400	4 x 100 on 1:50 Pull, Desc	1:50
450	6 x 75 on 1:50 Kick, mix efforts	2:27
	===== Group Up =====	
100	4 x 25 on :40 Fast	2:40
600	4 x 150 on 2:40 Desc 1-4	1:47
450	3 x 150 on 2:30 Desc 1-3	1:40
300	2 x 150 on 2:20 Desc 1-2	1:33
150	1 x 150 on 3:00 Last one, fast one!	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,150 Meters	

**Workout #2664 - Wednesday, 11 May 2016**  
**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
450	6 x 75 on 1:20 Pull, mix efforts	1:47
400	4 x 100 on 2:20 Kick, last 25 faster	2:20
	----- Group Up -----	
200	4 x 50 on 1:05 Desc	2:10
900	3 x 300 on 4:40 Desc	1:33
900	6 x 150 on 2:30 Desc 1-3 / 4-6	1:40
600	6 x 100 on 1:45 Alt 1 easier, 1 faster	1:45
100	1 x 100 on 5:00 loosen	5:00
	6:26 PM 4,150 Meters	

**Workout #2660 - Thursday, 12 May 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 6:45 Swim and drill	1:41
500	10 x 50 on 1:00 Pull, alt efforts	2:00
500	10 x 50 on 1:15 Kick, 2nd 25 faster	2:30
	##### Group UP #####	
100	4 x 25 on :40 Fast	2:40
450	6 x 75 on 2:00 Hold fastest possible speed	2:40
200	1 x 200 on 4:00 Loosen	2:00
450	6 x 75 on 2:00 Keep the good thing going	2:40
200	1 x 200 on 4:00 Loosen	2:00
150	2 x 75 on 2:00 Last two, fast two	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:23 PM 3,050 Meters	

**Workout #2555 - Monday, 16 May 2016**  
**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: Mixed speeds	2:20
	=== GROUP UP ===	
1,500	3x{2 x 75 on 1:20 Strong and Steady	1:47
	{2 x 75 on 1:30 Faster than the previous 2	2:00
	{2 x 75 on 1:40 Fastest of the round	2:13
	{1 x 50 on 1:20 Easy	2:40
150	2 x 75 on 1:40 GO GO GO	2:13
100	1 x 100 on 5:00 Cool Down	5:00
	6:14 PM 3,150 Meters	

**Workout #2558 - Tuesday, 17 May 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 7:20 Steady swim	1:50
600	12 x 50 on 1:00 Pull: Mixed speeds	2:00
400	16 x 25 on :35 Kick: Mixed speeds	2:20
	=== GROUP UP ===	
500	5 x 100 on 2:00 Dec 1-5	2:00
	75 1 x 75 on 1:15 Steady	1:40
400	4 x 100 on 1:50 Dec 1-4	1:50
	75 1 x 75 on 1:15 Steady	1:40
300	3 x 100 on 1:45 Dec 1-3	1:45
	75 1 x 75 on 1:15 Steady	1:40
200	2 x 100 on 1:40 Dec 1-2	1:40
	75 1 x 75 on 1:15 Steady	1:40
100	1 x 100 on 1:30 FAST!	1:30
100	1 x 100 on 5:00 Cool Down	5:00
	6:25 PM 3,300 Meters	

**Workout #2561 - Wednesday, 18 May 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:10 Swim mix in drills	1:50
400	4 x 100 on 1:50 Pull: Last 25 hard	1:50
450	6 x 75 on 1:45 Kick: Last 25 hard	2:20
	=== GROUP UP ===	
100	4 x 25 on :40 Fast	2:40
2,800	2x{1 x 400 on 6:40 Negative Split	1:40
	{3 x 100 on 1:50 Dec 1-2	1:50
	{1 x 400 on 6:50 Negative Split	1:42
	{3 x 100 on 1:50 Dec 1-2	1:50
100	1 x 100 on 5:00 Cool Down	5:00

6:31 PM 4,350 Meters

**Workout #2564 - Thursday, 19 May 2016**  
**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	4 x 100 on 1:50 Pull: As desired	1:50
400	2 x 200 on 4:20 Kick: Mixed speeds	2:10
	=== GROUP UP ===	
100	4 x 25 on :40 Fast!	2:40
1,800	3x{2 x 250 on 4:30 Negative Split	1:48
	{2 x 50 on 1:15 Both Fast	2:30
100	1 x 100 on 5:00 Cool Down	5:00

6:16 PM 3,400 Meters

**Workout #2719 - Monday, 23 May 2016**  
**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
400	4 x 100 on 1:45 Pull, Desc	1:45
400	8 x 50 on 1:15 Kick, Mix efforts	2:30
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
1,400	4x{1 x 50 on 1:30 Loosen	3:00
	{2 x 100 on 1:50 Desc 1-2	1:50
	{1 x 100 on 1:30 All Out!	1:30
100	1 x 100 on 5:00 Loosen	5:00

6:08 PM 3,000 Meters

**Workout #2722 - Tuesday, 24 May 2016**  
**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, Desc	2:20
450	6 x 75 on 1:25 Pull, last 25 faster	1:53
===== Group Up =====		
100	4 x 25 on :40 FAST	2:40
450	3 x 150 on 2:45 Desc	1:50
450	3 x 150 on 2:35 Desc	1:43
450	3 x 150 on 2:25 Desc	1:37
100	1 x 100 on 5:00 Loosen	5:00
6:10 PM 3,000 Meters		

**Workout #2727 - Wednesday, 25 May 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
800	8 x 100 on 1:50 Swim and Drill	1:50
500	10 x 50 on 1:15 Kick, SOme fast, some ez	2:30
400	2 x 200 on 3:30 Pull, mix efforts	1:45
----- Group Up -----		
600	2 x 300 on 4:45 Desc	1:35
200	2 x 100 on 1:50 1 Fast, 1 EZ	1:50
600	2 x 300 on 4:55 Desc	1:38
200	2 x 100 on 1:55 1 Fast, 1 EZ	1:55
600	2 x 300 on 5:05 Desc	1:42
200	2 x 100 on 2:00 1 Fast, 1 EZ	2:00
6:26 PM 4,100 Meters		

**Workout #2730 - Thursday, 26 May 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	4 x 150 on 2:45 mix swim / drill	1:50
400	2 x 200 on 3:40 Pull, last 25 faster	1:50
400	4 x 100 on 2:30 Kick mix speeds	2:30
----- Group Up -----		
100	4 x 25 on :40 Fast!	2:40
1,400	2x{1 x 50 on 1:15 Loosen	2:30
	{2 x 150 on 3:00 last 100 of each faster	2:00
	{2 x 100 on 2:00 last 50 of each faster	2:00
	{2 x 75 on 1:30 last 25 of each faster	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:11 PM 3,000 Meters		

**Workout #2567 - Monday, 30 May 2016**  
**Masters - Blue**  
**1 minute 15 seconds 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	1 x 400 on 7:20 Pull - Negative split	1:50
400	2 x 200 on 4:20 Kick mixed speeds	2:10
	===GROUP UP===	
250	10 x 25 on :50 Dec every 4	3:20
100	1 x 100 on 1:50 Steady	1:50
250	10 x 25 on :45 Dec every 4	3:00
100	1 x 100 on 1:50 Steady	1:50
250	10 x 25 on :40 Dec every 4	2:40
100	1 x 100 on 1:50 Steady	1:50
250	10 x 25 on :35 Dec every 4	2:20
100	1 x 100 on 1:50 Steady	1:50
100	4 x 25 on :30 FAST!	2:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:32 PM 3,000 Meters	

**Workout #2570 - Tuesday, 31 May 2016**  
**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
500	5 x 100 on 1:50 Pull, Mix efforts	1:50
450	6 x 75 on 1:40 Kick: last 25 hard	2:13
	=== GROUP UP ===	
1,800	2x{1 x 25 on :45 Steady	3:00
	{2 x 100 on 2:00 Fast	2:00
	{1 x 25 on :45 Steady	3:00
	{2 x 100 on 1:45 Fast	1:45
	{1 x 25 on :45 Steady	3:00
	{2 x 100 on 1:30 Fast	1:30
	{1 x 25 on :45 Steady	3:00
	{2 x 100 on 3:00 GO GO GO!!!!	3:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:18 PM 3,350 Meters	

**Workout #2576 - Wednesday, 01 June 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:40 Steady swims	1:50
300	2 x 150 on 2:45 Pull: Dec 1-2	1:50
500	5 x 100 on 2:10 Kick mixed speeds	2:10
	===GROUP UP===	
400	8 x 50 on 1:00 Build some speed	2:00
400	1 x 400 on 7:00 Neg Split	1:45
400	2 x 200 on 3:15 Dec 1-2	1:38
400	1 x 400 on 6:40 Neg Split	1:40
400	4 x 100 on 1:40 Dec 1-4	1:40
400	1 x 400 on 6:20 Neg Split!	1:35
400	8 x 50 on :55 Dec 1-4	1:50
100	1 x 100 on 5:00 Cool Down	5:00
	6:34 PM 4,300 Meters	

**Workout #2579 - Thursday, 02 June 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 7:15 Swim: Negative Split	1:49
500	10 x 50 on 1:00 Pull: Every other harder	2:00
500	20 x 25 on :35 Kick mixed speeds	2:20
	===GROUP UP===	
1,600	2x{2 x 100 on 1:50 Steady	1:50
	{2 x 200 on 3:20 Dec 1-2	1:40
	{1 x 200 on 3:00 FAST!	1:30
100	1 x 100 on 5:00 Cool Down	5:00
	6:06 PM 3,100 Meters	

**Workout #2771 - Monday, 06 June 2016**  
**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 #2766 - Tuesday, 07 June 2016**  
**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	8 x 50 on 1:00 Pull, Desc	2:00
450	6 x 75 on 1:50 Kick, last 25 faster	2:27
----- Group Up -----		
200	4 x 50 on 1:05 Desc	2:10
400	2 x 200 on 3:30 Neg Split	1:45
400	2 x 200 on 3:20 Last 50 Faster	1:40
400	2 x 200 on 3:10 Last 100 Faster	1:35
200	1 x 200 on 3:30 Last one, fast one	1:45
100	1 x 100 on 5:00 Loosen	5:00
6:13 PM 3,150 Meters		

**Workout #2764 - Wednesday, 08 June 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	3 x 200 on 3:30 Swim and drill	1:45
400	8 x 50 on 1:20 Kick, mix effort	2:40
400	4 x 100 on 1:50 Pull, Desc	1:50
----- GRoup Up -----		
100	4 x 25 on :40 Fast	2:40
600	1 x 600 on 10:00 Even 100s Faster	1:40
600	6 x 100 on 1:40 Even 100s Faster	1:40
400	1 x 400 on 6:40 Even 50s Faster	1:40
400	4 x 100 on 1:40 Even 50s Faster	1:40
200	1 x 200 on 3:20 Even 25s Faster	1:40
200	2 x 100 on 1:40 Even 25s Faster	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:30 PM 4,000 Meters		

**Workout #2762 - Thursday, 09 June 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	1 x 600 on 11:00 Swim and drill mix	1:50
400	1 x 400 on 7:15 Pull, neg split	1:49
400	4 x 100 on 2:30 Kick, last 25 faster	2:30
----- Group Up -----		
100	4 x 25 on :40 Fast	2:40
300	2 x 150 on 2:10 Desc	1:27
300	2 x 150 on 2:20 Desc	1:33
300	2 x 150 on 2:30 Desc	1:40
300	2 x 150 on 2:40 Desc	1:47
300	2 x 150 on 2:50 Desc	1:53
100	1 x 100 on 5:00 Loosen	5:00
6:13 PM 3,100 Meters		

**Workout #2582 - Monday, 13 June 2016**  
**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 #2588 - Tuesday, 14 June 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Dec 1-2 with drills	1:50
400	4 x 100 on 1:50 Pull 1-4	1:50
400	2 x 200 on 4:20 Kick mixed speeds	2:10
	===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 3,200 Meters	

**Workout #2823 - Tuesday, 14 June 2016**  
**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 negative split	1:50
400	4 x 100 on 2:20 Kick: mixed speeds	2:20
	===group up===	
200	4 x 50 on 1:00 Swim: dec 1-4	2:00
300	4 x 75 on 1:20 Dec 1-4	1:47
400	4 x 100 on 1:40 Dec 1-4	1:40
300	4 x 75 on 1:15 Dec 1-4	1:40
200	4 x 50 on :55 Dec 1-4	1:50
150	2 x 75 on 1:10 RACE PACE	1:33
100	1 x 100 on 5:00 cool down	5:00
	6:12 PM 3,050 Meters	

**Workout #2573 - Wednesday, 15 June 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Dec 1-3, 4-6	1:50
400	8 x 50 on 1:00 Pull: Mixed speeds	2:00
400	16 x 25 on :40 Kick mixed speeds	2:40
	===GROUP UP===	
200	4 x 50 on 1:00 Desc 1-4	2:00
2,400	1x{2 x 300 on 5:30 Dec 1-2	1:50
	{1 x 600 on 10:30 Negative Split	1:45
	{2 x 300 on 5:15 Dec 1-2	1:45
	{6 x 100 on 1:50 Odds Easy, Evens Fast	1:50
100	1 x 100 on 5:00 cool Down	5:00
	6:27 PM 4,100 Meters	

**Workout #2585 - Thursday, 16 June 2016**  
**Masters - Blue**  
**1 minute rest between sets**

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: increase speed by 50s	1:50
400	4 x 100 on 2:10 Kick: Dec 1-4	2:10
	===GROUP UP===	
100	4 x 25 on :40 Build speed	2:40
600	4 x 150 on 2:30 Last 50 hard	1:40
600	4 x 150 on 2:50 Last 50 hard	1:53
300	2 x 150 on 3:10 Go hard	2:07
150	1 x 150 on 3:30 steady	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
	6:22 PM 3,400 Meters	

**Workout #2862 - Monday, 20 June 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:40 Swim and drill	1:50
400	4 x 100 on 1:50 Pull, mix efforts	1:50
400	8 x 50 on 1:15 Kick, Desc	2:30
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
300	4 x 75 on 1:30 last 25 RACE SPEED!	2:00
100	1 x 100 on 2:30 Loosen	2:30
300	4 x 75 on 2:00 All Fast, All The Time!	2:40
300	4 x 75 on 1:45 last 25 RACE SPEED!	2:20
100	1 x 100 on 2:30 Loosen	2:30
300	4 x 75 on 2:00 All Fast, All The Time!!!	2:40
100	1 x 100 on 5:00 Cool-down	5:00
	6:22 PM 3,000 Meters	

**Workout #2865 - Tuesday, 21 June 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:40 Swim and Drill	1:53
450	6 x 75 on 1:20 Pull, last 25 faster	1:47
400	4 x 100 on 2:20 Kick, mix efforts	2:20
	===== Group Up =====	
100	4 x 25 on :40 Fast!	2:40
200	4 x 50 on 1:10 Desc 1-4	2:20
1,200	1x{3 x 100 on 1:50 Steady	1:50
	{1 x 100 on 1:40 Fast Pace	1:40
	{2 x 100 on 1:50 Steady	1:50
	{2 x 100 on 1:40 Fast Pace	1:40
	{1 x 100 on 2:30 Easy	2:30
	{3 x 100 on 1:40 Last three are fast!	1:40
100	1 x 100 on 5:00 Cool-down	5:00
	6:11 PM 3,050 Meters	

**Workout #2868 - Wednesday, 22 June 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:45 Swim and drill	1:45
400	8 x 50 on 1:00 Pull, Desc	2:00
450	6 x 75 on 1:50 Kick, last 25 Faster	2:27
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
800	2 x 400 on 6:20 Desc & Neg Split!!	1:35
800	4 x 200 on 3:15 Desc 1-4 & Neg Split	1:38
800	8 x 100 on 1:40 Desc 1-4; Neg Split 5-8	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:25 PM 4,050 Meters	

**Workout #2871 - Thursday, 23 June 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	4 x 150 on 2:45 Mix swim and drill	1:50
400	4 x 100 on 1:50 Pull, mix efforts	1:50
400	8 x 50 on 1:15 Kick, at least 3 of them FAST!!	2:30
	===== Group Up =====	
100	4 x 25 on :40 Fast!	2:40
1,000	4 x 250 on 4:30 Fast 50, then 75, then 100, then 125	1:48
	50 1 x 50 on 1:30 Loosen	3:00
600	4 x 150 on 2:45 Fast 25, then 50, then 75, then 100	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:15 PM 3,250 Meters	

**Workout #2591 - Monday, 27 June 2016**  
**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	2 x 200 on 3:40 Pull: 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 Easy	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 #2594 - Tuesday, 28 June 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
500	1 x 500 on 9:10 Steady swim with drills	1:50
500	5 x 100 on 1:50 Pull: Mixed speeds	1:50
450	6 x 75 on 1:30 Kick: mixed speeds	2:00
	===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
	6:21 PM 3,550 Meters	

**Workout #2597 - Wednesday, 29 June 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	3 x 200 on 3:40 Steady Swim	1:50
300	1 x 300 on 5:30 Pull steady	1:50
500	5 x 100 on 2:20 Kick, fast in the middle	2:20
	===GROUP UP===	
200	4 x 50 on :55 Dec 1-4	1:50
1,200	6 x 200 on 3:20 Dec 1-3, 4-6	1:40
800	2 x 400 on 6:20 Neg split	1:35
400	4 x 100 on 1:30 Dec 1-4	1:30
100	1 x 100 on 5:00 Cool Down	5:00
	6:24 PM 4,100 Meters	

**Workout #2600 - Thursday, 30 June 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 7:20 Swim: mix in drills	1:50
600	12 x 50 on :55 Pull: Dec 1-4, 5-8, 9-13	1:50
500	20 x 25 on :35 Kick: every 4th fast	2:20
	===GROUP UP===	
1,800	2x{2 x 200 on 3:30 Descend 1-2	1:45
	{1 x 250 on 4:15 Negative Split	1:42
	{1 x 250 on 3:45 Fast Swim	1:30
100	1 x 100 on 5:00 Cool Down	5:00
6:10 PM 3,400 Meters		

**Workout #2887 - Monday, 04 July 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 7:20 Swim: Steady Swim	1:50
600	12 x 50 on 1:00 Pull Dec 1-6 7-12	2:00
400	16 x 25 on :40 Kick Evens Fast	2:40
	~~~~GROUP UP~~~~	
200	2 x 100 on 1:45 Negative split	1:45
200	4 x 50 on 1:00 Negative Split	2:00
100	4 x 25 on :40 1/3 easy, 2/4 Sprint	2:40
200	2 x 100 on 1:45 Negative Split	1:45
200	4 x 50 on :55 Negative Split	1:50
100	4 x 25 on :35 1/3 easy, 2/4 Sprint	2:20
200	2 x 100 on 1:45 Negative Split	1:45
200	4 x 50 on :50 Negative Split	1:40
100	4 x 25 on :30 1/3 easy, 2/4 Sprint	2:00
100	1 x 100 on 5:00 Cool Down	5:00
6:20 PM 3,000 Meters		

Workout #2923 - Tuesday, 05 July 2016
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 Drill/swim mix	1:48
400	4 x 100 on 1:50 Pull, Desc	1:50
450	6 x 75 on 1:40 Kick, fast last 25	2:13
	----- Group Up -----	
100	4 x 25 on :40 FAST	2:40
600	8 x 75 on 1:35 #4 & #8 Max, Others Steady	2:07
450	6 x 75 on 1:30 #3 & #6 Max, Others Steady	2:00
300	4 x 75 on 1:25 #2 & #4 Max, Others Steady	1:53
150	2 x 75 on 1:20 #1 Easy, #2 Max	1:47
100	1 x 100 on 5:00 Loosen	5:00
6:14 PM 3,050 Meters		

Workout #2926 - Wednesday, 06 July 2016
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
800	4 x 200 on 3:30 Drill/swim mix	1:45
400	1 x 400 on 7:00 Pull as desired	1:45
450	6 x 75 on 1:50 Kick, last 25 faster	2:27
***** Group Up *****		
200	4 x 50 on 1:00 Strong	2:00
400	2 x 200 on 3:30 Desc 1-2	1:45
200	4 x 50 on 1:00 Strong	2:00
600	2 x 300 on 5:00 Desc 1-2	1:40
200	4 x 50 on 1:00 Strong	2:00
800	2 x 400 on 6:40 Desc 1-2	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:29 PM 4,150 Meters		

Workout #2929 - Thursday, 07 July 2016
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	4 x 150 on 2:35 MIx drill and swim	1:43
400	2 x 200 on 5:00 Kick last 50 faster	2:30
400	4 x 100 on 1:50 Pull Neg Split	1:50
<<<<< Group Up >>>>>		
100	4 x 25 on :40 FAST!	2:40
1,450	1x{2 x 200 on 3:30 Desc 1-2	1:45
	{2 x 200 on 3:20 Desc 1-2	1:40
	{2 x 200 on 3:10 Desc 1-2	1:35
	{1 x 50 on 1:30 Loosen	3:00
	{1 x 200 on 5:00 Best you can do	2:30
100	1 x 100 on 5:00 Loosen	5:00
6:09 PM 3,050 Meters		

Workout #2826 - Monday, 11 July 2016
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 #2829 - Tuesday, 12 July 2016
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:30 Mix drill & Swim	1:45
600	2 x 300 on 5:30 Pull, Neg Split	1:50
400	4 x 100 on 2:20 Kick, middle 50 faster	2:20
	==GROUP UP==	
100	4 x 25 on :40 Best Effort	2:40
400	2 x 200 on 3:45 Steady	1:52
400	2 x 200 on 3:30 Steady, but a little faster	1:45
400	2 x 200 on 3:15 Steady, a little faster	1:38
200	1 x 200 on 5:00 GO!! GO!! GO!!	2:30
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,000 Meters	

Workout #2832 - Wednesday, 13 July 2016
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	8 x 50 on 1:00 Pull, steady	2:00
450	6 x 75 on 1:45 Kick - Mix Speeds	2:20
	===GROUP UP===	
200	4 x 50 on 1:00 Dec 1-4	2:00
600	1 x 600 on 9:45 Negative Split	1:38
600	2 x 300 on 5:00 Dec 1-2	1:40
600	3 x 200 on 3:30 Dec 1-3	1:45
600	6 x 100 on 1:40 Dec 1-3, 4-6	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:28 PM 4,150 Meters	

Workout #2835 - Thursday, 14 July 2016
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:10 Swim: mix in drills	1:50
400	4 x 100 on 1:50 pull: dec 1-4	1:50
450	6 x 75 on 1:40 Kick: mixed speeds	2:13
	===GROUP UP===	
100	4 x 25 on :40 Speedy	2:40
1,500	2x{3 x 150 on 2:30 Dec 1-3	1:40
	{2 x 100 on 1:35 FAST!	1:35
	{2 x 50 on 1:10 steady	2:20
200	2 x 100 on 2:00 FAST FAST FAST	2:00
	6:06 PM 3,150 Meters	

Workout #2958 - Monday, 18 July 2016
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
500	1 x 500 on 8:30 Drill/Swim mix	1:42
400	8 x 50 on 1:00 Pull, mix efforts	2:00
400	16 x 25 on :35 Kick - Every 4th 25 FAST	2:20
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
400	4 x 100 on 1:45 Desc. 1-4	1:45
100	2 x 50 on 1:05 Best Effort	2:10
400	4 x 100 on 1:50 Desc. 1-4	1:50
100	2 x 50 on 1:10 Best Effort	2:20
400	4 x 100 on 1:55 Strong Swims	1:55
100	2 x 50 on 1:15 Best Effort	2:30
100	1 x 100 on 5:00 Cool Down	5:00
	6:17 PM 3,000 Meters	

Workout #2961 - Tuesday, 19 July 2016
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 AM Start		
=====	=====	=====
500	2 x 250 on 4:15 Mix drill and swim	1:42
500	2 x 250 on 4:30 Pull, mix speeds	1:48
400	4 x 100 on 2:30 Kick desc 1-4	2:30
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
1,550	2x{1 x 25 on 1:00 Loosen	4:00
	{3 x 100 on 1:50 last 25 always faster	1:50
	{3 x 75 on 1:30 Last 25 always faster	2:00
	{3 x 50 on 1:10 Fast!!!!!!!	2:20
	{3 x 25 on :40 Stay fast!	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:14 AM 3,150 Meters	

Workout #2964 - Wednesday, 20 July 2016
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	6 x 100 on 1:50 Mix swim & drill	1:50
400	1 x 400 on 10:00 Kick as desired	2:30
400	2 x 200 on 3:40 Pull, Neg. Split	1:50
	===== Group Up =====	
200	4 x 50 on 1:00 Find your paces	2:00
500	1 x 500 on 9:00 Neg Split	1:48
400	4 x 100 on 1:50 Desc	1:50
500	1 x 500 on 9:15 Neg Split	1:51
400	4 x 100 on 1:50 Desc	1:50
500	1 x 500 on 9:30 Neg Split	1:54
100	1 x 100 on 5:00 Loosen	5:00
	6:32 PM 4,000 Meters	

Workout #2967 - Thursday, 21 July 2016
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	2 x 300 on 5:15 Mix swim and drill	1:45
400	2 x 200 on 3:20 Pull, last 50 faster	1:40
450	6 x 75 on 2:00 Kick, last 25 faster	2:40
	##### Group Up #####	
100	4 x 25 on :40 Fast!	2:40
600	3 x 200 on 3:40 Desc	1:50
100	2 x 50 on 1:05 Steady - not easy, not fast	2:10
400	2 x 200 on 3:30 Desc	1:45
100	2 x 50 on 1:05 Steady	2:10
200	1 x 200 on 5:00 Best Effort Possible!	2:30
100	1 x 100 on 5:00 Loosen	5:00
	6:16 PM 3,050 Meters	

Workout #2838 - Monday, 25 July 2016
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	2 x 200 on 3:45 Pull: negative split	1:52
400	2 x 200 on 4:20 kick: negative split	2:10
	===GROUP UP===	
100	4 x 25 on :40 Build some speed	2:40
1,700	2x{4 x 75 on 1:20 Dec 1-3	1:47
	{4 x 100 on 1:45 Steady	1:45
	{2 x 75 on 1:10 FAST!	1:33
100	1 x 100 on 5:00 cool down	5:00
	6:11 PM 3,300 Meters	

Workout #2841 - Tuesday, 26 July 2016
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
500	1 x 500 on 9:30 Steady swim	1:54
500	5 x 100 on 1:50 Pull: odds faster	1:50
450	6 x 75 on 1:45 kick: mixed speeds	2:20
	===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
500	5 x 100 on 1:45 Dec 1-3, 4-5	1:45
600	6 x 100 on 1:40 Dec 1-3, 4-6	1:40
100	1 x 100 on 5:00 cool down	5:00
	6:13 PM 3,150 Meters	

Workout #2844 - Wednesday, 27 July 2016
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	3 x 200 on 3:30 Steady Swim	1:45
400	8 x 50 on :55 Pull: Dec 1-4, 5-8	1:50
400	16 x 25 on :40 Kick: Evens Fasters	2:40
===GROUP UP===		
400	1 x 400 on 6:45 Negative Split	1:41
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:35 Negative Split	1:39
400	4 x 100 on 1:45 Descend 1-4	1:45
400	1 x 400 on 6:25 Negative Split	1:36
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
6:32 PM 4,300 Meters		

Workout #2847 - Thursday, 28 July 2016
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
400	1 x 400 on 7:30 Swim mix in drills	1:52
400	8 x 50 on 1:00 Pull as desired	2:00
400	16 x 25 on :40 Kick mixed speeds	2:40
===GROUP UP===		
200	8 x 25 on :40 Fast!	2:40
750	3 x 250 on 4:25 Desc 1-3	1:46
500	2 x 250 on 4:35 Desc 1-2	1:50
250	1 x 250 on 5:00 Best effort	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:14 PM 3,000 Meters		

Workout #2990 - Monday, 01 August 2016
Masters - Blue
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	2 x 300 on 5:30 Mix swim & Drill	1:50
400	8 x 50 on 1:00 Pull, Mix Efforts	2:00
400	4 x 100 on 2:30 kick, last 25 FAST!!	2:30
----- Group Up -----		
100	4 x 25 on :40 Fast!	2:40
1,450	1x{3 x 100 on 1:45 Desc	1:45
	{3 x 100 on 1:40 Desc	1:40
	{1 x 100 on 2:00 BEST EFFORT	2:00
	{1 x 50 on 1:30 Easy	3:00
	{3 x 100 on 1:40 Desc	1:40
	{3 x 100 on 1:35 Desc	1:35
	{1 x 100 on 2:00 Best Effort	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:08 PM 3,050 Meters		

Workout #2993 - Tuesday, 02 August 2016
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:55 Mix swim & Drill	1:55
400	8 x 50 on 1:20 Kick, Mix Efforts	2:40
400	4 x 100 on 1:50 Pull, Mix speed	1:50
	----- Group Up -----	
200	4 x 50 on 1:05 Desc	2:10
600	4 x 150 on 2:30 Last 50 fast	1:40
	1 on :30 Extra Rest	
400	4 x 100 on 1:45 Last 50 fast	1:45
	1 on :30 Extra Rest	
200	4 x 50 on :55 All fast	1:50
	1 on :30 Extra Rest	
100	4 x 25 on :30 Keep going fast	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,000 Meters	

Workout #2996 - Wednesday, 03 August 2016
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	4 x 100 on 1:50 Pull, Mix speed	1:50
400	8 x 50 on 1:20 Kick, Mix Efforts	2:40
	----- Group Up -----	
200	4 x 50 on 1:05 Desc	2:10
600	2 x 300 on 5:30 Desc	1:50
600	6 x 100 on 1:50 Alt 1 Mod, 1 Fast	1:50
600	2 x 300 on 5:15 Desc	1:45
600	6 x 100 on 1:50 Alt 1 Mod, 1 Fast	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:32 PM 4,100 Meters	

Workout #2999 - Thursday, 04 August 2016
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 speed	2:00
450	6 x 75 on 2:00 Kick, Mix Efforts	2:40
	----- Group Up -----	
200	4 x 50 on 1:10 Desc	2:20
50	1 x 50 on 1:30 Loosen	3:00
100	4 x 25 on :40 FAST	2:40
1,100	2x{1 x 100 on 2:30 easy drill	2:30
	{6 x 75 on 2:00 Best Speed	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:22 PM 3,000 Meters	

Workout #2850 - Monday, 08 August 2016
Masters - Blue
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:30 steady swim with some drills	1:54
500	5 x 100 on 1:50 pull: as desired	1:50
450	6 x 75 on 1:45 kick: last 25 fast	2:20
===GROUP UP===		
1,800	3x{8 x 25 on :35 Dec 1-4, 5-8	2:20
	{4 x 50 on 1:10 Steady swim	2:20
	{8 x 25 on :30 Dec 1-4, 5-8	2:00
100	1 x 100 on 5:00 cool down	5:00

6:20 PM 3,350 Meters

Workout #2853 - Tuesday, 09 August 2016
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 some drills	1:50
400	4 x 100 on 1:50 Pull: last 25 faster	1:50
400	2 x 200 on 4:20 Kick: down easy back fast	2:10
===GROUP UP===		
100	4 x 25 on :40 build some speed	2:40
1,600	2x{2 x 50 on 1:00 Steady Pace	2:00
	{4 x 100 on 1:45 Dec 1-4	1:45
	{2 x 50 on 1:00 Steady Pace	2:00
	{2 x 100 on 2:00 Two HARD AND FAST Swims!	2:00
100	1 x 100 on 5:00 Cool Down	5:00

6:11 PM 3,200 Meters

Workout #2856 - Wednesday, 10 August 2016
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 1:00 pull: e/o harder	2:00
400	16 x 25 on :40 Kick mixed speeds	2:40
===GROUP UP===		
800	2 x 400 on 6:10 Dec 1-2	1:32
200	4 x 50 on :55 Dec 1-4	1:50
800	2 x 400 on 6:20 Dec 1-2	1:35
200	4 x 50 on 1:00 Dec 1-4	2:00
800	2 x 400 on 6:30 Dec 1-2	1:38
100	1 x 100 on 5:00 cool down	5:00

6:30 PM 4,300 Meters

Workout #2859 - Thursday, 11 August 2016
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
400	2 x 200 on 3:40 Negative split	1:50
600	2 x 300 on 5:30 Pull: negative split	1:50
400	4 x 100 on 2:10 Kick: negative split	2:10
===GROUP UP===		
100	4 x 25 on :40 Fast!	2:40
600	3 x 200 on 3:20 Fast Pace	1:40
200	1 x 200 on 3:40 Steady	1:50
400	2 x 200 on 3:20 Fast Pace	1:40
200	1 x 200 on 3:40 Steady	1:50
200	1 x 200 on 3:20 Fast pace	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:14 PM 3,200 Meters		

Workout #3015 - Monday, 15 August 2016
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 #3018 - Tuesday, 16 August 2016
Masters - Blue
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:15 Drill / Swim Mix	1:45
450	6 x 75 on 1:20 Pull, Faster effort last 25	1:47
400	4 x 100 on 2:30 Kick, include some faster effort	2:30
~~~~~ Group Up ~~~~~		
100	4 x 25 on :40 Fast!	2:40
1,400	1x{3 x 200 on 3:30 Desc	1:45
	{2 x 200 on 3:30 Desc	1:45
	{1 x 200 on 3:45 Steady	1:52
	{1 x 200 on 3:45 Fast	1:52
100	1 x 100 on 5:00 Loosen	5:00
6:07 PM 3,050 Meters		

**Workout #3021 - Wednesday, 17 August 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:15 middle 100 faster pace	1:45
600	6 x 100 on 1:50 Pull, hold steady stroke count	1:50
400	1 x 400 on 10:00 Kick as desired	2:30
	}}}} Group Up {{{{	
200	4 x 50 on 1:05 Desc 1-4	2:10
2,200	2x{1 on :30 Get Ready	
	{1 x 600 on 10:00 Negative Split	1:40
	{2 x 100 on 2:15 #1 mod, #2 fast	2:15
	{6 x 50 on 1:00 Alt 1 easier, 2 faster	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:29 PM 4,100 Meters	

**Workout #3024 - Thursday, 18 August 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 Swim and Drill Mix	1:48
500	5 x 100 on 1:50 Pull: Middle 50 of each 100 hard	1:50
450	6 x 75 on 2:00 Kick: Push the Middle 25	2:40
	*****GROUP UP*****	
100	4 x 25 on :40 Build Some Speed	2:40
1,400	2x{1 x 50 on 1:15 Easy to Moderate	2:30
	{4 x 150 on 2:30 Descend 1-4	1:40
	{1 x 50 on 1:00 FAST EFFORT!	2:00
100	1 x 100 on 5:00 Cool Down Swim	5:00
	6:09 PM 3,050 Meters	

**Workout #2875 - Monday, 22 August 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:40 Swim & Drill	1:50
600	2 x 300 on 5:30 Pull Dec and neg split	1:50
400	4 x 100 on 2:20 Kick, last 25 faster	2:20
	===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 3,100 Meters	

**Workout #2878 - Tuesday, 23 August 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:30 Steady Swim, negative split	1:52
500	10 x 50 on 1:00 Pull: Dec 1-4, 5-8	2:00
450	18 x 25 on :40 Kick: mixed speeds	2:40
===GROUP UP===		
100	4 x 25 on :40 Speedy	2:40
1,800	4x{2 x 75 on 1:20 Dec 1-2	1:47
	{2 x 75 on 1:15 Dec 1-2	1:40
	{2 x 75 on 1:10 Dec 1-2	1:33
100	1 x 100 on 5:00 Cool down	5:00

6:13 PM 3,350 Meters

**Workout #2881 - Wednesday, 24 August 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	4 x 100 on 1:50 Mix swim & drill	1:50
450	6 x 75 on 1:25 Pull, last 25 faster	1:53
400	8 x 50 on 1:20 Kick, mix efforts	2:40
===GROUP UP===		
1,000	2 x 500 on 7:45 Desc 1-2	1:33
800	2 x 400 on 6:30 Desc 1-2	1:38
600	2 x 300 on 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 Cool Down	5:00

6:26 PM 4,150 Meters

**Workout #2884 - Thursday, 25 August 2016**  
**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, mix efforts	1:50
400	2 x 200 on 4:20 Kick, last 50 all out	2:10
===GROUP UP===		
100	4 x 25 on :40 FAST!	2:40
1,500	2x{2 x 200 on 3:30 last 50 faster	1:45
	{2 x 100 on 1:40 Desc 1-2	1:40
	{2 x 75 on 1:45 #1 Max, #2 Easy	2:20
100	1 x 100 on 5:00 Cool Down	5:00

6:09 PM 3,100 Meters



**Workout #3033 - Monday, 29 August 2016**  
**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
1,500	3x{4 x 75 on 1:30 Alt Fast/Easy	2:00
	{2 x 75 on 2:00 BEST EFFORT	2:40
	{1 x 50 on 1:30 Easy Swim	3:00
75	1 x 75 on 2:30 BETTER THAN BEST	3:20
100	1 x 100 on 5:00 Cool Down	5:00

6:22 PM 3,175 Meters

**Workout #3036 - Tuesday, 30 August 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:15 Drill / swim mix	1:45
400	8 x 50 on 1:20 Kick, mix speeds	2:40
400	8 x 50 on 1:00 Pull, Desc 1-2	2:00
	)))) Group Up ((((((	
100	4 x 25 on :45 Fast!	3:00
1,550	1x{5 x 100 on 1:50 Steady Effort	1:50
	{4 x 100 on 1:45 75 Steady + 25 Fast	1:45
	{3 x 100 on 1:40 50 Steady + 50 Fast	1:40
	{2 x 100 on 1:35 25 Steady + 75 Fast	1:35
	{1 x 50 on 2:00 Loosen	4:00
	{1 x 100 on 3:00 Best Effort	3:00
100	1 x 100 on 5:00 Loosen	5:00

6:13 PM 3,150 Meters

**Workout #3039 - Wednesday, 31 August 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:50 Mix swim & drill	1:50
400	1 x 400 on 10:00 Kick as desired	2:30
400	2 x 200 on 3:40 Pull, Neg. Split	1:50
	==== Group Up =====	
500	10 x 50 on :55 Desc 1-5 / 6-10	1:50
400	1 x 400 on 6:05 Neg Split	1:31
400	8 x 50 on :55 Desc 1-4 / 5-8	1:50
400	1 x 400 on 6:05 Neg Split each 200m	1:31
300	6 x 50 on :55 Desc 1-3 / 4-6	1:50
400	1 x 400 on 6:05 Neg Split each 100	1:31
200	4 x 50 on :55 Desc 1-2 / 3-4	1:50
100	1 x 100 on 5:00 Loosen	5:00

6:33 PM 4,100 Meters

**Workout #3042 - Thursday, 01 September 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	2 x 300 on 5:20 drill, swim mix	1:47
450	6 x 75 on 1:20 Pull, last 25 faster	1:47
400	4 x 100 on 2:30 Kick, 1st 25 sprint	2:30
	^^^^ Group Up ^^^^^	
200	4 x 50 on 1:00 Desc 1-4	2:00
450	3 x 150 on 2:40 Desc 1-3	1:47
	1 on :30 Extra rest	
450	3 x 150 on 2:35 Build each to fast last 50	1:43
	1 on :30 Extra rest	
450	3 x 150 on 2:30 Go time - all three fast	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:09 PM 3,100 Meters		

**Workout #3059 - Monday, 05 September 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
400	1 x 400 on 7:20 Swim mix in drills	1:50
500	10 x 50 on 1:00 Pull: Every 4th fast	2:00
500	20 x 25 on :40 Kick: Odds fast evens moderate	2:40
	===GROUP UP===	
200	4 x 50 on 1:00 Build some speed	2:00
1,600	2x{2 x 100 on 1:50 Moderate	1:50
	{3 x 100 on 1:40 A little faster	1:40
	{3 x 100 on 1:30 FAST FAST FAST	1:30
	{1 on :30 Rest	
100	1 x 100 on 5:00 Cool Down	5:00
6:14 PM 3,300 Meters		

**Workout #3062 - Tuesday, 06 September 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
400	2 x 200 on 3:45 Swim: Dec 1-3	1:52
600	2 x 300 on 5:30 Pull: Negative Split	1:50
400	4 x 100 on 2:20 Kick: Dec 1-4	2:20
	===GROUP UP===	
200	4 x 50 on 1:10 Dec 1-4	2:20
150	1 x 150 on 3:00 Steady	2:00
150	1 x 150 on 2:20 FAST!	1:33
300	2 x 150 on 2:50 Steady	1:53
150	1 x 150 on 2:20 FAST	1:33
450	3 x 150 on 2:40 Steady	1:47
150	1 x 150 on 2:20 FAST!	1:33
100	1 x 100 on 5:00 Cool down	5:00
6:15 PM 3,050 Meters		

**Workout #3065 - Wednesday, 07 September 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:30 Swim with drills	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 1:05 Dec 1-4	2:10
2,700	3x{1 x 300 on 5:00 Steady	1:40
	{3 x 150 on 2:30 Dec 1-3	1:40
	{2 x 75 on 1:20 ALL OUT!	1:47
100	1 x 100 on 5:00 Cool down	5:00
6:29 PM 4,400 Meters		

**Workout #3070 - Thursday, 08 September 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
500	1 x 500 on 9:00 Swim mix in drills	1:48
400	4 x 100 on 1:50 Pull Desc 1-4	1:50
450	6 x 75 on 1:45 Kick Last 25 Fast	2:20
===GROUP UP===		
100	4 x 25 on :40 FAST	2:40
600	8 x 75 on 1:35 Every 4th fast	2:07
25	1 x 25 on :45 Easy: you can start early	3:00
450	6 x 75 on 1:30 Every 3rd fast	2:00
25	1 x 25 on :45 Easy: you can start early	3:00
300	4 x 75 on 1:25 Every 2nd fast	1:53
25	1 x 25 on 1:15 Easy: you can start early	5:00
75	1 x 75 on 5:00 LAST ONE, FAST ONE	6:40
100	1 x 100 on 5:00 Cool down	5:00
6:24 PM 3,050 Meters		

**Workout #3045 - Monday, 12 September 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	12 x 50 on 1:00 Mix drill and swim	2:00
400	4 x 100 on 1:50 Pull, . mix efforts	1:50
400	2 x 200 on 5:00 kick, faster in the middle	2:30
----- Group Up -----		
100	4 x 25 on :40 Fast!	2:40
400	4 x 100 on 1:50 Easy/Fast by 25	1:50
300	4 x 75 on 1:20 Easy/Fast by 25	1:47
200	4 x 50 on :50 Easy/fast by 25	1:40
100	4 x 25 on :30 Easy/Fast by 25	2:00
100	2 x 50 on 1:10 Both Fast	2:20
150	2 x 75 on 1:45 Both Fast	2:20
200	2 x 100 on 2:20 Both Fast	2:20
100	1 x 100 on 5:00 Loosen	5:00
6:21 PM 3,050 Meters		

**Workout #3048 - Tuesday, 13 September 2016**  
**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 mix	1:50
400	2 x 200 on 3:30 Pull, Desc	1:45
400	8 x 50 on 1:20 Kick, mix efforts	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 2:05 Go!	2:05
	{3 x 100 on 1:40 Desc	1:40
	{2 x 100 on 1:35 Desc	1:35
	{1 x 100 on 2:05 GO!	2:05
	{3 x 100 on 1:35 Desc	1:35
	{2 x 100 on 1:30 Desc	1:30
	{1 x 100 on 2:05 Go!!!!	2:05
100	1 x 100 on 5:00 Loosen	5:00

6:09 PM 3,300 Meters

**Workout #3051 - Wednesday, 14 September 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:30 Neg Split, Inc. Drills	1:45
400	8 x 50 on 1:00 Pull, mix efforts	2:00
400	4 x 100 on 2:30 Kick, last 25 faster	2:30
	***** Group Up *****	
800	2 x 400 on 6:40 Desc	1:40
800	4 x 200 on 3:20 Desc	1:40
600	6 x 100 on 1:40 Desc 1-3/4-6	1:40
400	8 x 50 on :55 Desc 1-4/5-8	1:50
100	1 x 100 on 5:00 Loosen	5:00

6:27 PM 4,100 Meters

**Workout #3054 - Thursday, 15 September 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	1 x 600 on 11:00 Do as 300/200/100 Desc Effort	1:50
400	1 x 400 on 6:45 Pull as desired	1:41
400	4 x 100 on 2:30 Kick, fast 1st 25	2:30
	##### Group Up #####	
100	4 x 25 on :40 Fast!	2:40
600	3 x 200 on 3:20 Desc 1-3, #3 is FAST	1:40
50	1 x 50 on 1:30 Loosen	3:00
600	3 x 200 on 3:40 Desc 1-3, #3 is FAST	1:50
50	1 x 50 on 1:30 Loosen	3:00
200	1 x 200 on 4:00 Best Effort	2:00
100	1 x 100 on 5:00 Loosen	5:00

6:14 PM 3,100 Meters

**Workout #3073 - Monday, 19 September 2016**  
**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 #3079 - Tuesday, 20 September 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:45 Swim with drills	1:52
400	8 x 50 on 1:25 Kick: Odds fast evens moderate	2:50
400	2 x 200 on 3:45 Pull: Dec 1-2	1:52
	===GROUP UP===	
100	4 x 25 on :40 Fast Swim. FAST!!	2:40
1,600	2x{4 x 150 on 2:25 Dec 1-4	1:37
	{3 x 50 on 1:00 Dec 1-3	2:00
	{1 x 50 on 1:10 Easy	2:20
100	2 x 50 on 1:30 BEST OF THE DAY	3:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:17 PM 3,300 Meters	

**Workout #3076 - Wednesday, 21 September 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:20 Swim: Negative Split	1:47
450	6 x 75 on 1:20 Pull: Last 25 faster	1:47
400	4 x 100 on 2:30 Kick: Negative Split	2:30
	===GROUP UP===	
200	4 x 50 on 1:00 Dec 1-4	2:00
600	1 x 600 on 9:10 Neg Split	1:32
600	3 x 200 on 3:20 Dec 1-3	1:40
600	4 x 150 on 2:40 Dec 1-4	1:47
600	6 x 100 on 1:55 Dec 1-3, 4-6	1:55
100	1 x 100 on 5:00 Cool Down	5:00
	6:29 PM 4,150 Meters	

**Workout #3082 - Thursday, 22 September 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
400	1 x 400 on 7:30 Swim with drills	1:52
500	10 x 50 on 1:00 Pull: Odds are faster	2:00
400	16 x 25 on :40 Kick: mixed speeds	2:40
	===GROUP UP===	
100	4 x 25 on :40 Build some speed	2:40
1,800	2x{2 x 150 on 2:45 Steady	1:50
	{2 x 150 on 2:35 A little faster	1:43
	{2 x 150 on 2:25 Fast as you can	1:37
100	1 x 100 on 5:00 COOL DOWN	5:00
	6:13 PM 3,300 Meters	

**Workout #3098 - Monday, 26 September 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
600	2 x 300 on 5:30 Swim: Negative Split	1:50
400	4 x 100 on 1:50 Pull: Desc 1-4	1:50
400	2 x 200 on 4:20 Kick: Negative Split	2:10
	====GROUP UP====	
400	8 x 50 on 1:10 Desc 1-4, 5-8	2:20
200	2 x 100 on 1:45 FAST	1:45
300	6 x 50 on 1:05 Desc 1-3, 4-6	2:10
200	2 x 100 on 1:45 FAST	1:45
200	4 x 50 on 1:00 Desc 1-4	2:00
200	2 x 100 on 1:45 FAST	1:45
100	1 x 100 on 5:00 Cool Down	5:00
	6:15 PM 3,000 Meters	

**Workout #3101 - Tuesday, 27 September 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
500	1 x 500 on 9:10 Swim and drill	1:50
400	4 x 100 on 1:50 Pull: Mixed speeds	1:50
450	6 x 75 on 1:45 Kick: mixed speeds	2:20
	===GROUP UP===	
100	4 x 25 on :40 Desc 1-4	2:40
1,800	2x{4 x 50 on 1:05 Desc 1-4	2:10
	{4 x 75 on 1:20 Desc 1-4	1:47
	{4 x 100 on 1:40 Desc 1-4	1:40
100	1 x 100 on 5:00 Cool Down	5:00
	6:15 PM 3,350 Meters	

**Workout #3104 - Wednesday, 28 September 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:40 Swim: last 50 hard	1:50
600	2 x 300 on 5:30 Pull: Negative split	1:50
400	4 x 100 on 2:20 Kick: Last 25 hard	2:20
	===GROUP UP===	
500	1 x 500 on 8:30 Steady	1:42
300	1 x 300 on 5:10 Steady	1:43
100	1 x 100 on 1:50 Steady	1:50
500	1 x 500 on 8:20 Negative split	1:40
300	1 x 300 on 5:00 Negative split	1:40
100	1 x 100 on 1:40 Negative split	1:40
500	1 x 500 on 8:10 Last 100 harder	1:38
300	1 x 300 on 4:50 Last 100 harder	1:37
100	1 x 100 on 1:35 Hard	1:35
100	1 x 100 on 5:00 Cool Down	5:00
	6:35 PM 4,200 Meters	

**Workout #3107 - Thursday, 29 September 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 7:20 Swim mix in drills	1:50
500	10 x 50 on 1:00 Pull: Desc 1-5, 6-10	2:00
450	18 x 25 on :40 Kick: Mixed speeds	2:40
	===GROUP UP===	
200	4 x 50 on 1:00 Desc 1-4	2:00
1,600	2x{2 x 200 on 3:30 Desc 1-2	1:45
	{2 x 100 on 1:40 Desc 1-2	1:40
	{1 x 200 on 3:50 FAST!	1:55
100	1 x 100 on 5:00 Cool Down	5:00
	6:13 PM 3,250 Meters	

**Workout #3114 - Monday, 03 October 2016**  
**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 drill	1:54
600	2 x 300 on 5:30 Pull, Desc	1:50
400	4 x 100 on 2:20 Kick, some of it FAST!!	2:20
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
50	1 x 50 on 1:30 Loosen	3:00
600	8 x 75 on 2:00 Best Effort	2:40
50	1 x 50 on 1:30 Loosen	3:00
400	8 x 50 on 1:15 Best Effort	2:30
50	1 x 50 on 1:30 Loosen	3:00
200	8 x 25 on :30 Best Effort	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:25 PM 3,050 Meters	

**Workout #3117 - Tuesday, 04 October 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====		
600	3 x 200 on 3:40 Desc, mix in some drills	1:50
400	8 x 50 on 1:15 Kick, alt Fast/EZ	2:30
400	4 x 100 on 1:45 Pull, Neg Split	1:45
===== Group Up =====		
100	4 x 25 on :40 Fast!	2:40
800	8 x 100 on 1:40 Alt One Fast, One Moderate	1:40
400	4 x 100 on 1:50 Alt One Fast, One Moderate	1:50
200	2 x 100 on 2:00 Fast!	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:09 PM 3,000 Meters		

**Workout #3120 - Wednesday, 05 October 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====		
600	6 x 100 on 1:45 Desc	1:45
500	10 x 50 on 1:00 Pull, Alt EZ/Faster	2:00
400	1 x 400 on 11:00 Kick as desired	2:45
^^^^^ Group Up ^^^^^		
400	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
400	1 x 400 on 6:30 Neg Split - Make it good!	1:38
800	4 x 200 on 3:25 Desc	1:42
800	8 x 100 on 1:45 Desc	1:45
100	1 x 100 on 5:00 Loosen	5:00
6:28 PM 4,000 Meters		

**Workout #3123 - Thursday, 06 October 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====		
600	1 x 600 on 11:00 Swim as desired	1:50
450	6 x 75 on 1:25 Pull, last 25 Faster	1:53
400	4 x 100 on 2:20 Kick, mix efforts	2:20
----- Group Up -----		
500	2 x 250 on 4:10 Desc 1-2, last 50 of each fast	1:40
50	2 x 25 on :45 Fast!	3:00
500	2 x 250 on 4:20 Desc 1-2, last 50 of each fast	1:44
50	2 x 25 on :50 Fast!	3:20
500	2 x 250 on 4:30 Desc 1-2, last 50 of each fast	1:48
100	1 x 100 on 5:00 Loosen	5:00
6:14 PM 3,150 Meters		



**Workout #3141 - Monday, 10 October 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 7:20 Swim mix in drills	1:50
500	10 x 50 on 1:00 Pull: Desc 1-4, 6-8	2:00
500	20 x 25 on :40 Kick: Odds fast	2:40
	===GROUP UP===	
200	4 x 50 on 1:10 Desc 1-4	2:20
1,450	2x{4 x 100 on 1:45 Desc 1-4	1:45
	{3 x 75 on 1:15 Desc 1-3	1:40
	{2 x 50 on 1:00 FAST!	2:00
100	1 x 100 on 5:00 Cool Down	5:00
6:13 PM 3,150 Meters		

**Workout #3144 - Tuesday, 11 October 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:45 Swim: Negative Split	1:52
600	2 x 300 on 5:30 Pull: Last 50 harder	1:50
400	1 x 400 on 8:40 Kick: Mixed speeds	2:10
	===GROUP UP===	
200	4 x 50 on 1:00 Build some speed	2:00
300	2 x 150 on 2:45 Steady	1:50
200	2 x 100 on 1:45 FAST	1:45
300	2 x 150 on 2:45 Steady	1:50
200	2 x 100 on 1:40 FAST	1:40
300	2 x 150 on 2:45 Steady	1:50
200	2 x 100 on 1:35 FAST	1:35
100	1 x 100 on 5:00 COOL DOWN	5:00
6:17 PM 3,200 Meters		

**Workout #3147 - Wednesday, 12 October 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Swim with drills	1:50
400	1 x 400 on 7:30 Pull negative split	1:52
400	2 x 200 on 4:30 Kick mixed speeds	2:15
	===GROUP UP===	
100	4 x 25 on :40 Steady	2:40
2,700	3x{1 x 300 on 4:45 Negative split	1:35
	{3 x 100 on 1:40 Desc 1-4	1:40
	{2 x 150 on 2:30 Strong and steady	1:40
100	1 x 100 on 5:00 COOL DOWN	5:00
6:26 PM 4,300 Meters		

**Workout #3150 - Thursday, 13 October 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	2 x 300 on 5:45 Swim: Middle 100 stronger	1:55
400	4 x 100 on 1:50 Pull: Desc 1-4	1:50
400	2 x 200 on 4:30 Kick: Mix up Speeds	2:15
	===GROUP UP===	
100	4 x 25 on :40 Fast Swims	2:40
300	4 x 75 on 1:25 Desc 1-4	1:53
300	4 x 75 on 1:20 Desc 1-4	1:47
300	4 x 75 on 1:15 Desc 1-4	1:40
300	4 x 75 on 1:10 Desc 1-4	1:33
300	4 x 75 on 1:05 Desc 1-4	1:27
50	1 x 50 on 2:00 Easy Swim	4:00
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 #3178 - Monday, 17 October 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	3 x 200 on 3:40 Swim with drills	1:50
400	4 x 100 on 1:50 Pull: Desc 1-4	1:50
400	8 x 50 on 1:10 Kick: Mixed speeds	2:20
	===GROUP UP===	
1,800	2x{12 x 25 on :40 Desc every 4	2:40
	{6 x 50 on 1:00 Desc every 1-3, 4-6	2:00
	{4 x 75 on 1:15 Desc 1-2, 3-4	1:40
100	1 x 100 on 5:00 Cool Down	5:00
	6:16 PM 3,300 Meters	

**Workout #3181 - Tuesday, 18 October 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
400	1 x 400 on 7:20 Neg split	1:50
500	10 x 50 on 1:05 Pull: e/o harder	2:10
500	20 x 25 on :40 Kick: mixed speeds	2:40
	===GROUP UP===	
100	4 x 25 on :40 Build some speed	2:40
400	4 x 100 on 1:50 Desc 1-4	1:50
400	4 x 100 on 1:45 Desc 1-4	1:45
400	4 x 100 on 1:40 Desc 1-4	1:40
400	4 x 100 on 1:35 Desc 1-4	1:35
100	1 x 100 on 5:00 Cool down	5:00
	6:18 PM 3,200 Meters	

**Workout #3184 - Wednesday, 19 October 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:10 Swim with drills	1:50
500	5 x 100 on 1:50 Pull: middle 50 harder	1:50
450	6 x 75 on 1:45 Kick: Mixed speeds	2:20
	===GROUP UP===	
2,800	2x{1 x 400 on 6:30 Middle 200 hard	1:38
	{4 x 100 on 1:45 Steady	1:45
	{1 x 400 on 6:00 Middle 200 hard	1:30
	{4 x 50 on 1:05 round 1:steady round2: desc 1-4	2:10
100	1 x 100 on 5:00 Cool down	5:00
6:28 PM 4,350 Meters		

**Workout #3187 - Thursday, 20 October 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Swim: Neg split	1:50
400	4 x 100 on 1:50 Desc 1-4	1:50
400	2 x 200 on 4:30 Kick: mixed speeds	2:15
	===GROUP UP===	
200	4 x 50 on 1:05 Desc 1-4	2:10
400	2 x 200 on 3:30 Desc 1- 2	1:45
200	4 x 50 on 1:00 Steady	2:00
400	2 x 200 on 3:20 Desc 1-2	1:40
200	4 x 50 on 1:00 Steady	2:00
400	2 x 200 on 3:10 Desc 1-2	1:35
100	1 x 100 on 5:00 Cool down	5:00
6:16 PM 3,300 Meters		

**Workout #3157 - Monday, 24 October 2016**  
**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 #3160 - Tuesday, 25 October 2016**  
**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	4 x 100 on 1:50 Pull, mix efforts	1:50
400	4 x 100 on 2:15 Kick, faster in the middle	2:15
===== Group Up =====		
100	4 x 25 on :40 Fast	2:40
400	2 x 200 on 3:20 Descend 1-2	1:40
200	4 x 50 on 1:05 Descend 1-4	2:10
400	2 x 200 on 3:15 Descend 1-2	1:38
200	4 x 50 on 1:05 Descend 1-4	2:10
400	2 x 200 on 4:00 Last Two, Fast Two!!!	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:17 PM 3,200 Meters		

**Workout #3163 - Wednesday, 26 October 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	6 x 100 on 1:45 Mix swim and drill	1:45
400	8 x 50 on 1:15 Kick, evens faster	2:30
400	2 x 200 on 3:30 Pull, Neg Split	1:45
***** Group Up *****		
200	4 x 50 on 1:00 Desc 1-4	2:00
600	1 x 600 on 10:00 Neg Split	1:40
1,200	6 x 200 on 3:25 Desc 1-3	1:42
600	6 x 100 on 1:45 Desc 1-3	1:45
100	1 x 100 on 5:00 Loosen	5:00
6:26 PM 4,100 Meters		

**Workout #3166 - Thursday, 27 October 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:15 Mix swim and drill	1:45
400	2 x 200 on 5:15 Kick, mix speeds	2:38
400	8 x 50 on 1:00 Pull, mix efforts	2:00
##### Group Up #####		
100	4 x 25 on :40 Fast!	2:40
600	4 x 150 on 2:30 Last 50 always faster	1:40
600	6 x 100 on 1:50 Last 50 always faster	1:50
400	8 x 50 on 1:00 Evens Faster	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:14 PM 3,200 Meters		

**Workout #3230 - Monday, 31 October 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:30 Swim with drills	1:50
400	1 x 400 on 7:20 Pull: Negative Split	1:50
400	2 x 200 on 4:20 Kick: Mixed speeds	2:10
====GROUP UP====		
1,600	2x{4 x 50 on 1:05 Desc 1-4	2:10
	{2 x 100 on 1:40 Steady	1:40
	{4 x 50 on 1:00 Desc 1-4	2:00
	{2 x 100 on 1:40 Steady	1:40
200	4 x 50 on 1:30 BEST OF THE DAY!	3:00
100	1 x 100 on 5:00 Cool Down	5:00

6:14 PM 3,300 Meters

**Workout #3233 - Tuesday, 01 November 2016**  
**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: Last 25 harder	1:50
450	6 x 75 on 1:50 Kick: mixed speeds	2:27
====GROUP UP====		
500	5 x 100 on 1:50 Fast	1:50
100	1 x 100 on 1:50 Steady	1:50
400	4 x 100 on 1:45 Fast!	1:45
100	1 x 100 on 1:50 Steady	1:50
300	3 x 100 on 1:40 Fast!	1:40
100	1 x 100 on 1:50 Steady	1:50
200	2 x 100 on 1:35 Fast!	1:35
100	1 x 100 on 5:00 cool down	5:00

6:18 PM 3,250 Meters

**Workout #3236 - Wednesday, 02 November 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:45 Swim with drills	1:52
600	2 x 300 on 5:30 Pull: Negative Split	1:50
400	4 x 100 on 2:20 Kick: Odds harder	2:20
====GROUP UP====		
100	4 x 25 on :40 Fast!	2:40
2,400	2x{1 x 400 on 6:45 Negative Split	1:41
	{2 x 200 on 3:30 Desc 1-2	1:45
	{4 x 100 on 1:50 Fast!	1:50
100	1 x 100 on 5:00 Cool Down	5:00

6:25 PM 4,000 Meters

**Workout #3239 - Thursday, 03 November 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 7:30 Swim: Negative Split	1:52
500	10 x 50 on 1:00 Pull: Desc 1-5, 6-10	2:00
500	20 x 25 on :40 Kick: mixed speeds	2:40
	===GROUP UP===	
100	4 x 25 on :40 Build some speed	2:40
800	4 x 200 on 3:30 Desc 1-4	1:45
400	4 x 100 on 1:40 Desc 1-4	1:40
200	4 x 50 on 1:00 Desc 1-4	2:00
100	1 x 100 on 5:00 Cool Down	5:00
6:12 PM 3,000 Meters		

**Workout #3260 - Monday, 07 November 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 Swim & Drill	1:48
400	4 x 100 on 1:50 Pull, Desc	1:50
400	8 x 50 on 1:20 Kick, mix efforts	2:40
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
1,650	3x{6 x 75 on 1:45 Best Speed You Can Hold!	2:20
	{1 x 100 on 2:30 Loosen	2:30
6:14 PM 3,050 Meters		

**Workout #3263 - Tuesday, 08 November 2016**  
**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	4 x 100 on 2:30 kick, last 25 faster	2:30
400	2 x 200 on 3:30 Pull, neg split	1:45
	***** Group Up *****	
300	6 x 50 on 1:05 Desc 1-3, 4-6	2:10
1,200	1x{3 x 100 on 1:50 Steady	1:50
	{1 x 100 on 1:40 Fast Pace	1:40
	{2 x 100 on 1:50 Steady	1:50
	{2 x 100 on 1:40 Fast Pace	1:40
	{1 x 100 on 1:50 Steady	1:50
	{3 x 100 on 1:40 Fast Pace	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:06 PM 3,000 Meters		

**Workout #3266 - Wednesday, 09 November 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	2 x 300 on 5:15 Mix swim and drill	1:45
400	8 x 50 on 1:00 Pull, Alt Easy/Fast	2:00
400	1 x 400 on 10:00 Kick as desired	2:30
===== Group Up =====		
300	6 x 50 on 1:00 Find a pace	2:00
800	2 x 400 on 6:30 Desc 1-2	1:38
400	4 x 100 on 1:40 Strong	1:40
400	2 x 200 on 3:15 Desc 1-2	1:38
400	4 x 100 on 1:40 Strong	1:40
200	2 x 100 on 1:35 Desc 1-2	1:35
100	1 x 100 on 5:00 Loosen	5:00
6:27 PM 4,000 Meters		

**Workout #3269 - Thursday, 10 November 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	1 x 600 on 11:00 Swim as desired	1:50
400	2 x 200 on 3:20 Pull, mix efforts	1:40
450	6 x 75 on 1:40 Kick, last 25 faster	2:13
///// Group Up \\\		
50	2 x 25 on :35 Fast!	2:20
100	2 x 50 on :55 Desc	1:50
150	2 x 75 on 1:20 Desc	1:47
200	2 x 100 on 1:45 Desc	1:45
250	2 x 125 on 2:05 Desc	1:40
300	2 x 150 on 2:25 Desc	1:37
350	2 x 175 on 2:45 Desc	1:34
400	2 x 200 on 3:05 Desc	1:32
100	1 x 100 on 5:00 Loosen	5:00
6:18 PM 3,350 Meters		

**Workout #3248 - Monday, 14 November 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
400	2 x 200 on 3:40 Swim with drills	1:50
600	2 x 300 on 5:30 Pull: Negative Split	1:50
400	4 x 100 on 2:20 Kick: Desc 1-4	2:20
===GROUP UP===		
600	6 x 100 on 1:50 Desc 1-3, 4-6	1:50
200	4 x 50 on 1:05 Steady	2:10
400	4 x 100 on 1:40 Desc 1-4	1:40
200	4 x 50 on 1:05 Steady	2:10
200	2 x 100 on 1:30 FAST	1:30
100	1 x 100 on 5:00 Cool Down	5:00
6:13 PM 3,100 Meters		

**Workout #3251 - Tuesday, 15 November 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 7:20 Swim: Negative Split	1:50
500	10 x 50 on 1:00 Pull: Desc 1-5, 6-10	2:00
500	20 x 25 on :40 Kick: mixed speeds	2:40
	===GROUP UP===	
100	4 x 25 on :40 Speedy	2:40
1,400	2x{2 x 150 on 2:35 Desc 1-2	1:43
	{2 x 150 on 2:25 Desc 1-2	1:37
	{1 x 100 on 2:00 Steady	2:00
300	2 x 150 on 3:30 BEST OF THE DAY!	2:20
100	1 x 100 on 5:00 Cool down	5:00
	6:17 PM 3,300 Meters	

**Workout #3254 - Wednesday, 16 November 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:15 Swim with drills	1:51
500	5 x 100 on 1:50 Pull: Odds harder	1:50
450	6 x 75 on 1:45 Kick: Last 25 fast	2:20
	===GROUP UP===	
200	2 x 100 on 1:50 Steady	1:50
1,200	4 x 300 on 5:00 Neg split & desc 1-2, 3-4	1:40
200	2 x 100 on 1:50 Steady	1:50
1,200	4 x 300 on 4:30 Neg split & desc 1-2, 3-4	1:30
100	1 x 100 on 5:00 Cool down	5:00
	6:29 PM 4,350 Meters	

**Workout #3257 - Thursday, 17 November 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Swim: middle 100 harder	1:50
400	4 x 100 on 1:50 Pull desc 1-4	1:50
400	2 x 200 on 4:40 Kick: First 100 hard	2:20
	===GROUP UP===	
1,600	2x{2 x 75 on 1:20 Desc 1-2	1:47
	{4 x 50 on 1:00 Desc 1-4	2:00
	{1 x 100 on 1:40 FAST	1:40
	{4 x 50 on 1:00 Desc 1-4	2:00
	{2 x 75 on 1:10 Desc 1-2	1:33
100	1 x 100 on 5:00 Cool down	5:00
	6:08 PM 3,100 Meters	



**Workout #3283 - Monday, 21 November 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	6 x 100 on 1:45 Swim and drill mix	1:45
400	2 x 200 on 3:20 Pull, Neg Split	1:40
400	1 x 400 on 10:00 Kick as desired	2:30
***** Group Up *****		
400	4 x 100 on 1:50 Desc 1-4	1:50
100	4 x 25 on :40 FAST!	2:40
400	4 x 100 on 1:45 Desc 1-4	1:45
100	4 x 25 on :50 FAST!	3:20
400	4 x 100 on 1:40 Desc 1-4	1:40
100	4 x 25 on 1:00 FAST!	4:00
100	1 x 100 on 5:00 Loosen	5:00
6:15 PM 3,000 Meters		

**Workout #3286 - Tuesday, 22 November 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	3 x 200 on 3:20 Drill / Swim Mix	1:40
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 -----		
100	4 x 25 on :40 FAST!	2:40
1,400	2x{2 x 200 on 3:15 Desc 1-2	1:38
	{2 x 100 on 1:45 Desc 1-2	1:45
	{2 x 50 on 1:00 Desc 1-2	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:05 PM 3,000 Meters		

**Workout #3289 - Wednesday, 23 November 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
400	1 x 400 on 7:00 Swim & drill	1:45
500	10 x 50 on 1:15 Kick, mix efforts	2:30
450	6 x 75 on 1:20 Pull, last 25 faster	1:47
***** Group Up *****		
800	2 x 400 on 6:30 Desc	1:38
800	4 x 200 on 3:20 Desc	1:40
600	6 x 100 on 1:45 Desc	1:45
400	8 x 50 on 1:00 Desc	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:26 PM 4,050 Meters		

**Workout #3292 - Thursday, 24 November 2016**  
**Masters - Blue**  
**1 minute rest between sets**

	5:00 PM Start	
Meters	Set Description	PACE
=====	=====	=====
5,000	5 x 1000 on 15:00 FAST!	1:30
	6:15 PM 5,000 Meters	

**Workout #3296 - Monday, 28 November 2016**  
**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 #3299 - Tuesday, 29 November 2016**  
**Masters - Blue**  
**1 minute rest between sets**

	5:00 PM Start	
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:15 Swim with drills	1:51
400	4 x 100 on 1:50 Pull: Desc 1-5	1:50
450	6 x 75 on 1:45 Kick: Last 25 harder	2:20
	===GROUP UP===	
100	4 x 25 on :40 Find your pace	2:40
1,800	2x{2 x 200 on 3:30 Negative Split	1:45
	{1 x 100 on 1:40 Steady	1:40
	{2 x 200 on 3:15 Desc 1-2, Negative Split	1:38
100	1 x 100 on 5:00 Cool Down	5:00
	6:13 PM 3,350 Meters	

**Workout #3302 - Wednesday, 30 November 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:20 Swim with drills	1:47
400	2 x 200 on 3:30 Pull: Desc 1-2	1:45
400	4 x 100 on 2:20 Kick: Mixed speeds	2:20
	===GROUP UP===	
300	1 x 300 on 5:10 Negative 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 Cool Down	5:00
	6:28 PM 4,200 Meters	

**Workout #3305 - Thursday, 01 December 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Swim: Steady	1:50
400	8 x 50 on 1:05 Pull: Odds harder	2:10
400	16 x 25 on :40 Kick: Evens harder	2:40
	===GROUP UP===	
200	4 x 50 on 1:10 Desc 1-4	2:20
1,400	2x{2 x 75 on 1:20 Desc 1-2	1:47
	{2 x 100 on 1:40 Desc 1-2	1:40
	{2 x 150 on 2:20 Desc 1-2	1:33
	{1 x 50 on 1:10 Steady	2:20
100	1 x 100 on 3:00 BEST OF THE DAY!	3:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:14 PM 3,200 Meters	

**Workout #3316 - Monday, 05 December 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	4 x 150 on 2:40 swim & drill	1:47
400	4 x 100 on 1:50 Pull, mixed effort	1:50
400	4 x 100 on 2:30 Kick, last 25 FAST!	2:30
	----- Group Up -----	
600	6 x 100 on 1:45 Desc 1-3/4-6; 3 & 6 are MAX	1:45
450	6 x 75 on 1:30 Desc 1-3/4-6; 3 & 6 are MAX	2:00
300	6 x 50 on 1:15 Desc 1-3/4-6; 3 & 6 are MAX	2:30
150	6 x 25 on 1:00 All MAX	4:00
100	1 x 100 on 5:00 Loosen	5:00
	6:15 PM 3,000 Meters	

**Workout #3319 - Tuesday, 06 December 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Mix swim and drills	1:55
400	8 x 50 on 1:15 Kick, alt easy/fast	2:30
400	2 x 200 on 3:30 Pull, Neg Split	1:45
	----- Group Up -----	
100	4 x 25 on :40 FAST!	2:40
600	4 x 150 on 2:40 Last 50 faster	1:47
450	3 x 150 on 2:30 Last 75 Faster	1:40
300	2 x 150 on 2:20 Last 100 Faster	1:33
150	1 x 150 on 3:00 All Fast	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,100 Meters	

**Workout #3322 - Wednesday, 07 December 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	1 x 600 on 11:00 Mixed efforts, include drills	1:50
400	8 x 50 on 1:00 Pull, Alt easy/fast	2:00
450	6 x 75 on 1:50 Kick, last 25 fast	2:27
	===== Group Up =====	
200	4 x 50 on 1:05 Alt mod/fast	2:10
2,500	2x{1 x 400 on 6:40 Neg Split	1:40
	{4 x 100 on 1:40 Neg Split	1:40
	{8 x 50 on :55 Neg Split	1:50
	{1 x 50 on 1:15 Easy	2:30
	6:23 PM 4,150 Meters	

**Workout #3325 - Thursday, 08 December 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	8 x 75 on 1:30 Swim and drill	2:00
400	4 x 100 on 1:45 Pull, Desc	1:45
400	4 x 100 on 2:20 Kick, mix efforts	2:20
	%%%% Group %%%%	
100	4 x 25 on :40 FAST!	2:40
1,700	2x{5 x 100 on 2:00 Desc	2:00
	{5 x 50 on 1:00 FAST	2:00
	{1 x 100 on 2:00 Loosen	2:00
	6:10 PM 3,200 Meters	

**Workout #3368 - Monday, 12 December 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
500	1 x 500 on 9:15 swim, work in drills	1:51
500	5 x 100 on 1:50 Pull: Desc 1-5	1:50
450	6 x 75 on 1:45 Kick: mixed speeds	2:20
===GROUP UP===		
400	4 x 100 on 1:50 Desc 1-4	1:50
100	2 x 50 on 1:20 FAST!	2:40
400	4 x 100 on 1:45 Desc 1-4	1:45
100	2 x 50 on 1:20 FAST!	2:40
400	4 x 100 on 1:40 Desc 1-4	1:40
100	2 x 50 on 1:20 FAST!	2:40
100	1 x 100 on 5:00 cool down	5:00
6:16 PM 3,050 Meters		

**Workout #3371 - Tuesday, 13 December 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
400	2 x 200 on 3:45 Steady Swims	1:52
600	2 x 300 on 5:30 Pull: Last 100 harder	1:50
400	4 x 100 on 2:20 kick: last 25 hard	2:20
===GROUP UP===		
100	4 x 25 on :40 Desc 1-4	2:40
1,800	2x{4 x 100 on 1:45 Desc 1-4	1:45
	{4 x 75 on 1:15 Desc 1-4	1:40
	{4 x 50 on 1:00 Desc 1-4	2:00
100	1 x 100 on 5:00 Cool down	5:00
6:14 PM 3,400 Meters		

**Workout #3374 - Wednesday, 14 December 2016**  
**Masters - Blue**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
400	4 x 100 on 1:50 Swim: 25 drill 75 swim	1:50
500	10 x 50 on :55 Pull: Desc 1-5, 6-10	1:50
500	20 x 25 on :40 Kick: mixed speeds	2:40
===GROUP UP===		
400	4 x 100 on 1:45 Desc 1-5	1:45
500	2 x 250 on 4:15 Desc 1-2	1:42
1,000	2 x 500 on 8:00 Negative Split, Desc 1-2	1:36
500	2 x 250 on 4:00 Desc 1-2	1:36
400	4 x 100 on 1:40 Desc 1-5	1:40
100	1 x 100 on 5:00 Cool down	5:00
6:32 PM 4,300 Meters		

**Workout #3377 - Thursday, 15 December 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:45 Swim with drills	1:52
600	2 x 300 on 5:30 Pull: Middle 100 harder	1:50
400	4 x 100 on 2:20 Kick: last 25 all out	2:20
	===GROUP UP===	
1,800	2x{2 x 200 on 3:30 Desc 1-2	1:45
	{4 x 100 on 1:40 Desc 1-4	1:40
	{2 x 50 on 1:00 Desc 1-2	2:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:10 PM 3,300 Meters	

**Workout #3397 - Monday, 19 December 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:45 Swim and Drill	1:45
400	2 x 200 on 3:30 Pull, Mix efforts	1:45
400	1 x 400 on 10:00 Kick as desired	2:30
	##### Group Up #####	
200	4 x 50 on 1:05 All Fast!	2:10
1,350	3x{1 x 150 on 3:30 Easy, Start Early	2:20
	{4 x 75 on 2:00 BEST EFFORT	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:18 PM 3,050 Meters	

**Workout #3400 - Tuesday, 20 December 2016**  
**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	2:00
450	6 x 75 on 2:00 Kick, last 25 faster	2:40
	***** Group Up *****	
1,200	6 x 200 on 3:15 Desc 1-3, 4-6	1:38
300	6 x 50 on 1:05 Desc 1-3, then 3 Best Effort	2:10
100	1 x 100 on 5:00 Loosen	5:00
	6:08 PM 3,050 Meters	

**Workout #3403 - Wednesday, 21 December 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
500	1 x 500 on 9:00 As desired	1:48
600	6 x 100 on 1:45 Pull, Neg Split	1:45
400	4 x 100 on 2:20 Kick, mix efforts	2:20
	///// Group Up \\\	
100	4 x 25 on :40 Fast!	2:40
600	6 x 100 on 1:40 Desc 1-3,4-6	1:40
1,200	2 x 600 on 9:45 Desc 1-2 & Neg Split	1:38
600	6 x 100 on 1:45 Desc 1-3, Hold Speed 4-6	1:45
100	1 x 100 on 5:00 Loosen	5:00
6:26 PM 4,100 Meters		

**Workout #3406 - Thursday, 22 December 2016**  
**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
450	6 x 75 on 1:30 Pull, last 25 faster	2:00
400	8 x 50 on 1:15 kick, mix efforts	2:30
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
1,500	3x{2 x 150 on 2:50 50 mod; 50 fast; 50 faster	1:53
	{1 x 75 on 2:00 Best Effort	2:40
	{1 x 125 on 2:30 EZ	2:00
6:08 PM 3,050 Meters		

**Workout #3384 - Monday, 26 December 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	3 x 200 on 3:20 Swim: Desc 1-3	1:40
400	8 x 50 on :55 Pull: Desc 1-4, 5-8	1:50
400	16 x 25 on :45 Kick: every 4th FAST	3:00
	===GROUP UP===	
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 ALL FAST FAST 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 ALL FAST FAST FAST	4:00
100	1 x 100 on 3:00 Cool Down	3:00
6:22 PM 3,000 Meters		

**Workout #3387 - Tuesday, 27 December 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	1 x 600 on 11:00 Negative Split	1:50
400	8 x 50 on 1:00 Pull: Evens harder	2:00
450	6 x 75 on 1:45 Kick; mix speeds	2:20
	===GROUP UP===	
300	6 x 50 on 1:00 Desc 1-3, 4-6	2:00
1,450	2x{1 x 25 on 1:00 Steady	4:00
	{4 x 150 on 2:30 Desc 1-4	1:40
	{2 x 50 on 1:20 Max Effort - FAST FAST FAST	2:40
100	1 x 100 on 5:00 Cool Down	5:00

6:14 PM 3,300 Meters

**Workout #3390 - Wednesday, 28 December 2016**  
**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	4 x 100 on 2:20 Kick: Last 50 harder	2:20
400	8 x 50 on :55 Pull: Desc 1-4, 5-8	1:50
	===GROUP UP===	
200	4 x 50 on 1:00 Desc 1-4	2:00
400	1 x 400 on 7:00 Neg Split	1:45
400	2 x 200 on 3:20 Desc 1-2	1:40
400	1 x 400 on 6:40 Neg Split	1:40
400	2 x 200 on 3:20 Desc 1-2	1:40
400	1 x 400 on 6:20 Neg Split!	1:35
400	2 x 200 on 3:20 Desc 1-2	1:40
100	1 x 100 on 5:00 Cool Down	5:00

6:30 PM 4,100 Meters

**Workout #3393 - Thursday, 29 December 2016**  
**Masters - Blue**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:30 Swim: Desc 1-2	1:50
400	1 x 400 on 7:15 Pull: Neg split	1:49
400	2 x 200 on 4:00 Kick: Mixed speeds	2:00
	===GROUP UP===	
100	4 x 25 on :40 Desc 1-4	2:40
1,600	2x{2 x 200 on 3:40 Desc 1-2	1:50
	{2 x 100 on 1:40 Desc 1-2	1:40
	{1 x 200 on 3:10 Go FAST	1:35
100	1 x 100 on 5:00 Cool Down	5:00

6:08 PM 3,200 Meters