

Workout #3431 - Monday, 02 January 2017
Masters - Blue Masters
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 #3434 - Tuesday, 03 January 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:45 Drill and Swim Mix	1:45
400	1 x 400 on 11:00 Kick as desired	2:45
400	2 x 200 on 3:30 Pull, Neg Split	1:45
	+++++ Group Up +++++	
100	4 x 25 on :40 Fast!	2:40
200	2 x 100 on 1:40 Desc	1:40
300	3 x 100 on 1:45 Desc	1:45
400	4 x 100 on 1:50 Desc	1:50
300	3 x 100 on 1:55 Desc	1:55
200	2 x 100 on 2:00 Desc	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:14 PM 3,000 Meters	

Workout #3437 - Wednesday, 04 January 2017
Masters - Blue Masters
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 1:00 Pull, mix efforts	2:00
400	4 x 100 on 2:30 Kick, Neg Split	2:30
	&&&& Group Up &&&&	
300	3 x 100 on 1:50 Desc	1:50
900	3 x 300 on 5:00 Desc	1:40
300	3 x 100 on 1:50 Desc	1:50
600	2 x 300 on 5:10 Desc	1:43
300	3 x 100 on 1:50 Desc	1:50
300	1 x 300 on 5:20 Last One, Fast One	1:47
100	1 x 100 on 5:00 Loosen	5:00
	6:33 PM 4,200 Meters	

Workout #3440 - Thursday, 05 January 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
600	4 x 150 on 2:45 Swim & Drill Mix	1:50
450	6 x 75 on 2:00 Kick, fast 25 in each	2:40
400	1 x 400 on 6:45 Pull, Neg Split	1:41
	@@@@ Group Up @@@@@	
100	4 x 25 on :40 Fast!	2:40
900	6 x 150 on 2:40 Desc 1-3, 4-6	1:47
450	6 x 75 on 1:30 Desc 1-3, 4-6	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:09 PM 3,000 Meters	

Workout #3456 - Monday, 09 January 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
500	1 x 500 on 9:15 Steady with negative split	1:51
400	4 x 100 on 1:50 Pull: Desc 1-5	1:50
450	6 x 75 on 1:40 Kick: Last 25 hard	2:13
	===GROUP UP===	
1,600	2x{8 x 25 on :45 Odds fast	3:00
	{2 x 50 on 1:05 Steady	2:10
	{6 x 25 on :40 Odds Fast	2:40
	{2 x 50 on 1:05 Steady	2:10
	{4 x 25 on :35 Odds fast	2:20
	{2 x 50 on 1:05 Steady	2:10
	{2 x 25 on :30 FAST	2:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:17 PM 3,050 Meters	

Workout #3459 - Tuesday, 10 January 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:30 Negative split	1:50
400	4 x 100 on 1:50 Pull: Last 25 harder	1:50
400	2 x 200 on 4:30 Kick: Middle 100 hard	2:15
	===GROUP UP===	
200	4 x 50 on 1:10 Desc 1-4	2:20
600	3 x 200 on 3:30 Desc 1-2, Negative split	1:45
200	2 x 100 on 1:50 Steady	1:50
400	2 x 200 on 3:20 Desc 1-2, Negative split	1:40
200	2 x 100 on 1:50 Steady	1:50
200	1 x 200 on 3:10 Negative Split	1:35
100	1 x 100 on 5:00 Cool Down	5:00
	6:17 PM 3,300 Meters	

Workout #3462 - Wednesday, 11 January 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Desc 1-3, 4-6	1:50
400	8 x 50 on 1:00 Pull: Odds harder	2:00
400	16 x 25 on :40 Kick: mixed speeds	2:40
	===GROUP UP===	
100	4 x 25 on :40 Desc 1-4	2:40
2,400	2x{1 x 400 on 6:30 Negative split	1:38
	{2 x 100 on 1:45 Desc 1-4	1:45
	{1 x 400 on 6:00 Negative split	1:30
	{2 x 100 on 1:45 Desc 1-4	1:45
100	1 x 100 on 5:00 Cool down	5:00
6:22 PM 4,000 Meters		

Workout #3465 - Thursday, 12 January 2017
Masters - Blue Masters
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: Desc 1-2	1:50
400	4 x 100 on 2:20 Kick: Odds harder	2:20
	===GROUP UP===	
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
400	4 x 100 on 1:30 Desc 1-4	1:30
100	1 x 100 on 5:00 Cool down	5:00
6:08 PM 3,100 Meters		

Workout #3497 - Monday, 16 January 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 swim & drill	1:50
400	4 x 100 on 2:20 kick, mix speeds	2:20
400	4 x 100 on 1:50 pull, mix speeds	1:50
	----- Group Up -----	
400	8 x 50 on 1:05 Alt 1 Fast, 1 EZ	2:10
600	6 x 100 on 2:00 Alt 1 Fast, 1 EZ	2:00
600	4 x 150 on 2:45 100 EZ, 50 Fast	1:50
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,100 Meters		

Workout #3492 - Tuesday, 17 January 2017
Masters - Blue Masters
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, desc	2:00
450	3 x 150 on 3:20 EZ/Fast @ 25	2:13
===== Group Up =====		
200	4 x 50 on :55 Desc	1:50
100	4 x 25 on :40 Fast	2:40
900	6 x 150 on 2:30 Desc	1:40
450	6 x 75 on 1:20 Desc	1:47
100	1 x 100 on 5:00 Loosen	5:00
6:11 PM 3,200 Meters		

Workout #3490 - Wednesday, 18 January 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:15 swim and drill	1:45
450	6 x 75 on 1:25 pull, last 25 faster	1:53
400	8 x 50 on 1:20 kick, mixed efforts	2:40
~~~~~ Group Up ~~~~~		
100	4 x 25 on :40 FAST!	2:40
200	4 x 50 on 1:05 Desc	2:10
1,000	2 x 500 on 8:00 Neg Split	1:36
200	4 x 50 on 1:05 Desc	2:10
1,000	2 x 500 on 8:15 Neg Split	1:39
100	1 x 100 on 5:00 Loosen	5:00
6:30 PM 4,050 Meters		

**Workout #3488 - Thursday, 19 January 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	4 x 150 on 2:40 mix drill and swim	1:47
400	2 x 200 on 3:30 pull, mix efforts	1:45
400	4 x 100 on 2:30 kick, mixed efforts	2:30
///// Group UP \\\		
100	4 x 25 on :40 Fast	2:40
200	4 x 50 on 1:05 Desc	2:10
1,200	6 x 200 on 3:30 Desc	1:45
100	1 x 100 on 5:00 Loosen	5:00
6:08 PM 3,000 Meters		

**Workout #3474 - Monday, 23 January 2017**  
**Masters - Blue Masters**  
**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: Desc 1-4	1:50
400	2 x 200 on 4:40 Kick: Mixed drills	2:20
	===GROUP UP===	
1,700	2x{8 x 75 on 1:30 Odds faster	2:00
	{4 x 50 on 1:00 Desc 1-4	2:00
	{2 x 25 on :40 FAST!	2:40
100	1 x 100 on 5:00 Cool down	5:00
6:13 PM 3,200 Meters		

**Workout #3477 - Tuesday, 24 January 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 Swim with drills	1:48
400	4 x 100 on 1:50 Pull: Negative split	1:50
450	6 x 75 on 1:45 Kick: mixed speeds	2:20
	===GROUP UP===	
200	4 x 50 on 1:00 Desc 1-4	2:00
100	1 x 100 on 1:40 Steady	1:40
100	1 x 100 on 1:50 Go hard	1:50
100	1 x 100 on 1:40 Steady	1:40
200	2 x 100 on 1:45 Go hard	1:45
100	1 x 100 on 1:40 Steady	1:40
300	3 x 100 on 1:40 Go hard	1:40
100	1 x 100 on 1:40 Steady	1:40
400	4 x 100 on 1:35 Go hard	1:35
100	1 x 100 on 5:00 Cool down	5:00
6:15 PM 3,050 Meters		

**Workout #3480 - Wednesday, 25 January 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:40 Swim: Steady	1:50
600	2 x 300 on 5:30 Pull: Middle 100 harder	1:50
400	4 x 100 on 2:20 Kick: Last 50 all out	2:20
	===GROUP UP===	
200	4 x 50 on 1:00 Desc 1-4	2:00
2,400	2x{1 x 600 on 9:45 Negative Split	1:38
	{2 x 300 on 5:30 Desc 1-2	1:50
100	1 x 100 on 5:00 Cool down	5:00
6:25 PM 4,100 Meters		

**Workout #3483 - Thursday, 26 January 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
400	4 x 100 on 1:50 Swim with drills	1:50
500	10 x 50 on 1:00 pull: Steady	2:00
500	20 x 25 on :40 Kick: mixed speeds	2:40
===GROUP UP===		
100	4 x 25 on :40 Desc 1-4	2:40
450	3 x 150 on 2:20 Desc 1-3	1:33
450	3 x 150 on 2:30 Desc 1-3	1:40
450	3 x 150 on 2:40 Desc 1-3	1:47
150	1 x 150 on 3:00 Steady	2:00
150	1 x 150 on 2:20 FAST!	1:33
100	1 x 100 on 5:00 Cool down	5:00
6:18 PM 3,250 Meters		

**Workout #3559 - Monday, 30 January 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:30 Swim and drill	1:50
400	2 x 200 on 3:30 Pull, Desc	1:45
400	2 x 200 on 4:30 Kick, mix efforts	2:15
----- Group Up -----		
100	4 x 25 on :40 Fast!	2:40
1,500	3x{2 x 100 on 1:55 Last 25 as fast as possible	1:55
	{2 x 75 on 1:25 Last 25 as fast as possible	1:53
	{2 x 50 on :55 Last 25 as fast as possible	1:50
	{2 x 25 on 1:00 Last 25 as fast as possible	4:00
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,100 Meters		

**Workout #3562 - Tuesday, 31 January 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	6 x 100 on 1:50 drill and swim	1:50
400	8 x 50 on 1:15 Kick, evens faster	2:30
450	6 x 75 on 1:25 Pull, Desc	1:53
----- Group Up -----		
100	4 x 25 on :40 Fast!	2:40
200	4 x 50 on 1:05 Desc	2:10
400	2 x 200 on 3:30 Desc	1:45
400	2 x 200 on 3:20 Desc	1:40
400	2 x 200 on 3:10 Desc	1:35
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,050 Meters		

**Workout #3565 - Wednesday, 01 February 2017**  
**Masters - Blue Masters**  
**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
1,000	2x{3 x 100 on 1:45 Pull, Desc	1:45
	{2 x 100 on 2:20 Kick, Desc	2:20
	----- Group Up -----	
100	4 x 25 on :40 Fast	2:40
400	8 x 50 on 1:00 Desc	2:00
400	4 x 100 on 1:50 Desc	1:50
400	2 x 200 on 3:30 Desc	1:45
400	1 x 400 on 6:40 Fast!	1:40
200	1 x 200 on 3:30 Neg Split	1:45
200	2 x 100 on 1:50 Desc	1:50
200	4 x 50 on 1:00 Desc	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:31 PM 4,000 Meters		

**Workout #3568 - Thursday, 02 February 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	10 x 50 on 1:00 swim and/or drill	2:00
500	10 x 50 on 1:00 Pull, mix efforts	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
800	4 x 200 on 3:30 Desc 1-4	1:45
200	4 x 50 on 1:05 Desc	2:10
400	2 x 200 on 3:40 Both Fast	1:50
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,000 Meters		

**Workout #3574 - Monday, 06 February 2017**  
**Masters - Blue Masters**  
**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 #3577 - Tuesday, 07 February 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 swim: mix in drills	1:45
450	6 x 75 on 1:25 Pull, faster last 25	1:53
400	8 x 50 on 1:20 Kick, mix efforts	2:40
	===group up===	
100	4 x 25 on :40 Fast	2:40
1,350	1x{1 x 150 on 2:30 Steady	1:40
	{1 x 150 on 2:30 Fast Pace	1:40
	{1 x 150 on 2:40 Steady	1:47
	{2 x 150 on 2:30 Fast Pace	1:40
	{1 x 150 on 2:50 Steady	1:53
	{3 x 150 on 2:30 Fast Pace	1:40
100	1 x 100 on 5:00 Cool down	5:00
	6:07 PM 3,000 Meters	

**Workout #3580 - Wednesday, 08 February 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 middle 100 harder	1:45
600	3 x 200 on 3:30 pull: Desc 1-3	1:45
300	1 x 300 on 7:00 Kick: mixed speeds	2:20
	===group up===	
200	4 x 50 on 1:05 Desc 1-4	2:10
900	3 x 300 on 5:00 Desc 1-3	1:40
200	4 x 50 on 1:05 Desc 1-4	2:10
600	2 x 300 on 4:50 Desc 1-2	1:37
200	4 x 50 on 1:05 Desc 1-4	2:10
300	1 x 300 on 4:40 last 1 fast 1	1:33
100	1 x 100 on 5:00 Cool down	5:00
	6:28 PM 4,000 Meters	

**Workout #3583 - Thursday, 09 February 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:30 Swim with drills	1:54
400	4 x 100 on 1:50 Pull: Odds harder	1:50
450	6 x 75 on 1:45 Kick: last 25 hard	2:20
	===group up===	
1,800	2x{2 x 150 on 2:40 Desc 1-3	1:47
	{2 x 150 on 2:30 Desc 1-2	1:40
	{2 x 150 on 2:20 Desc 1-2	1:33
	{1 on :20 Rest	
100	1 x 100 on 5:00 Cool down	5:00
	6:09 PM 3,250 Meters	



**Workout #3603 - Monday, 13 February 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Swim and drill	1:50
400	8 x 50 on 1:00 Pull, mix speeds	2:00
400	2 x 200 on 5:00 Kick, mix speeds	2:30
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
1,600	2x{3 x 100 on 1:40 Desc	1:40
	{3 x 75 on 1:20 Desc	1:47
	{3 x 50 on 1:00 Desc	2:00
	{3 x 25 on :35 Desc	2:20
	{1 x 50 on 1:30 Easy	3:00
6:07 PM	3,100 Meters	

**Workout #3606 - Tuesday, 14 February 2017**  
**Masters - Blue Masters**  
**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, Desc	1:50
400	8 x 50 on 1:15 Kick, some fast!	2:30
	===== Group Up =====	
100	4 x 25 on :40 Speedy	2:40
800	8 x 100 on 1:50 Last 25 Max Effort on Each	1:50
50	1 x 50 on 1:30 Easy	3:00
400	4 x 100 on 2:00 Last 50 Max Effort on Each	2:00
50	1 x 50 on 1:30 Easy	3:00
200	2 x 100 on 2:10 Last 75 Max Effort on Each	2:10
100	1 x 100 on 5:00 Loosen	5:00
6:18 PM	3,100 Meters	

**Workout #3609 - Wednesday, 15 February 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	4 x 150 on 2:30 Mix swim and drill	1:40
400	2 x 200 on 3:30 Pull, mix efforts	1:45
400	8 x 50 on 1:20 Kick, include some fast 25s	2:40
	///// Group Up \\\	
200	4 x 50 on 1:00 Desc	2:00
800	2 x 400 on 6:30 Desc & Neg Split	1:38
400	4 x 100 on 1:40 Evens Faster	1:40
800	2 x 400 on 6:30 Neg Split	1:38
400	4 x 100 on 1:45 Evens Faster	1:45
100	1 x 100 on 5:00 Loosen	5:00
6:25 PM	4,100 Meters	

**Workout #3612 - Thursday, 16 February 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Mix swim and drill	1:50
450	6 x 75 on 1:25 Pull, mix efforts	1:53
450	6 x 75 on 1:45 Kick, mix efforts	2:20
	----- Group Up -----	
200	4 x 50 on 1:05 Desc	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
50	1 x 50 on 1:30 Loosen	3:00
100	1 x 100 on 3:00 Best of the day	3:00
100	1 x 100 on 5:00 Loosen	5:00
6:14 PM 3,150 Meters		

**Workout #3615 - Monday, 20 February 2017**  
**Masters - Blue Masters**  
**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: mixed speeds	2:20
	===GROUP UP===	
400	8 x 50 on :55 Desc 1-4, 5-8	1:50
450	6 x 75 on 1:15 Desc 1-3, 4-6	1:40
400	4 x 100 on 1:40 Desc 1-4	1:40
300	4 x 75 on 1:20 Desc 1-4	1:47
300	6 x 50 on 1:00 Desc 1-3, 4-6	2:00
100	1 x 100 on 5:00 Cool Down	5:00
6:17 PM 3,350 Meters		

**Workout #3618 - Tuesday, 21 February 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Swim with drills	1:50
400	2 x 200 on 3:40 Pull: Last 50 harder	1:50
400	8 x 50 on 1:10 Kick: Evens Faster	2:20
	===GROUP UP===	
100	4 x 25 on :40 Fast	2:40
600	3 x 200 on 3:20 Desc 1-3	1:40
200	4 x 50 on 1:05 Moderate	2:10
400	2 x 200 on 3:20 Desc 1-2	1:40
200	4 x 50 on 1:05 Moderate	2:10
200	1 x 200 on 4:00 Last One, Fast One	2:00
100	1 x 100 on 5:00 Cool Down	5:00
6:17 PM 3,200 Meters		

**Workout #3621 - Wednesday, 22 February 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:10 Swim: Steady	1:50
500	5 x 100 on 1:50 Pull: Desc 1-4	1:50
450	6 x 75 on 1:45 Kick: Last 25 all out	2:20
===GROUP UP===		
2,600	2x{4 x 50 on 1:00 Evens Faster	2:00
	{1 x 500 on 8:00 Negative Split	1:36
	{4 x 150 on 2:35 Dec 1-4	1:43
100	1 x 100 on 5:00 Cool Down	5:00

6:25 PM 4,150 Meters

**Workout #3624 - Thursday, 23 February 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:40 Swim: Desc 1-2	1:50
600	2 x 300 on 5:30 Pull: Desc 1-2	1:50
400	4 x 100 on 2:30 Kick: Middle 50 harder	2:30
===GROUP UP===		
100	4 x 25 on :40 Fast	2:40
1,600	2x{1 x 200 on 3:30 Neg Split	1:45
	{2 x 200 on 3:20 Desc 1-2	1:40
	{1 x 200 on 3:10 Fast Swim	1:35
100	1 x 100 on 5:00 Cool Down	5:00

6:09 PM 3,200 Meters

**Workout #3637 - Monday, 27 February 2017**  
**Masters - Blue Masters**  
**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
400	4 x 100 on 2:20 Kick, mix speeds	2:20
----- Group Up -----		
100	4 x 25 on :40 Fast!	2:40
1,500	6x{3 x 75 on 2:00 See Notes	2:40
	{1 x 25 on :30 Leave early after 3rd 75	2:00
	FAST: #1=last 25, #2=last 50, #3=all	
100	1 x 100 on 5:00 Loosen	5:00

6:21 PM 3,100 Meters

**Workout #3640 - Tuesday, 28 February 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 swim and drill	1:50
450	6 x 75 on 2:00 Kick, last 25 fast	2:40
400	2 x 200 on 3:30 Pull, Neg Split	1:45
	===== Group Up =====	
200	4 x 50 on 1:00 Desc	2:00
1,350	1x{1 x 150 on 2:30 Steady	1:40
	{2 x 150 on 2:35 Steady	1:43
	{3 x 150 on 2:40 Steady	1:47
	{2 x 150 on 2:45 Steady	1:50
	{1 x 150 on 3:00 Last one, fast one	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:09 PM 3,100 Meters		

**Workout #3643 - Wednesday, 01 March 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	10 x 50 on 1:00 swim and drill	2:00
600	3 x 200 on 3:30 Pull, neg split	1:45
400	8 x 50 on 1:15 kick, mix speeds	2:30
	----- Group Up -----	
300	2x{1 x 50 on 1:05 Steady	2:10
	{1 x 50 on 1:00 Steady	2:00
	{1 x 50 on :55 Fast	1:50
50	1 x 50 on 1:10 Easy	2:20
600	1 x 600 on 9:30 Build to 1/2 and to end	1:35
600	6 x 100 on 1:40 Desc	1:40
600	1 x 600 on 9:30 Build to 1/2 and to end	1:35
300	3 x 100 on 1:50 Desc	1:50
100	1 x 100 on 5:00 Loosen	5:00
6:29 PM 4,050 Meters		

**Workout #3646 - Thursday, 02 March 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	4 x 150 on 2:40 swim amd drill	1:47
400	4 x 100 on 1:50 Pull, desc	1:50
400	4 x 100 on 2:20 Kick, neg split	2:20
	===== Group Up =====	
100	4 x 25 on :40 Fast!	2:40
600	4 x 150 on 2:30 Desc 1-4	1:40
500	5 x 100 on 1:45 Desc 1-5	1:45
300	6 x 50 on 1:05 Alt one EZ, one Fast	2:10
100	1 x 100 on 5:00 Loosen	5:00
6:10 PM 3,000 Meters		

**Workout #3651 - Monday, 06 March 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 Swim: With drills	1:48
500	5 x 100 on 1:50 Pull: Descend 1-5	1:50
450	6 x 75 on 1:45 Kick: Alternate speeds	2:20
===GROUP UP===		
200	4 x 50 on 1:00 Descend 1-4	2:00
250	10 x 25 on :35 Evens Faster	2:20
100	1 x 100 on 1:40 Steady	1:40
250	10 x 25 on :35 Evens Faster	2:20
100	1 x 100 on 1:40 Steady	1:40
100	4 x 25 on 1:00 MAXIMUM EFFORT SWIMS	4:00
100	1 x 100 on 1:40 Steady	1:40
250	10 x 25 on :35 Evens Faster	2:20
100	1 x 100 on 1:40 Steady	1:40
100	4 x 25 on 1:00 MAXIMUM EFFORT SWIMS	4:00
100	1 x 100 on 5:00 Cool Down	5:00
6:26 PM 3,100 Meters		

**Workout #3654 - Tuesday, 07 March 2017**  
**Masters - Blue Masters**  
**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	4 x 100 on 1:50 Pull: Desc 1-4	1:50
400	2 x 200 on 4:40 Kick: mixed speeds	2:20
===GROUP UP===		
1,800	2x{4 x 100 on 1:45 Dec 1-4	1:45
	{1 x 150 on 2:45 Negative Split	1:50
	{2 x 100 on 1:35 Dec 1-2	1:35
	{1 x 150 on 2:35 Negative Split	1:43
100	1 x 100 on 5:00 COOL DOWN	5:00
6:09 PM 3,300 Meters		

**Workout #3657 - Wednesday, 08 March 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Swim: with drills	1:50
400	8 x 50 on 1:00 Pull: Evens harder	2:00
400	16 x 25 on :40 Kick: Evens harder	2:40
===GROUP UP===		
800	2 x 400 on 6:10 Desc 1-2	1:32
200	4 x 50 on 1:05 Steady	2:10
800	2 x 400 on 6:20 Desc 1-2	1:35
200	4 x 50 on 1:05 Steady	2:10
800	2 x 400 on 6:30 Desc 1-2	1:38
100	1 x 100 on 5:00 Cool Down	5:00
6:32 PM 4,300 Meters		

**Workout #3660 - Thursday, 09 March 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:50 Swim: Negative Split	1:55
600	2 x 300 on 5:30 Pull: Negative Split	1:50
400	4 x 100 on 2:20 Kick: Negative Split	2:20
	===GROUP UP===	
1,600	2x{1 x 200 on 3:30 Steady	1:45
	{2 x 200 on 3:20 A little faster	1:40
	{1 x 200 on 3:40 FAST!	1:50
100	1 x 100 on 5:00 Cool Down	5:00
6:06 PM 3,100 Meters		

**Workout #3706 - Monday, 13 March 2017**  
**Masters - Blue Masters**  
**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	2 x 200 on 3:30 Pull, Neg Split	1:45
400	4 x 100 on 2:20 Kick, mix speeds	2:20
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
600	6 x 100 on 1:40 Desc	1:40
100	4 x 25 on :35 Fast!	2:20
600	6 x 100 on 1:40 Desc	1:40
100	4 x 25 on :30 Fast!	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:09 PM 3,000 Meters		

**Workout #3709 - Tuesday, 14 March 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 swim and drill	1:50
450	6 x 75 on 1:25 Pull, last 25 faster	1:53
400	8 x 50 on 1:15 Kick, mix speeds	2:30
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
400	2 x 200 on 3:35 Desc	1:48
400	2 x 200 on 3:25 Desc	1:42
400	2 x 200 on 3:15 Desc	1:38
200	1 x 200 on 4:00 Last one, fast one	2:00
100	1 x 100 on 5:00 Cool down	5:00
6:12 PM 3,050 Meters		

**Workout #3712 - Wednesday, 15 March 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
600	3 x 200 on 3:40 Swim and drill	1:50
400	2 x 200 on 3:40 Pull, Desc and/or Neg Split	1:50
400	4 x 100 on 2:20 Kick, last 25 fast	2:20
	===== Group Up =====	
200	4 x 50 on 1:00 Desc	2:00
900	3 x 300 on 5:25 Neg Split	1:48
300	3 x 100 on 1:50 Desc	1:50
600	2 x 300 on 5:15 Desc	1:45
300	2 x 150 on 2:35 Desc	1:43
300	1 x 300 on 5:00 Neg Split	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:32 PM 4,100 Meters	

**Workout #3715 - Thursday, 16 March 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
600	4 x 150 on 2:40 Swim and Drill	1:47
400	8 x 50 on 1:00 Pull, Desc	2:00
400	2 x 200 on 4:30 Kick as desired	2:15
	===== Group Up =====	
100	4 x 25 on :40 Fast!	2:40
1,600	2x{3 x 150 on 2:40 Desc	1:47
	{2 x 125 on 2:20 Desc	1:52
	{1 x 100 on 2:10 FAST	2:10
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,200 Meters	

**Workout #3723 - Monday, 20 March 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 8:00 Mix swim & Drill	2:00
400	1 x 400 on 8:00 Pull, mix speeds	2:00
400	4 x 100 on 2:45 Kick, mix in a fast 25 on each	2:45
	***** Group Up *****	
100	4 x 25 on :50 Speedy!	3:20
400	8 x 50 on 1:00 Desc 1-4, 5-8	2:00
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
	6:18 PM 3,000 Meters	

**Workout #3726 - Tuesday, 21 March 2017**  
**Masters - Blue Masters**  
**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	2 x 200 on 3:45 pull, desc	1:52
450	6 x 75 on 2:00 Kick, last 25 faster	2:40
	::::: Group Up :::::	
100	4 x 25 on :40 Fast!	2:40
1,500	2x{3 x 150 on 2:40 Neg Split	1:47
	{6 x 50 on 1:00 Desc	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,150 Meters		

**Workout #3729 - Wednesday, 22 March 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	3 x 200 on 3:45 swim and drill	1:52
400	8 x 50 on 1:15 Kick, mix efforts	2:30
450	6 x 75 on 1:25 Pull, mix efforts	1:53
	}}}} Group Up {{{{	
200	4 x 50 on :55 Desc	1:50
800	2 x 400 on 6:30 Desc	1:38
800	4 x 200 on 3:30 Desc	1:45
800	8 x 100 on 1:50 Desc	1:50
100	1 x 100 on 5:00 Loosen	5:00
6:29 PM 4,150 Meters		

**Workout #3732 - Thursday, 23 March 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
500	1 x 500 on 9:00 swim and drill	1:48
600	6 x 100 on 1:50 pull, desc	1:50
400	4 x 100 on 2:20 kick, mix efforts	2:20
	<<<< Group Up >>>>	
100	4 x 25 on :40 Fast!	2:40
400	4 x 100 on 1:35 Fast!	1:35
100	1 x 100 on 2:30 Loosen	2:30
300	3 x 100 on 1:45 Fast!	1:45
100	1 x 100 on 2:30 Loosen	2:30
200	2 x 100 on 1:55 Fast!	1:55
100	1 x 100 on 2:30 Loosen	2:30
100	1 x 100 on 2:00 Last one, fast one	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:17 PM 3,000 Meters		



**Workout #3747 - Monday, 27 March 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

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: Steady	1:49
400	8 x 50 on 1:05 Kick: Down mod back fast	2:10
	===GROUP UP===	
100	4 x 25 on :40 Desc 1-4	2:40
1,600	2x{8 x 50 on 1:00 Desc 1-4, 5-8	2:00
	{2 x 50 on 1:05 Steady	2:10
	{4 x 50 on :50 Fast Swims!	1:40
	{2 x 50 on 1:05 Steady	2:10
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 #3750 - Tuesday, 28 March 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 Steady Swim	1:48
500	5 x 100 on 1:50 Pull: Steady	1:50
400	2 x 200 on 4:40 Kick: Mixed speeds	2:20
	===GROUP UP===	
600	8 x 75 on 1:25 Desc 1-4, 5-8	1:53
450	6 x 75 on 1:20 Desc 1-3, 4-6	1:47
300	4 x 75 on 1:15 Desc 1-2, 3-4	1:40
150	2 x 75 on 1:10 Desc 1-2	1:33
100	1 x 100 on 5:00 Cool Down	5:00
	6:09 PM 3,000 Meters	

**Workout #3753 - Wednesday, 29 March 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:45 Swim: With drills	1:52
600	2 x 300 on 5:30 Pull: Steady	1:50
400	4 x 100 on 2:20 Kick: Desc 1-4	2:20
	===GROUP UP===	
200	4 x 50 on 1:10 Desc 1-4	2:20
2,400	2x{1 x 400 on 6:25 Negative Split	1:36
	{4 x 100 on 1:45 Desc 1-4	1:45
	{1 x 400 on 6:00 Negative Split	1:30
100	1 x 100 on 5:00 Cool down	5:00
	6:23 PM 4,100 Meters	

**Workout #3756 - Thursday, 30 March 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	4 x 100 on 1:50 Desc 1-4	1:50
500	10 x 50 on 1:00 Pull: Steady	2:00
500	20 x 25 on :40 Kick: Odds FAST	2:40
	===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 3:45 Steady	1:52
400	2 x 200 on 3:20 Fast Pace	1:40
200	1 x 200 on 3:45 Steady	1:52
200	1 x 200 on 3:20 Fast pace	1:40
100	1 x 100 on 5:00 Cool Down	5:00
	6:18 PM 3,200 Meters	

**Workout #3735 - Monday, 03 April 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 swim & drill	1:48
500	1 x 500 on 9:00 pull, mix efforts	1:48
400	4 x 100 on 2:30 kick, last 25 always faster	2:30
	----- Group Up -----	
1,600	1x{4 x 75 on 1:30 Steady	2:00
	{1 x 75 on 1:15 Fast pace	1:40
	{3 x 75 on 1:30 Steady	2:00
	{2 x 75 on 1:15 Fast Pace	1:40
	{2 x 75 on 1:30 Steady	2:00
	{3 x 75 on 1:15 Fast Pace	1:40
	{1 x 75 on 1:30 Steady	2:00
	{4 x 75 on 1:15 Fast Pace	1:40
	{1 x 25 on 1:00 Easy	4:00
	{1 x 75 on 2:00 Best of the day	2:40
	1 on 5:00 Loosen	
	6:06 PM 3,000 Meters	

**Workout #3738 - Tuesday, 04 April 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 swim & drill	1:50
400	8 x 50 on 1:15 Kick, desc	2:30
400	2 x 200 on 3:40 Pull. neg split	1:50
	===== Group Up =====	
100	4 x 25 on :40 Fast!	2:40
1,600	1x{1 x 100 on 2:00 Fast!	2:00
	{2 x 100 on 1:52 Fast!	1:52
	{3 x 100 on 1:44 Fast!	1:44
	{4 x 100 on 1:36 Fast!	1:36
	{3 x 100 on 1:40 Fast!	1:40
	{2 x 100 on 1:44 Fast!	1:44
	{1 x 100 on 1:48 Fast!	1:48
100	1 x 100 on 5:00 Loosen	5:00
6:10 PM 3,200 Meters		

**Workout #3741 - Wednesday, 05 April 2017**  
**Masters - Blue Masters**  
**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 1:50 Pull, desc	1:50
400	1 x 400 on 9:00 Kick as desired	2:15
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
900	3 x 300 on 4:50 Desc	1:37
300	3 x 100 on 1:40 Desc	1:40
600	2 x 300 on 4:45 Desc	1:35
300	3 x 100 on 1:45 Desc	1:45
300	1 x 300 on 4:40 Fast!	1:33
100	1 x 100 on 5:00 Loosen	5:00
6:26 PM 4,000 Meters		

**Workout #3744 - Thursday, 06 April 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:45 swim and drill mix	1:55
400	4 x 100 on 1:50 pull, neg split	1:50
400	4 x 100 on 2:30 kick, desc	2:30
	##### Group Up #####	
100	4 x 25 on :40 Fast!	2:40
900	6 x 150 on 2:30 Desc	1:40
450	3 x 150 on 2:40 Desc	1:47
150	1 x 150 on 3:00 Last one, fast one	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:11 PM 3,100 Meters		

**Workout #3759 - Monday, 10 April 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	2 x 300 on 5:30 Swim with drills	1:50
400	4 x 100 on 1:50 Pull: Desc 1-4	1:50
450	6 x 75 on 1:40 Kick: last 25 faster	2:13
	===GROUP UP===	
400	8 x 50 on 1:00 Odds Faster	2:00
200	2 x 100 on 1:50 Desc 1-2	1:50
400	8 x 50 on 1:00 Evens Faster	2:00
200	2 x 100 on 1:50 Desc 1-2	1:50
400	8 x 50 on 1:10 All Fast	2:20
100	1 x 100 on 5:00 Cool Down	5:00
	6:16 PM 3,150 Meters	

**Workout #3762 - Tuesday, 11 April 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	3 x 200 on 3:40 Swim: Negative Split	1:50
400	4 x 100 on 1:50 Pull: Steady	1:50
400	8 x 50 on 1:10 Kick: Odds Harder	2:20
	===GROUP UP===	
100	4 x 25 on :40 Fast!	2:40
1,400	2x{2 x 50 on 1:10 Easy Swim	2:20
	{2 x 100 on 1:40 Moderate Swim	1:40
	{2 x 100 on 1:50 FAST swim	1:50
	{2 x 100 on 2:00 RACE PACE SWIM	2:00
100	1 x 100 on 5:00 Cool down	5:00
	6:09 PM 3,000 Meters	

**Workout #3765 - Wednesday, 12 April 2017**  
**Masters - Blue Masters**  
**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 harder	2:00
400	16 x 25 on :40 Kick: Mixed speeds - some FAST	2:40
	===GROUP UP===	
500	1 x 500 on 8:00 Negative Split	1:36
500	2 x 250 on 4:25 Descend 1-2	1:46
500	5 x 100 on 1:45 Negative Split	1:45
500	2 x 250 on 4:25 Descend 1-2	1:46
500	1 x 500 on 7:40 Negative Split	1:32
100	1 x 100 on 5:00 Cool Down	5:00
	6:25 PM 3,900 Meters	

**Workout #3768 - Thursday, 13 April 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	2 x 200 on 3:45 Swim: Middle 100 harder	1:52
600	2 x 300 on 5:30 Pull: Negative Split	1:50
400	4 x 100 on 2:20 Kick: Middle 50 harder	2:20
	===GROUP UP===	
200	4 x 50 on 1:05 Desc 1-4	2:10
1,400	2x{2 x 100 on 1:50 Desc 1-4	1:50
	{1 x 150 on 3:00 Fast	2:00
	{2 x 100 on 1:50 Desc 1-4	1:50
	{1 x 150 on 3:00 Fast	2:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:11 PM 3,100 Meters	

**Workout #3790 - Monday, 17 April 2017**  
**Masters - Blue Masters**  
**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 :45 Speedy!	3:00
400	8 x 50 on 1:00 Desc 1-4, 5-8	2:00
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
	6:17 PM 3,000 Meters	

**Workout #3793 - Tuesday, 18 April 2017**  
**Masters - Blue Masters**  
**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 1:20 Kick, Desc	2:40
400	2 x 200 on 3:30 Pull, mix efforts	1:45
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
400	2 x 200 on 3:40 Desc	1:50
400	2 x 200 on 3:30 Desc	1:45
400	2 x 200 on 3:20 Desc	1:40
200	1 x 200 on 4:00 Last one, fast one	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,000 Meters	

**Workout #3796 - Wednesday, 19 April 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
800	4 x 200 on 3:30 swim / drill mix	1:45
400	4 x 100 on 1:50 Pull, Desc	1:50
400	2 x 200 on 4:30 Kick, mix efforts	2:15
	===== Group Up =====	
400	8 x 50 on :55 Desc	1:50
400	1 x 400 on 6:30 Negative Split	1:38
400	4 x 100 on 1:50 Desc	1:50
400	1 x 400 on 6:40 Negative Split	1:40
400	2 x 200 on 3:40 Desc	1:50
400	1 x 400 on 6:50 Negative Split	1:42
100	1 x 100 on 5:00 loosen	5:00
	6:30 PM 4,100 Meters	

**Workout #3799 - Thursday, 20 April 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
750	10 x 75 on 1:20 Swim & drill	1:47
400	2 x 200 on 3:40 Pull, Neg Split	1:50
400	4 x 100 on 2:20 Kick, mix efforts	2:20
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
450	6 x 75 on 2:00 Fast as possible	2:40
200	1 x 200 on 5:00 Loosen, start early	2:30
300	4 x 75 on 2:00 Fast as possible	2:40
200	1 x 200 on 5:00 Loosen, start early	2:30
150	2 x 75 on 2:00 As fast as possible	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:23 PM 3,050 Meters	

**Workout #3808 - Monday, 24 April 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	4 x 100 on 1:50 Swim with drills	1:50
600	6 x 100 on 1:50 Pull: Desc 1-3, 4-6	1:50
400	2 x 200 on 4:20 Kick: down mod back fast	2:10
	===GROUP UP===	
250	10 x 25 on :40 Evens fast	2:40
100	1 x 100 on 1:50 Steady	1:50
250	10 x 25 on :40 Odds fast	2:40
100	1 x 100 on 1:50 Steady	1:50
250	10 x 25 on :40 2 fast 1 mod, repeat	2:40
100	1 x 100 on 1:50 Steady	1:50
250	10 x 25 on :40 3 fast 1 mod, repeat	2:40
100	1 x 100 on 1:50 Steady	1:50
250	10 x 25 on :40 4 fast 1 mod, repeat	2:40
100	1 x 100 on 5:00 Cool Down	5:00
	6:28 PM 3,150 Meters	

**Workout #3811 - Tuesday, 25 April 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 Swim with drills	1:48
600	6 x 100 on 1:50 Pull: Mixed speeds	1:50
450	6 x 75 on 1:45 Kick: Last 25 all out	2:20
	===GROUP UP===	
200	4 x 50 on 1:05 Desc 1-4	2:10
1,250	2x{2 x 100 on 1:45 Desc 1-2	1:45
	{3 x 75 on 1:15 Desc 1-3	1:40
	{4 x 50 on :55 Desc 1-4	1:50
100	1 x 100 on 5:00 Cool Down	5:00
	6:08 PM 3,100 Meters	

**Workout #3814 - Wednesday, 26 April 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Swim: Negative Split	1:50
400	4 x 100 on 1:50 Pull: Negative Split	1:50
400	2 x 200 on 4:40 Kick: mixed speeds	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 Desc 1-4	1:50
100	1 x 100 on 5:00 Cool Down	5:00
	6:33 PM 4,100 Meters	

**Workout #3817 - Thursday, 27 April 2017**  
**Masters - Blue Masters**  
**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: Desc every 4	2:00
400	16 x 25 on :40 Kick: Odds fast	2:40
	===Group Up===	
100	4 x 25 on :40 Dec 1-4	2:40
1,600	2x{4 x 100 on 1:40 Dec 1-4	1:40
	{2 x 200 on 3:30 Steady	1:45
200	2 x 100 on 2:00 FAST!	2:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:13 PM 3,200 Meters	

**Workout #3851 - Monday, 01 May 2017**  
**Masters - Blue Masters**  
**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	4 x 100 on 1:50 Pull, desc	1:50
400	4 x 100 on 2:30 Kick, last 25 faster	2:30
	==== Group Up =====	
100	4 x 25 on :40 Fast	2:40
800	4 x 200 on 3:30 Last 50 fast	1:45
400	4 x 100 on 2:00 Last 50 fast	2:00
200	4 x 50 on 1:15 All Fast	2:30
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,000 Meters	



**Workout #3846 - Tuesday, 02 May 2017**  
**Masters - Blue Masters**  
**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	8 x 50 on 1:00 Pull, desc	2:00
400	2 x 200 on 5:40 Kick, Mix Efforts	2:50
	===== Group Up =====	
100	4 x 25 on :40 Fast	2:40
400	4 x 100 on 1:50 Desc	1:50
400	4 x 100 on 1:45 Desc	1:45
400	4 x 100 on 1:40 Desc	1:40
200	2 x 100 on 2:00 FAST	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,000 Meters	

**Workout #3843 - Wednesday, 03 May 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	4 x 150 on 2:45 Swim and drill	1:50
400	4 x 100 on 2:30 Kick, last 25 faster	2:30
400	4 x 100 on 1:50 Pull, desc	1:50
	===== Group Up =====	
200	4 x 50 on 1:00 Desc	2:00
500	1 x 500 on 8:30 Middle and Last 100 Faster	1:42
500	5 x 100 on 1:45 Even 100s Faster	1:45
500	1 x 500 on 8:45 First, Middle, Last 100s Faster	1:45
500	5 x 100 on 1:55 Even 100s Faster	1:55
500	1 x 500 on 9:00 Best you can;even or neg split	1:48
100	1 x 100 on 5:00 Loosen	5:00
	6:33 PM 4,200 Meters	

**Workout #3841 - Thursday, 04 May 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	6 x 100 on 1:55 Swim and drill	1:55
450	6 x 75 on 1:50 Kick, last 25 faster	2:27
400	2 x 200 on 3:30 Pull, desc	1:45
	===== Group Up =====	
300	6 x 50 on 1:05 Alt 1 Faster, 1 Easier	2:10
1,200	8 x 150 on 2:45 2 Fast, 1 Easier	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:09 PM 3,050 Meters	

**Workout #3820 - Monday, 08 May 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	3 x 200 on 3:30 Swim with drills	1:45
400	8 x 50 on 1:00 Pull, mix efforts	2:00
400	4 x 100 on 2:30 Kick; middle 50 HARD	2:30
===GROUP UP===		
100	4 x 25 on :40 Desc 1-4	2:40
600	8 x 75 on 1:20 Go hard!	1:47
100	1 x 100 on 2:00 Easy	2:00
450	6 x 75 on 1:20 Go hard!	1:47
100	1 x 100 on 2:00 Easy	2:00
300	4 x 75 on 1:20 Go hard!	1:47
100	1 x 100 on 5:00 Cool Down	5:00
6:15 PM 3,150 Meters		

**Workout #3823 - Tuesday, 09 May 2017**  
**Masters - Blue Masters**  
**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	1 x 500 on 9:00 Pull: Steady	1:48
450	6 x 75 on 2:00 Kick: The Last 25 is Fast!	2:40
===GROUP UP===		
100	4 x 25 on :40 Desc 1-4	2:40
1,400	2x{2 x 100 on 1:45 Moderate	1:45
	{2 x 100 on 1:50 Fast - but not all out	1:50
	{2 x 100 on 1:55 All out, race pace!	1:55
	{1 x 100 on 2:00 Easy - recovery!	2:00
100	1 x 100 on 3:00 Best of the Day!	3:00
100	1 x 100 on 5:00 Cool Down	5:00
6:13 PM 3,150 Meters		

**Workout #3826 - Wednesday, 10 May 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	6 x 100 on 1:50 Swim: Desc every 3	1:50
400	8 x 50 on 1:00 Pull: desc every 4	2:00
400	4 x 100 on 2:30 kick: last 25 faster	2:30
===GROUP UP===		
200	4 x 50 on 1:05 Desc 1-4	2:10
800	2 x 400 on 6:20 Desc 1-2	1:35
400	2 x 200 on 3:20 Desc 1-2	1:40
800	2 x 400 on 6:10 Desc 1-2	1:32
400	2 x 200 on 3:10 Desc 1-2	1:35
100	1 x 100 on 5:00 Cool Down	5:00
6:27 PM 4,100 Meters		

**Workout #3829 - Thursday, 11 May 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
400	2 x 200 on 3:40 Swim: Desc 1-2	1:50
600	2 x 300 on 5:30 Pull: Desc 1-2	1:50
400	4 x 100 on 2:30 Kick: Negative Split	2:30
===GROUP UP===		
200	4 x 50 on 1:05 Desc 1-4	2:10
1,500	2x{2 x 150 on 2:50 Negative Split	1:53
	{2 x 150 on 2:40 Desc 1-2	1:47
	{1 x 150 on 2:30 Fast Swim	1:40
100	1 x 100 on 5:00 Cool Down	5:00
6:11 PM 3,200 Meters		

**Workout #3900 - Monday, 15 May 2017**  
**Masters - Blue Masters**  
**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
450	6 x 75 on 1:40 Kick, last 25 faster	2:13
400	2 x 200 on 3:30 Pull, mix efforts	1:45
----- Group Up -----		
200	4 x 50 on 1:05 Desc to fast	2:10
300	3 x 100 on 1:45 Desc	1:45
25	1 x 25 on :40 Max Effort	2:40
300	3 x 100 on 1:55 Desc	1:55
25	1 x 25 on :40 Max Efforts	2:40
300	3 x 100 on 2:05 Desc	2:05
25	1 x 25 on :40 Max Effort	2:40
300	3 x 100 on 2:15 Desc	2:15
25	1 x 25 on :40 Max Effort	2:40
100	1 x 100 on 5:00 Loosen	5:00
6:20 PM 3,050 Meters		

**Workout #3903 - Tuesday, 16 May 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	3 x 200 on 4:00 Swim and drill	2:00
400	4 x 100 on 1:50 Pull, Desc	1:50
400	2 x 200 on 4:30 Kick, mix efforts	2:15
----- Group Up -----		
100	4 x 25 on :40 Fast!	2:40
400	2 x 200 on 3:40 Desc	1:50
400	2 x 200 on 3:30 Desc	1:45
400	2 x 200 on 3:20 Desc	1:40
200	1 x 200 on 4:00 Last one, Fast one!	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:11 PM 3,000 Meters		

**Workout #3906 - Wednesday, 17 May 2017**  
**Masters - Blue Masters**  
**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 1:15 Kick, desc	2:30
400	2 x 200 on 3:30 Pull, Neg Split	1:45
===== Group Up =====		
200	4 x 50 on 1:00 Desc	2:00
600	2 x 300 on 5:00 Desc	1:40
450	3 x 150 on 2:40 Desc	1:47
450	3 x 150 on 2:30 Desc	1:40
400	4 x 100 on 1:50 Desc	1:50
400	4 x 100 on 1:40 Desc	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:27 PM 4,000 Meters		

**Workout #3909 - Thursday, 18 May 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
500	1 x 500 on 9:00 Swim and Drill	1:48
600	3 x 200 on 3:30 Pull, Neg Split	1:45
450	6 x 75 on 2:00 Kick, mix efforts	2:40
***** Group Up *****		
100	4 x 25 on :40 Fast!	2:40
200	4 x 50 on 1:00 Steady	2:00
450	6 x 75 on 2:00 Best possible even pace	2:40
250	1 x 250 on 5:00 Easy	2:00
450	6 x 75 on 2:00 Best possible even pace	2:40
100	1 x 100 on 5:00 Loosen	5:00
6:21 PM 3,100 Meters		

**Workout #3912 - Monday, 22 May 2017**  
**Masters - Blue Masters**  
**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 :45 Speedy!	3:00
400	8 x 50 on 1:00 Desc 1-4, 5-8	2:00
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
6:17 PM 3,000 Meters		

**Workout #3915 - Tuesday, 23 May 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

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 50 harder	2:20
	===GROUP UP===	
200	4 x 50 on 1:05 Desc 1-4	2:10
1,400	2x{4 x 50 on 1:00 Steady	2:00
	{2 x 75 on 1:20 FAST	1:47
	{4 x 50 on 1:10 Recover	2:20
	{2 x 75 on 1:20 FAST	1:47
100	1 x 100 on 5:00 Cool down	5:00
	6:12 PM 3,100 Meters	

**Workout #3918 - Wednesday, 24 May 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:10 Swim with drills	1:50
500	5 x 100 on 1:50 Pull: Desc 1-5	1:50
450	6 x 75 on 1:40 Kick: mixed speeds	2:13
	===GROUP UP===	
500	1 x 500 on 8:00 Negative Split	1:36
500	2 x 250 on 4:20 Desc 1-2	1:44
500	5 x 100 on 1:40 Desc 1-5	1:40
500	10 x 50 on 1:00 Desc every 3	2:00
500	1 x 500 on 8:00 Negative split	1:36
100	1 x 100 on 5:00 Cool Down	5:00
	6:27 PM 4,050 Meters	

**Workout #3921 - Thursday, 25 May 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Swim: Steady	1:50
400	4 x 100 on 1:50 Pull: Desc 1-4	1:50
400	2 x 200 on 4:20 Kick: Down hard back easy	2:10
	===GROUP UP===	
100	4 x 25 on :40 Desc 1-4	2:40
1,600	2x{1 x 200 on 3:40 Steady	1:50
	{1 x 200 on 3:30 A little faster	1:45
	{1 x 200 on 3:20 Still faster yet	1:40
	{1 x 200 on 3:10 FAST FAST FAST!	1:35
100	1 x 100 on 5:00 Cool down	5:00
	6:09 PM 3,200 Meters	

**Workout #3982 - Monday, 29 May 2017**  
**Masters - Blue Masters**  
**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	2 x 200 on 3:45 Pull, mix efforts	1:52
400	8 x 50 on 1:20 Kick, alt easy/fast	2:40
	***** Group Up *****	
100	4 x 25 on :40 FAST!	2:40
600	8 x 75 on 1:40 Desc 1-4, #4 is All Out!	2:13
450	6 x 75 on 1:50 Desc 1-3, #3 is All Out!	2:27
300	4 x 75 on 2:00 Alt EZ / All Out!	2:40
150	2 x 75 on 2:15 1 EZ, 1 All Out!	3:00
100	1 x 100 on 5:00 Loosen	5:00
	6:24 PM 3,100 Meters	

**Workout #3985 - Tuesday, 30 May 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:55 Swim and Drill	1:55
400	4 x 100 on 1:50 Pull, mix efforts	1:50
400	4 x 100 on 2:20 Kick, mix efforts	2:20
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
1,500	1x{5 x 100 on 1:50 Steady Effort	1:50
	{4 x 100 on 1:55 75 Steady + 25 Fast	1:55
	{3 x 100 on 2:00 50 Steady + 50 Fast	2:00
	{2 x 100 on 2:05 25 Steady + 75 Fast	2:05
	{1 x 100 on 3:00 Best Effort	3:00
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,100 Meters	

**Workout #3988 - Wednesday, 31 May 2017**  
**Masters - Blue Masters**  
**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	3 x 200 on 3:30 Pull, Neg Split	1:45
400	8 x 50 on 1:20 Kick, mixed efforts	2:40
	///// Group Up \\\	
200	4 x 50 on 1:00 Desc	2:00
2,200	2x{2 x 400 on 6:45 Desc	1:41
	{1 x 50 on 1:15 Easy	2:30
	{5 x 50 on 1:10 Alt one Strong, One Max	2:20
100	1 x 100 on 5:00 Loosen	5:00
	6:28 PM 4,000 Meters	

**Workout #3991 - Thursday, 01 June 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:40 Mix swim and drill	1:53
450	6 x 75 on 1:50 Kick, last 25 fast	2:27
400	2 x 200 on 3:30 Pull, Neg Split	1:45
==== Group Up =====		
200	4 x 50 on 1:05 Desc	2:10
300	2 x 150 on 2:40 Desc	1:47
300	2 x 150 on 2:35 Desc	1:43
300	2 x 150 on 2:30 Desc	1:40
300	2 x 150 on 2:25 Desc	1:37
150	1 x 150 on 3:00 Best of the day	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:14 PM 3,100 Meters		

**Workout #3924 - Monday, 05 June 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:40 Swim mix in drills	1:50
400	8 x 50 on 1:00 Pulll: Desc every 4	2:00
400	16 x 25 on :40 Kick mixed speeds	2:40
===GROUP UP===		
100	4 x 25 on :40 Desc 1-4	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 swim	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
6:19 PM 3,300 Meters		

**Workout #3927 - Tuesday, 06 June 2017**  
**Masters - Blue Masters**  
**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
450	6 x 75 on 1:25 Pull, last 25 faster	1:53
400	4 x 100 on 2:20 Kick: negative split	2:20
===GROUP UP===		
100	4 x 25 on :40 Desc 1-4	2:40
300	2 x 150 on 3:00 Desc 1-2	2:00
300	2 x 150 on 2:50 Desc 1-2	1:53
300	2 x 150 on 2:40 Desc 1-2	1:47
300	2 x 150 on 2:30 Desc 1-2	1:40
300	2 x 150 on 2:20 Desc 1-2	1:33
100	1 x 100 on 5:00 Cool Down	5:00
6:14 PM 3,050 Meters		

**Workout #3930 - Wednesday, 07 June 2017**  
**Masters - Blue Masters**  
**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: Desc 1-4	1:50
400	2 x 200 on 4:40 Kick: mixed speeds	2:20
	===GROUP UP===	
2,700	3x{1 x 300 on 4:40 Negative Split	1:33
	{2 x 150 on 2:30 Desc 1-2	1:40
	{3 x 100 on 1:50 Desc 1-3	1:50
100	1 x 100 on 5:00 Cool Down	5:00
6:24 PM 4,200 Meters		

**Workout #3933 - Thursday, 08 June 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	5 x 100 on 1:50 Steady swims	1:50
500	5 x 100 on 1:50 Pull: Desc 1-5	1:50
450	6 x 75 on 1:40 Kick: Desc 1-3, 4-6	2:13
	===GROUP UP===	
100	1 x 100 on 1:50 Steady	1:50
400	4 x 100 on 1:50 Desc 1-4	1:50
100	1 x 100 on 1:50 Steady	1:50
300	3 x 100 on 1:45 Desc 1-3	1:45
100	1 x 100 on 1:50 Steady	1:50
200	2 x 100 on 1:40 Desc 1-2	1:40
100	1 x 100 on 1:50 Steady	1:50
	1 on :40 Rest	
200	2 x 100 on 1:35 FAST!	1:35
100	1 x 100 on 5:00 Cool Down	5:00
6:16 PM 3,050 Meters		

**Workout #4009 - Monday, 12 June 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 swim and drill	1:50
400	4 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 1:00 Desc 1-3, #4 Easy	2:00
250	10 x 25 on :50 1 Easy, 4 Fast	3:20
200	4 x 50 on 1:00 Desc 1-3, #4 Easy	2:00
200	8 x 25 on :45 1 Easy, 3 Fast	3:00
200	4 x 50 on 1:00 Desc 1-3, #4 Easy	2:00
150	6 x 25 on :40 1 Easy, 2 Fast	2:40
200	4 x 50 on 1:00 Desc 1-3, #4 Easy	2:00
100	4 x 25 on :35 1 Easy, 1 Fast	2:20
100	1 x 100 on 5:00 Loosen	5:00
6:24 PM 3,000 Meters		



**Workout #4012 - Tuesday, 13 June 2017**  
**Masters - Blue Masters**  
**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	2 x 200 on 3:30 Pull, mix efforts	1:45
400	4 x 100 on 2:30 Kick, negative split	2:30
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
1,450	1x{6 x 200 on 3:15 Hold Best Effort	1:38
	{1 x 50 on 1:30 Easy	3:00
	{1 x 200 on 4:00 Last one, fast one	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:06 PM 3,050 Meters		

**Workout #4015 - Wednesday, 14 June 2017**  
**Masters - Blue Masters**  
**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
450	6 x 75 on 1:25 Pull, mix efforts	1:53
400	2 x 200 on 5:00 Kick, neg split	2:30
	+++++ Group UP +++++	
500	5 x 100 on 1:45 Desc	1:45
500	2 x 250 on 4:15 Build Each	1:42
500	1 x 500 on 8:20 Neg Split	1:40
500	2 x 250 on 4:20 Desc	1:44
500	5 x 100 on 1:50 Neg Split	1:50
100	1 x 100 on 5:00 Loosen	5:00
6:29 PM 4,050 Meters		

**Workout #4018 - Thursday, 15 June 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
750	10 x 75 on 1:20 mix swim/drill	1:47
400	1 x 400 on 7:30 Pull as desired	1:52
400	4 x 100 on 2:30 Kick, mix speeds	2:30
	///// Group Up \\\	
100	4 x 25 on :40 Fast!	2:40
300	4 x 75 on 1:20 Desc	1:47
300	4 x 75 on 1:15 Desc	1:40
225	3 x 75 on 1:20 Desc	1:47
225	3 x 75 on 1:15 Desc	1:40
150	2 x 75 on 1:20 Desc	1:47
150	2 x 75 on 1:15 Desc	1:40
75	1 x 75 on 1:20 Easy	1:47
75	1 x 75 on 2:00 Last one, fast one	2:40
100	1 x 100 on 5:00 Loosen	5:00
6:21 PM 3,250 Meters		

**Workout #3994 - Monday, 19 June 2017**  
**Masters - Blue Masters**  
**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: Desc 1-2	1:50
400	4 x 100 on 2:20 Kick: Middle 50 harder	2:20
	===GROUP UP===	
1,600	2x{6 x 50 on 1:05 Steady	2:10
	{4 x 50 on :55 FAST	1:50
	{4 x 50 on 1:05 Steady	2:10
	{2 x 50 on :55 FAST	1:50
100	1 x 100 on 5:00 Cool Down	5:00
	6:11 PM 3,100 Meters	

**Workout #3997 - Tuesday, 20 June 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Swim: Desc 1-3, 4-6	1:50
400	8 x 50 on 1:00 Pull: every 4th hard	2:00
400	16 x 25 on :40 Kick: Mixed speeds	2:40
	===GROUP UP===	
200	4 x 50 on 1:05 Desc 1-4	2:10
375	5 x 75 on 1:30 Desc 1-5	2:00
100	1 x 100 on 1:50 Quick, Steady, Strong	1:50
300	4 x 75 on 1:25 Desc 1-4	1:53
100	1 x 100 on 1:50 Quick, Steady, Strong	1:50
225	3 x 75 on 1:20 Desc 1-3	1:47
100	1 x 100 on 1:50 Quick, Steady, Strong	1:50
150	2 x 75 on 1:15 Desc 1-2	1:40
100	1 x 100 on 1:50 Quick, Steady, Strong	1:50
75	1 x 75 on 1:10 Best of the day!	1:33
100	1 x 100 on 5:00 Cool Down	5:00
	6:24 PM 3,225 Meters	

**Workout #4000 - Wednesday, 21 June 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 Swim with drills	1:48
500	5 x 100 on 1:50 Pull: Desc 1-5	1:50
450	6 x 75 on 1:40 Kick: Last 25 FAST	2:13
	===GROUP UP===	
100	4 x 25 on :40 Desc 1-4	2:40
2,400	2x{1 x 400 on 6:35 Negative Split	1:39
	{4 x 100 on 1:40 Desc 1-4	1:40
	{8 x 50 on 1:00 Desc 1-4, 5-8	2:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:25 PM 4,050 Meters	

**Workout #4003 - Thursday, 22 June 2017**  
**Masters - Blue Masters**  
**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: Odds harder	1:50
400	2 x 200 on 4:40 Kick: Negative Split	2:20
	===GROUP UP===	
400	2 x 200 on 3:40 Desc 1-2	1:50
400	2 x 200 on 3:30 Desc 1-2	1:45
400	2 x 200 on 3:20 Desc 1-2	1:40
400	2 x 200 on 3:10 Desc 1-2	1:35
100	1 x 100 on 5:00 Cool Down	5:00
	6:10 PM 3,100 Meters	

**Workout #4043 - Monday, 26 June 2017**  
**Masters - Blue Masters**  
**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 1:15 kick, mix speeds	2:30
400	2 x 200 on 3:30 Pull, neg split	1:45
	----- Group Up -----	
100	4 x 25 on :45 Fast!	3:00
450	6 x 75 on 1:50 All Fast	2:27
50	2 x 25 on :40 Alt 1 Easy, 1 Fast	2:40
450	6 x 75 on 1:40 Last 50 Max Speed	2:13
50	2 x 25 on :40 Alt 1 Easy, 1 Fast	2:40
450	6 x 75 on 1:30 Last 25 Max Speed	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:19 PM 3,050 Meters	

**Workout #4046 - Tuesday, 27 June 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Swim and drill mix	1:45
400	4 x 100 on 1:50 Pull, desc	1:50
400	4 x 100 on 2:20 Kick, mix speeds	2:20
	===== Group Up =====	
100	4 x 25 on :40 Fast!	2:40
1,500	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
	{1 x 100 on 2:00 Loosen	2:00
	{1 x 100 on 2:00 best effort	2:00
	{1 x 100 on 2:00 Cool-down	2:00
	6:03 PM 3,000 Meters	

**Workout #4049 - Wednesday, 28 June 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim and drill mix	1:55
400	2 x 200 on 5:00 Kick as desired	2:30
500	10 x 50 on 1:00 Pull, mix speeds	2:00
	***** Group Up *****	
200	4 x 50 on 1:00 Desc	2:00
200	4 x 50 on :55 Desc	1:50
200	4 x 50 on :50 Desc	1:40
50	1 x 50 on 1:15 Loosen	2:30
900	3 x 300 on 5:15 Desc	1:45
900	3 x 300 on 5:05 Desc	1:42
100	1 x 100 on 5:00 Loosen	5:00
	6:32 PM 4,050 Meters	

**Workout #4052 - Thursday, 29 June 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	4 x 150 on 2:45 Swim and drill mix	1:50
450	6 x 75 on 1:25 Pull, last 25 faster	1:53
400	1 x 400 on 10:00 Kick as desired	2:30
	///// Group UP \\\	
100	4 x 25 on :40 Fast!	2:40
1,500	10 x 150 on 2:30 Desc 1-3, 4-6, 7-9, #10 BEST	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:08 PM 3,150 Meters	

**Workout #4006 - Monday, 03 July 2017**  
**Masters - Blue Masters**  
**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 :45 Speedy!	3:00
400	8 x 50 on 1:00 Desc 1-4, 5-8	2:00
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
	6:17 PM 3,000 Meters	

**Workout #4021 - Tuesday, 04 July 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
5:00 PM	Start	
600	6 x 100 on 1:55 Swim: with drills	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 1:00 Desc	2:00
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 BEST OF THE DAY	2:00
100	1 x 100 on 5:00 Cool Down	5:00
6:11 PM	3,000 Meters	

**Workout #4024 - Wednesday, 05 July 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
5:00 PM	Start	
600	2 x 300 on 5:30 Swim with drills	1:50
400	4 x 100 on 1:50 Pull desc	1:50
400	2 x 200 on 4:40 Kick: e/o 50 harder	2:20
	===GROUP UP===	
3,000	2x{1 x 500 on 8:30 Negative Split	1:42
	{2 x 250 on 4:30 Desc 1-2	1:48
	{5 x 100 on 1:40 Desc and negative split	1:40
100	1 x 100 on 5:00 Cool Down	5:00
6:30 PM	4,500 Meters	

**Workout #4027 - Thursday, 06 July 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
=====	=====	=====
5:00 PM	Start	
600	6 x 100 on 1:50 Desc	1:50
400	4 x 100 on 1:50 Pull, Mix speed	1:50
450	6 x 75 on 2:00 Kick, Mix Efforts	2:40
	===GROUP UP===	
200	4 x 50 on 1:05 Desc	2:10
50	1 x 50 on 1:30 Easy	3:00
100	4 x 25 on :40 FAST	2:40
1,100	2x{1 x 100 on 2:00 Easy	2:00
	{6 x 75 on 1:30 RACE PACE	2:00
100	1 x 100 on 5:00 Cool Down	5:00
6:15 PM	3,000 Meters	

**Workout #4091 - Monday, 10 July 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
	Aquathlon #2 Monday Night, sign-in 4:30-5:00pm	
600	6 x 100 on 1:50 drill and swim	1:50
400	2 x 200 on 3:40 Pull, Neg Split	1:50
400	8 x 50 on 1:15 Kick, Evens Faster	2:30
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
50	1 x 50 on 1:15 Loosen	2:30
300	6 x 50 on 1:10 Odds Mod, Evens Max	2:20
50	1 x 50 on 1:15 Loosen	2:30
600	8 x 75 on 1:40 Odds Mod, Evens Max	2:13
50	1 x 50 on 1:15 Loosen	2:30
300	6 x 50 on 1:15 All Fast	2:30
50	1 x 50 on 1:15 Loosen	2:30
100	4 x 25 on :40 Fast!	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:29 PM 3,100 Meters	

**Workout #4094 - Tuesday, 11 July 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:40 swim and drill	1:50
400	4 x 100 on 2:20 Kick, mix efforts	2:20
400	8 x 50 on 1:00 Pull, alt easy, moderate	2:00
	===== Group Up =====	
100	4 x 25 on :40 Fast!	2:40
400	2 x 200 on 3:30 Desc	1:45
400	2 x 200 on 3:25 Desc	1:42
400	2 x 200 on 3:20 Desc	1:40
50	1 x 50 on 1:15 Loosen or rest	2:30
200	1 x 200 on 4:00 Best one!	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,050 Meters	

**Workout #4097 - Wednesday, 12 July 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	8 x 75 on 1:20 swim and drill	1:47
600	6 x 100 on 1:50 Pull, neg split	1:50
400	1 x 400 on 9:30 Kick as desired	2:22
	***** Group Up *****	
200	4 x 50 on 1:00 Desc	2:00
1,600	4 x 400 on 6:20 Desc 1-3, Neg Split #4	1:35
200	4 x 50 on 1:10 All Strong, Steady	2:20
400	1 x 400 on 7:00 Last one, fast one	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:26 PM 4,100 Meters	

**Workout #4100 - Thursday, 13 July 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:40 swim and drill	1:50
600	8 x 75 on 1:30 Pull, mix efforts	2:00
400	4 x 100 on 2:25 Kick, last 25 faster	2:25
	@@@@ Group Up @@@@	
200	4 x 50 on 1:05 Desc	2:10
450	6 x 75 on 1:15 Desc	1:40
450	6 x 75 on 1:20 Desc	1:47
450	6 x 75 on 1:25 Desc	1:53
100	1 x 100 on 5:00 Loosen	5:00
	6:15 PM 3,250 Meters	

**Workout #4030 - Monday, 17 July 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	4 x 100 on 1:50 Swim: Drill down swim back	1:50
600	6 x 100 on 1:50 Pull: Desc 1-3, 4-6	1:50
400	4 x 100 on 2:20 Kick: Negative Split	2:20
	===GROUP UP===	
1,600	2x{6 x 50 on 1:00 FAST	2:00
	{1 x 100 on 1:50 Steady	1:50
	{4 x 50 on 1:05 FAST	2:10
	{1 x 100 on 1:50 Steady	1:50
	{2 x 50 on 1:10 FAST	2:20
100	1 x 100 on 5:00 Cool Down	5:00
	6:11 PM 3,100 Meters	

**Workout #4033 - Tuesday, 18 July 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:15 Swim with drills	1:49
500	10 x 50 on 1:00 Pull: Odds harder	2:00
500	20 x 25 on :40 Kick: Mixed speeds	2:40
	===GROUP UP===	
600	4 x 150 on 2:40 Negative Split	1:47
600	6 x 100 on 1:40 Desc	1:40
600	8 x 75 on 1:40 Best effort swims	2:13
100	1 x 100 on 5:00 Cool Down	5:00
	6:18 PM 3,300 Meters	

**Workout #4036 - Wednesday, 19 July 2017**  
**Masters - Blue Masters**  
**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: Neg split	1:50
450	6 x 75 on 1:50 Kick: 25 mod 50 FAST	2:27
	===GROUP UP===	
2,700	3x{1 x 300 on 5:00 Negative split	1:40
	{2 x 150 on 2:00 Desc 1-2	1:20
	{3 x 100 on 1:40 Desc 1-3	1:40
100	1 x 100 on 5:00 Cool Down	5:00
6:21 PM 4,250 Meters		

**Workout #4039 - Thursday, 20 July 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 Swim with drills	1:48
400	1 x 400 on 7:30 Pull: steady	1:52
500	5 x 100 on 2:20 Kick: Desc 1-5	2:20
	===GROUP UP===	
400	8 x 50 on 1:00 Desc 1-4, 5-8	2:00
400	2 x 200 on 3:30 Desc	1:45
	1 on :30 REST	
400	2 x 200 on 3:20 Faster this round. Build speed	1:40
	1 on :30 REST	
400	2 x 200 on 3:10 BEST OF THE DAY	1:35
100	1 x 100 on 5:00 COOL DOWN	5:00
6:10 PM 3,100 Meters		

**Workout #4107 - Monday, 24 July 2017**  
**Masters - Blue Masters**  
**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	2 x 200 on 3:45 Pull, neg split	1:52
400	8 x 50 on 1:15 Kick, desc	2:30
	***** Group Up *****	
200	8 x 25 on :45 All Fast and steady	3:00
600	6 x 100 on 1:50 Desc	1:50
150	6 x 25 on :50 All Fast and steady	3:20
600	6 x 100 on 1:50 Desc	1:50
100	4 x 25 on :55 All Fast and steady	3:40
100	1 x 100 on 5:00 Loosen	5:00
6:19 PM 3,150 Meters		



**Workout #4110 - Tuesday, 25 July 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:45 mix swim and drill	1:55
400	4 x 100 on 2:20 Kick, mix efforts	2:20
400	8 x 50 on 1:00 Pull, Desc	2:00
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
1,500	1x{5 x 100 on 1:40 Steady Effort	1:40
	{4 x 100 on 1:45 75 Steady + 25 Fast	1:45
	{3 x 100 on 1:50 50 Steady + 50 Fast	1:50
	{2 x 100 on 1:55 25 Steady + 75 Fast	1:55
	{1 x 100 on 3:00 Best Effort	3:00
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,100 Meters	

**Workout #4113 - Wednesday, 26 July 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:50 swim and drill	1:55
450	6 x 75 on 1:25 Pull, last 25 faster	1:53
400	1 x 400 on 10:30 Kick as desired	2:38
	===== Group UP =====	
200	4 x 50 on 1:00 Desc	2:00
500	2 x 250 on 4:10 Desc	1:40
500	1 x 500 on 8:15 Neg split	1:39
500	2 x 250 on 4:20 Faster than before	1:44
500	1 x 500 on 8:30 Neg Split	1:42
500	2 x 250 on 4:30 Best two!	1:48
100	1 x 100 on 5:00 Loosen	5:00
	6:35 PM 4,250 Meters	

**Workout #4116 - Thursday, 27 July 2017**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	4 x 150 on 2:45 drill and swim	1:50
400	2 x 200 on 4:30 Kick, Neg Split	2:15
400	4 x 100 on 1:50 Pull, desc	1:50
	~~~~~ Group UP ~~~~~	
200	4 x 50 on 1:05 Desc	2:10
450	3 x 150 on 2:45 Desc	1:50
150	1 x 150 on 3:00 Fast	2:00
300	2 x 150 on 2:45 Desc	1:50
150	1 x 150 on 3:00 Fast	2:00
150	1 x 150 on 3:00 Steady	2:00
150	1 x 150 on 3:00 Fast	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:15 PM 3,050 Meters	

Workout #4060 - Monday, 31 July 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
400	1 x 400 on 7:30 Swim with drills	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===		
1,600	4x{4 x 25 on :40 FAST!	2:40
	{2 x 50 on 1:05 Steady loosen	2:10
	{4 x 25 on :35 FAST!	2:20
	{2 x 50 on 1:05 Steady loosen	2:10
100	1 x 100 on 5:00 Cool Down	5:00

6:19 PM 3,100 Meters

Workout #4063 - Tuesday, 01 August 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
400	2 x 200 on 3:45 Negative Split	1:52
600	2 x 300 on 5:30 Pull: Desc	1:50
400	4 x 100 on 2:20 Kick: Negative Split and desc	2:20
===GROUP UP===		
100	4 x 25 on :40 Desc	2:40
1,450	2x{3 x 150 on 2:30 Desc	1:40
	{2 x 100 on 1:50 Desc	1:50
	{1 x 75 on 1:30 FAST!	2:00
100	1 x 100 on 5:00 Cool Down	5:00

6:08 PM 3,050 Meters

Workout #4066 - Wednesday, 02 August 2017
Masters - Blue Masters
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: Odds harder	1:50
400	2 x 200 on 4:40 Kick: Harder going down	2:20
===GROUP UP===		
200	4 x 50 on 1:05 Desc	2:10
1,200	3 x 400 on 6:30 Desc	1:38
100	1 x 100 on 2:00 Loosen	2:00
800	2 x 400 on 6:40 Desc 1-2	1:40
100	1 x 100 on 2:00 Loosen	2:00
400	1 x 400 on 6:50 Steady	1:42

6:27 PM 4,200 Meters

Workout #4069 - Thursday, 03 August 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
500	1 x 500 on 9:00 Swim with drills	1:48
500	5 x 100 on 1:50 Pull: Desc	1:50
450	6 x 75 on 2:00 Kick: 25 easy 50 hard	2:40
===GROUP UP===		
200	4 x 50 on 1:00 Desc	2:00
1,400	2x{3 x 100 on 1:50 Desc	1:50
	{2 x 100 on 1:40 Desc	1:40
	{2 x 100 on 1:30 FAST!	1:30
	{1 on :40 rest	
100	1 x 100 on 5:00 Cool Down	5:00
6:10 PM 3,150 Meters		

Workout #4159 - Monday, 07 August 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:45 Swim and Drill	1:55
800	8 x 100 on 2:10 Alt 2Pull and 2Kick on 10" Rest	2:10
Group Up		
200	4 x 50 on 1:10 Desc	2:20
375	5 x 75 on 1:40 All Fast	2:13
75	1 x 75 on 2:15 Easy	3:00
375	5 x 75 on 1:50 All Fast	2:27
75	1 x 75 on 2:15 Easy	3:00
375	5 x 75 on 2:00 All Fast!	2:40
125	1 x 125 on 5:00 Loosen	4:00
6:23 PM 3,000 Meters		

Workout #4162 - Tuesday, 08 August 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
600	3 x 200 on 3:45 Swim and drill	1:52
400	8 x 50 on 1:15 Kick, mix speeds	2:30
400	1 x 400 on 7:00 Pull as desired	1:45
///// Group Up \\\		
100	4 x 25 on :40 Fast!	2:40
600	3 x 200 on 3:40 Desc	1:50
400	2 x 200 on 3:30 Desc	1:45
200	1 x 200 on 3:20 Neg Split	1:40
	1 on 1:00 Rest	
200	1 x 200 on 4:00 Fast!	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,000 Meters		

Workout #4165 - Wednesday, 09 August 2017
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	6 x 100 on 1:50 swim and drill	1:50
400	2 x 200 on 4:45 Kick, mix efforts	2:22
600	8 x 75 on 1:20 Pull, mix efforts	1:47
	+++++ Group Up +++++	
200	4 x 50 on 1:05 Desc	2:10
900	3 x 300 on 4:45 Desc	1:35
200	4 x 50 on 1:00 3 Fast, 1 Easy	2:00
600	2 x 300 on 5:00 Desc	1:40
200	4 x 50 on 1:00 3 Fast, 1 Easy	2:00
300	1 x 300 on 5:15 Fast!	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:30 PM 4,100 Meters	

Workout #4168 - Thursday, 10 August 2017
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	8 x 75 on 1:20 Swim amd drill	1:47
400	4 x 100 on 2:30 kick, Neg Split	2:30
400	4 x 100 on 1:50 Pull, Desc	1:50
	<<<<< Group Up >>>>>	
100	4 x 25 on :40 Fast!	2:40
600	8 x 75 on 1:25 Desc	1:53
	1 on :30 Rest	
450	6 x 75 on 1:20 Desc	1:47
	1 on :30 Rest	
300	4 x 75 on 1:15 Desc	1:40
	1 on :30 rest	
150	2 x 75 on 1:10 Desc	1:33
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,100 Meters	

Workout #4072 - Monday, 14 August 2017
Masters - Blue Masters
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 #4075 - Tuesday, 15 August 2017
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
400	2 x 200 on 3:45 25 drill 75 swim	1:52
600	2 x 300 on 5:30 Pull: Desc	1:50
400	8 x 50 on 1:20 last 25 fast	2:40
	===GROUP UP===	
100	4 x 25 on :40 desc	2:40
1,500	2x{4 x 75 on 1:20 Desc	1:47
	{3 x 75 on 1:15 Fast	1:40
	{2 x 75 on 1:10 Race pace	1:33
	{1 x 75 on 1:40 loosen	2:13
150	2 x 75 on 1:40 BEST OF THE DAY!	2:13
100	1 x 100 on 5:00 Cool Down	5:00
	6:15 PM 3,250 Meters	

Workout #4078 - Wednesday, 16 August 2017
Masters - Blue Masters
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	2 x 200 on 3:40 Pull: Negative split	1:50
400	1 x 400 on 10:00 Kick: Negative split	2:30
	===GROUP UP===	
400	4 x 100 on 1:50 Desc	1:50
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 Cool Down	5:00
	6:36 PM 4,200 Meters	

Workout #4081 - Thursday, 17 August 2017
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	4 x 150 on 2:50 50 drill, 100 swim	1:53
400	4 x 100 on 1:50 Pull: Desc	1:50
450	6 x 75 on 1:45 Kick: last 25 faster	2:20
	===GROUP UP===	
100	4 x 25 on :40 Fast!	2:40
1,600	1x{3 x 200 on 3:20 FAST	1:40
	{1 x 200 on 3:40 Steady	1:50
	{2 x 200 on 3:20 FAST	1:40
	{1 x 200 on 3:40 Steady	1:50
	{1 x 200 on 3:20 FAST	1:40
100	1 x 100 on 5:00 Cool Down	5:00
	6:12 PM 3,250 Meters	

Workout #4179 - Monday, 21 August 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 swim & drill	1:50
400	1 x 400 on 7:30 Pull, neg split	1:52
400	8 x 50 on 1:15 Kick, evens faster	2:30
	***** Group Up *****	
1,650	3x{2 x 25 on :50 Fast!	3:20
	{2 x 50 on 1:20 Fast!	2:40
	{2 x 75 on 1:40 Desc	2:13
	{2 x 100 on 2:00 Desc	2:00
	{1 x 50 on 1:30 Loosen	3:00
6:12 PM 3,050 Meters		

Workout #4182 - Tuesday, 22 August 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:40 drill & swim mix	1:50
400	4 x 100 on 2:20 Kick, mix efforts	2:20
400	8 x 50 on 1:00 Pull, evens faster!	2:00
	===== Group Up =====	
100	4 x 25 on :40 Fast	2:40
1,200	1x{3 x 100 on 2:00 Steady	2:00
	{1 x 100 on 1:40 Fast Pace	1:40
	{2 x 100 on 2:00 Steady	2:00
	{2 x 100 on 1:40 Fast Pace	1:40
	{1 x 100 on 2:00 Steady	2:00
	{3 x 100 on 1:40 Fast Pace	1:40
100	1 x 100 on 2:00 Loosen	2:00
100	1 x 100 on 5:00 BEST OF THE DAY	5:00
100	1 x 100 on 5:00 Loosen	5:00
6:13 PM 3,000 Meters		

Workout #4185 - Wednesday, 23 August 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:45 drill and swim	1:55
400	2 x 200 on 3:40 Pull, neg split	1:50
400	4 x 100 on 2:20 Kick, mix efforts	2:20
	----- Group Up -----	
200	4 x 50 on 1:00 Strong	2:00
800	2 x 400 on 6:30 Desc & Neg Split	1:38
800	4 x 200 on 3:30 Desc, #4 stronger than above	1:45
800	8 x 100 on 1:50 Desc, #4/#8, stronger than above	1:50
100	1 x 100 on 5:00 Loosen	5:00
6:28 PM 4,100 Meters		

Workout #4188 - Thursday, 24 August 2017
Masters - Blue Masters
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
400	2 x 200 on 3:45 Pull as desired	1:52
400	2 x 200 on 5:00 Kick as desired	2:30
	///// Group Up \\\	
200	4 x 50 on 1:05 Desc	2:10
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
	6:11 PM 3,050 Meters	

Workout #4194 - Monday, 28 August 2017
Masters - Blue Masters
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	2 x 200 on 3:40 Pull, Neg Split	1:50
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	1x{7 x 50 on 1:10 Alternate Easy/Fast	2:20
	{2 x 100 on 1:40 Fast Pace	1:40
	{5 x 50 on 1:15 Alternate Easy/Fast	2:30
	{2 x 100 on 1:40 Fast Pace	1:40
	{3 x 50 on 1:20 Alternate Easy/Fast	2:40
	{2 x 100 on 1:40 Fast Pace	1:40
	{1 x 50 on 1:30 Best of the Day	3:00
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,000 Meters	

Workout #4197 - Tuesday, 29 August 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:00 Swim & Drill	1:48
500	1 x 500 on 9:15 Pull, mix efforts	1:51
500	1 x 500 on 12:00 Kick as desired	2:24
	##### Group Up #####	
100	4 x 25 on :40 Fast!	2:40
1,500	2x{4 x 150 on 2:30 Desc	1:40
	{3 x 50 on 1:15 #1 Easy, #2 Max Speed, #3 Easy	2:30
	6:06 PM 3,100 Meters	

Workout #4200 - Wednesday, 30 August 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	12 x 50 on 1:00 Swim & drill	2:00
400	2 x 200 on 3:40 Pull, Neg Split	1:50
450	6 x 75 on 1:45 Kick, mix efforts	2:20
	@@@@ Group Up @@@@@	
200	4 x 50 on 1:05 Desc	2:10
1,200	4 x 300 on 5:00 Desc	1:40
800	4 x 200 on 3:20 Desc	1:40
400	4 x 100 on 1:40 Desc	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:29 PM 4,150 Meters	

Workout #4203 - Thursday, 31 August 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
450	6 x 75 on 1:25 Swim & drill	1:53
600	6 x 100 on 1:50 Pull, mix efforts	1:50
400	8 x 50 on 1:20 Kick, some fast!	2:40
	+++++ Group Up +++++	
300	4x{1 x 25 on :45 Fast!	3:00
	{1 x 50 on 1:05 Fast!	2:10
1,200	2x{1 x 100 on 2:15 Easy	2:15
	{4 x 100 on 1:40 Desc	1:40
	{2 x 50 on 1:30 Super Effort!!	3:00
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,050 Meters	

Workout #4207 - Monday, 04 September 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
	No practice Monday (holiday). Pool open 11:00am-7:30pm.	
600	6 x 100 on 1:50 drill & swim	1:50
400	2 x 200 on 3:40 Pull, mix efforts	1:50
450	6 x 75 on 1:50 Kick, last 25 fast	2:27
	***** Group Up *****	
200	4 x 50 on 1:05 Desc	2:10
1,300	2x{10 x 50 on 1:05 Odds Moderate, Evens Fast	2:10
	{1 x 25 on :50 Easy	3:20
	{5 x 25 on :50 Fast	3:20
100	1 x 100 on 5:00 Loosen	5:00
	6:17 PM 3,050 Meters	

Workout #4210 - Tuesday, 05 September 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
600	3 x 200 on 3:45 swim and drill	1:52
400	8 x 50 on 1:00 Pull, Desc	2:00
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 1:00 Desc, #4 is very fast	2:00
1,200	6 x 200 on 3:30 Desc	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:09 PM 3,000 Meters	

Workout #4213 - Wednesday, 06 September 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
600	4 x 150 on 2:40 swim and drill	1:47
450	6 x 75 on 1:25 Pull, Desc	1:53
400	8 x 50 on 1:15 Kick, mix efforts	2:30
	----- Group Up -----	
200	4 x 50 on 1:05 Desc	2:10
500	5 x 100 on 1:45 Desc	1:45
500	2 x 250 on 4:15 Desc	1:42
500	1 x 500 on 8:20 Neg Split	1:40
500	2 x 250 on 4:20 Neg Split	1:44
500	5 x 100 on 1:45 Neg Split Each	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:34 PM 4,250 Meters	

Workout #4216 - Thursday, 07 September 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
600	1 x 600 on 12:00 drill and swim	2:00
400	4 x 100 on 1:50 Pull, mix efforts	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
25	1 x 25 on :50 Easy	3:20
300	4 x 75 on 1:15 Strong & Steady	1:40
25	1 x 25 on :50 Easy	3:20
300	4 x 75 on 1:20 Faster	1:47
25	1 x 25 on :50 Easy	3:20
300	4 x 75 on 1:25 Faster	1:53
25	1 x 25 on :50 Easy	3:20
300	4 x 75 on 1:30 Faster	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:19 PM 3,000 Meters	

Workout #4246 - Monday, 11 September 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:45 swim & drill	1:52
400	4 x 100 on 1:50 Pull, Desc	1:50
450	6 x 75 on 2:00 Kick, last 25 fast	2:40
	----- Group Up -----	
1,500	2x{2 x 100 on 1:40 Desc	1:40
	{3 x 75 on 1:20 Desc	1:47
	{4 x 50 on 1:10 Fast	2:20
	{5 x 25 on 1:00 Alt 1 Fast, 1 EZ	4:00
100	1 x 100 on 5:00 Loosen	5:00
6:15 PM 3,050 Meters		

Workout #4241 - Tuesday, 12 September 2017
Masters - Blue Masters
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 1:10 Kick, mix speeds	2:20
450	6 x 75 on 1:25 Pull, last 25 faster	1:53
	----- Group Up -----	
200	4 x 50 on 1:05 Desc 1-4	2:10
600	8 x 75 on 1:30 2, 4, 6, 8 Max effort	2:00
450	6 x 75 on 1:25 2, 4, 6 Max effort	1:53
300	4 x 75 on 1:20 2, 4 Max effort	1:47
100	1 x 100 on 5:00 Loosen	5:00
6:14 PM 3,100 Meters		

Workout #4238 - Wednesday, 13 September 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
1,600	2x{1 x 300 on 5:30 swim and drill	1:50
	{1 x 300 on 5:30 Pull, neg split	1:50
	{4 x 50 on 1:20 Kick, mix efforts	2:40
	----- Group Up -----	
300	6 x 50 on 1:10 Desc 1-5, #6 Easy	2:20
2,000	1x{2 x 400 on 6:40 Last 100 Fast	1:40
	{2 x 300 on 5:10 Last 100 Fast	1:43
	{2 x 200 on 3:30 Last 100 Fast	1:45
	{2 x 100 on 1:50 Last 100 Fast	1:50
100	1 x 100 on 5:00 Loosen	5:00
6:23 PM 4,000 Meters		

Workout #4237 - Thursday, 14 September 2017
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
600	1 x 600 on 11:00 swim and drill	1:50
400	8 x 50 on 1:00 Pull, mix efforts	2:00
400	2 x 200 on 4:45 Kick, mix efforts	2:22
	----- Group Up -----	
100	4 x 25 on :40 Fast	2:40
400	2 x 200 on 3:30 Desc	1:45
400	2 x 200 on 3:20 Desc	1:40
400	2 x 200 on 3:10 Desc	1:35
200	1 x 200 on 5:00 Last one, Fast one	2:30
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,000 Meters	

Workout #4232 - Monday, 18 September 2017
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
400	1 x 400 on 7:00 swim and drill	1:45
400	4 x 100 on 1:50 Pull, mix speeds	1:50
400	4 x 100 on 2:20 Kick, mix speeds	2:20
200	4 x 50 on 1:00 Swim, Easy Desc	2:00
	***** Group Up *****	
100	4 x 25 on :40 Fast	2:40
1,500	3x{1 x 125 on 4:00 Easy Swim	3:12
	{5 x 75 on 2:00 Best Possible Effort on All	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:25 PM 3,100 Meters	

Workout #4229 - Tuesday, 19 September 2017
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 swim and drill	1:50
400	8 x 50 on 1:15 Kick, some fast, some easy	2:30
400	2 x 200 on 3:40 Pull, Neg Split	1:50
	***** Group Up *****	
300	6 x 50 on 1:10 Desc 1-3, 4-6	2:20
400	4 x 100 on 1:50 Desc	1:50
400	4 x 100 on 1:45 Desc	1:45
400	4 x 100 on 1:40 Desc	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:10 PM 3,000 Meters	

Workout #4228 - Wednesday, 20 September 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:35 Swim and drill	1:48
450	6 x 75 on 2:00 Kick, last 25 faster	2:40
400	1 x 400 on 7:00 Pull as desired	1:45
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
600	2 x 300 on 5:05 Build each swim	1:42
600	2 x 300 on 5:15 Desc 1-2	1:45
600	2 x 300 on 5:25 Last 100 of each fast	1:48
600	2 x 300 on 5:35 Both fast	1:52
100	1 x 100 on 5:00 Loosen	5:00
	6:31 PM 4,050 Meters	

Workout #4224 - Thursday, 21 September 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Swim and drill	1:50
400	4 x 100 on 1:50 Pull, Neg Split	1:50
400	4 x 100 on 2:20 Kick, mix efforts	2:20
	***** Group Up *****	
100	4 x 25 on :40 Fast	2:40
1,500	2x{4 x 150 on 2:45 Desc	1:50
	{3 x 50 on 1:15 Best Effort	2:30
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,100 Meters	

Workout #4284 - Monday, 25 September 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 Mix swim & Drill	1:48
500	1 x 500 on 9:00 Pull, mix speeds	1:48
400	4 x 100 on 2:20 Kick, mix in a fast 25 on each	2:20
	***** Group Up *****	
100	4 x 25 on :50 Speedy!	3:20
400	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	1 x 200 on 4:00 Loosen, Get Ready	2:00
600	6 x 100 on 3:00 Test Yourself!!	3:00
300	1 x 300 on 6:00 Cool down	2:00
	6:16 PM 3,000 Meters	

Workout #4287 - Tuesday, 26 September 2017
Masters - Blue Masters
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 efforts	2:40
400	2 x 200 on 3:40 Pull, Neg Split	1:50
	===== Group Up =====	
100	4 x 25 on :40 Fast!	2:40
1,500	2x{3 x 50 on 1:10 Desc 1-3	2:20
	{4 x 150 on 2:30 Build Each Swim	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:10 PM 3,100 Meters		

Workout #4290 - Wednesday, 27 September 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 Swim and drill	1:48
500	1 x 500 on 9:00 Pull, mix efforts	1:48
400	1 x 400 on 10:00 Kick as desired	2:30
	----- Group Up -----	
100	4 x 25 on :40 1-3 Fast, #4 Easier	2:40
1,000	2 x 500 on 8:45 Desc & Neg Split	1:45
1,000	10 x 100 on 1:45 Evens Faster	1:45
500	10 x 50 on 1:00 Evens Faster	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:29 PM 4,100 Meters		

Workout #4293 - Thursday, 28 September 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:45 Swim and drill	1:55
450	6 x 75 on 1:25 Pull, last 25 faster	1:53
400	8 x 50 on 1:25 Kick, mix efforts	2:50
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
450	6 x 75 on 2:00 Best Speed Possible	2:40
450	6 x 75 on 1:45 Evens Best Speed Possible	2:20
450	6 x 75 on 1:30 #3, #6 Best Speed Possible	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:20 PM 3,000 Meters		

Workout #4311 - Monday, 02 October 2017
Masters - Blue Masters
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	4 x 100 on 2:20 Kick, last 25 faster	2:20
400	8 x 50 on 1:00 Pull, Desc	2:00
	----- Group Up -----	
100	4 x 25 on :40 Fast	2:40
450	6 x 75 on 2:00 Fast	2:40
50	1 x 50 on 1:30 Loosen	3:00
450	6 x 75 on 2:00 Fast	2:40
100	1 x 100 on 2:30 Loosen	2:30
450	6 x 75 on 2:00 Fast	2:40
100	1 x 100 on 5:00 Cool down	5:00
	6:27 PM 3,100 Meters	

Workout #4308 - Tuesday, 03 October 2017
Masters - Blue Masters
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 1:20 Kick, mix efforts	2:40
400	2 x 200 on 3:40 Pull, Neg Split	1:50
	----- Group Up -----	
200	4 x 50 on 1:05 1-3 Desc, #4 Easier	2:10
600	3 x 200 on 3:45 Desc	1:52
450	3 x 150 on 2:45 Desc	1:50
300	3 x 100 on 1:45 Desc	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:14 PM 3,050 Meters	

Workout #4305 - Wednesday, 04 October 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	1 x 600 on 10:30 swim and drill	1:45
500	1 x 500 on 9:30 Pull as desired	1:54
500	1 x 500 on 11:30 Kick as desired	2:18
	----- Group Up -----	
100	4 x 25 on :45 Fast	3:00
400	1 x 400 on 7:00 Build Each 100	1:45
200	4 x 50 on 1:00 Desc	2:00
400	1 x 400 on 6:45 Neg Split	1:41
200	4 x 50 on 1:00 Desc	2:00
400	1 x 400 on 6:30 Build Each 100	1:38
200	4 x 50 on 1:00 Desc	2:00
400	1 x 400 on 7:00 Best of the day	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:32 PM 4,000 Meters	

Workout #4302 - Thursday, 05 October 2017
Masters - Blue Masters
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
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 -----		
100	4 x 25 on :40 Fast	2:40
1,200	8 x 150 on 2:40 Desc 1-4, 5-8	1:47
50	1 x 50 on 1:30 Loosen	3:00
150	1 x 150 on 3:00 Best of the day	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:13 PM 3,050 Meters		

Workout #4356 - Monday, 09 October 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
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===		
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
6:21 PM 3,100 Meters		

Workout #4359 - Tuesday, 10 October 2017
Masters - Blue Masters
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 1:30 Odd swims faster	2:00
450	6 x 75 on 1:25 Odd swims faster	1:53
300	4 x 75 on 1:20 Odd swims faster	1:47
150	2 x 75 on 1:15 Odd swims faster	1:40
100	1 x 100 on 5:00 Cool Down	5:00
6:13 PM 3,050 Meters		

Workout #4362 - Wednesday, 11 October 2017
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	2 x 300 on 5:30 Swim mix in drills	1:50
400	4 x 100 on 1:50 Pull Dec 1-4	1:50
400	2 x 200 on 4:40 Negative Split	2:20
	===GROUP UP===	
2,400	2x{2 x 300 on 5:20 Negative Split	1:47
	{3 x 100 on 1:45 Dec 1-4	1:45
	{3 x 100 on 1:40 Dec 1-4	1:40
300	1 x 300 on 6:00 Negative Split	2:00
100	1 x 100 on 5:00 Cool down	5:00
6:27 PM 4,200 Meters		

Workout #4365 - Thursday, 12 October 2017
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	2 x 300 on 6:00 Desc 1-2	2:00
400	1 x 400 on 7:15 Pull: Middle 200 faster	1:49
400	2 x 200 on 4:15 Kick: Mixed speeds	2:08
	===GROUP UP===	
400	2 x 200 on 3:20 Steady	1:40
200	2 x 100 on 1:50 Descend 1-2	1:50
400	2 x 200 on 3:20 Steady	1:40
200	2 x 100 on 1:50 Descend 1-2	1:50
400	2 x 200 on 3:20 Negative Split	1:40
100	1 x 100 on 5:00 Cool Down	5:00
6:11 PM 3,100 Meters		

Workout #4393 - Monday, 16 October 2017
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	8 x 75 on 1:30 Swim & Drill	2:00
400	2 x 200 on 3:45 Pull, Neg Split	1:52
400	8 x 50 on 1:15 Kick, MIx Efforts	2:30
	===== Group Up =====	
50	2 x 25 on :40 Fast	2:40
600	6 x 100 on 1:45 Desc	1:45
50	2 x 25 on :40 Fast	2:40
450	6 x 75 on 1:30 Desc	2:00
50	2 x 25 on :40 Fast	2:40
300	6 x 50 on 1:00 Desc	2:00
50	2 x 25 on :40 Fast	2:40
100	1 x 100 on 5:00 Loosen	5:00
6:19 PM 3,050 Meters		

Workout #4392 - Tuesday, 17 October 2017
Masters - Blue Masters
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, Mix Speeds	1:53
400	4 x 100 on 2:15 Kick, MIx Efforts	2:15
	===== Group Up =====	
100	4 x 25 on :40 Fast	2:40
300	3 x 100 on 1:40 Desc	1:40
300	3 x 100 on 1:45 Desc	1:45
300	3 x 100 on 1:50 Desc	1:50
300	3 x 100 on 1:55 Desc	1:55
300	3 x 100 on 2:00 Desc	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:15 PM 3,150 Meters	

Workout #4389 - Wednesday, 18 October 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Drill & Swim	1:50
400	4 x 100 on 1:50 Pull, Desc	1:50
450	6 x 75 on 1:40 Kick, Last 25 faster	2:13
	===== Group Up =====	
200	4 x 50 on 1:05 Desc	2:10
500	1 x 500 on 8:30 Neg Split	1:42
750	3 x 250 on 4:15 Desc	1:42
1,000	10 x 100 on 1:45 Alt one Mod, one Fast	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:26 PM 4,000 Meters	

Workout #4386 - Thursday, 19 October 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 Mix swim & Drill	1:48
500	1 x 500 on 9:00 Pull, mix speeds	1:48
400	4 x 100 on 2:20 Kick, mix in a fast 25 on each	2:20
	***** Group Up *****	
100	4 x 25 on :40 Speedy!	2:40
1,500	10 x 150 on 2:30 2 Fast, 1 Easy	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:06 PM 3,100 Meters	

Workout #4436 - Monday, 23 October 2017
Masters - Blue Masters
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: Middle 50 harder	2:20
===GROUP UP===		
200	4 x 50 on 1:00 Desc	2:00
1,600	2x{8 x 50 on 1:00 Desc 1-4, 5-8	2:00
	{4 x 100 on 1:50 FAST	1:50
100	1 x 100 on 5:00 Cool Down	5:00

6:14 PM 3,300 Meters

Workout #4439 - Tuesday, 24 October 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:50 Swim: Desc	1:50
400	8 x 50 on 1:00 Pull: Desc	2:00
400	16 x 25 on :40 Kick: Mixed speeds	2:40
===GROUP UP===		
200	1 x 200 on 4:00 Steady	2:00
200	1 x 200 on 3:20 FAST	1:40
200	1 x 200 on 4:00 Steady	2:00
400	2 x 200 on 3:20 FAST	1:40
200	1 x 200 on 4:00 Steady	2:00
600	3 x 200 on 3:20 FAST	1:40
100	1 x 100 on 5:00 Cool Down	5:00

6:17 PM 3,300 Meters

Workout #4442 - Wednesday, 25 October 2017
Masters - Blue Masters
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: Desc	1:50
450	6 x 75 on 1:50 Kick: last 25 fast	2:27
===GROUP UP===		
200	4 x 50 on 1:05 Desc	2:10
2,400	3x{1 x 400 on 6:40 Negative Split	1:40
	{4 x 100 on 1:45 Steady	1:45
100	1 x 100 on 5:00 Cool Down	5:00

6:27 PM 4,150 Meters

Workout #4445 - Thursday, 26 October 2017
Masters - Blue Masters
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: Desc	1:50
400	2 x 200 on 4:20 Kick: Last 50 fast	2:10
===GROUP UP===		
400	4 x 100 on 1:40 Fast	1:40
200	4 x 50 on 1:00 Steady	2:00
400	4 x 100 on 1:45 Fast	1:45
200	4 x 50 on 1:00 Steady	2:00
400	4 x 100 on 1:50 Fast	1:50
100	1 x 100 on 5:00 Cool Down	5:00
6:11 PM 3,100 Meters		

Workout #4381 - Monday, 30 October 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
500	1 x 500 on 9:00 Mix swim & Drill	1:48
500	1 x 500 on 9:00 Pull, mix speeds	1:48
400	4 x 100 on 2:20 Kick, mix in a fast 25 on each	2:20
***** Group Up *****		
100	4 x 25 on :50 Speedy!	3:20
400	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	1 x 200 on 4:00 Loosen, Get Ready	2:00
600	6 x 100 on 3:00 Test Yourself!!	3:00
300	1 x 300 on 6:00 Cool down	2:00
6:16 PM 3,000 Meters		

Workout #4378 - Tuesday, 31 October 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:15 Swim and Drill	1:45
400	8 x 50 on 1:00 Pull, mix efforts	2:00
450	6 x 75 on 1:50 Kick, mix efforts	2:27
----- Group Up -----		
100	4 x 25 on :40 Fast	2:40
1,500	2x{4 x 150 on 2:30 Desc	1:40
	{3 x 50 on 1:30 How fast can you go	3:00
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,150 Meters		

Workout #4377 - Wednesday, 01 November 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
600	1 x 600 on 11:00 Swim and Drill	1:50
500	1 x 500 on 9:00 Pull, mix efforts	1:48
450	6 x 75 on 1:50 Kick, last 25 fast	2:27
	----- Group Up -----	
100	4 x 25 on :40 Fast	2:40
1,000	2 x 500 on 8:20 Desc	1:40
900	3 x 300 on 5:15 Desc	1:45
400	4 x 100 on 1:50 Desc	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:27 PM 4,050 Meters	

Workout #4373 - Thursday, 02 November 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
600	4 x 150 on 2:40 Swim and Drill	1:47
400	4 x 100 on 2:20 Kick, some fast	2:20
400	8 x 50 on 1:00 Pull, Desc	2:00
	::::: Group Up :::::	
100	4 x 25 on :40 Fast	2:40
1,500	1x{4 x 75 on 1:30 Steady	2:00
	{1 x 75 on 1:15 Fast pace	1:40
	{3 x 75 on 1:30 Steady	2:00
	{2 x 75 on 1:15 Fast Pace	1:40
	{2 x 75 on 1:30 Steady	2:00
	{3 x 75 on 1:15 Fast Pace	1:40
	{1 x 75 on 1:30 Steady	2:00
	{4 x 75 on 1:15 Fast Pace	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:10 PM 3,100 Meters	

Workout #4452 - Monday, 06 November 2017
Masters - Blue Masters
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	4 x 100 on 1:50 Pull Desc	1:50
400	4 x 100 on 2:20 kick, mix efforts	2:20
	===== Group Up =====	
100	4 x 25 on :40 Fast!	2:40
450	6 x 75 on 1:45 2 Mod, 2 Fast, 2 All-out	2:20
100	1 x 100 on 2:00 Loosen, start early	2:00
450	6 x 75 on 2:00 2 Mod, 2 Fast, 2 All-out	2:40
100	1 x 100 on 2:15 Loosen, start early	2:15
450	6 x 75 on 2:15 2 Mod, 2 Fast, 2 All-out	3:00
100	1 x 100 on 5:00 Loosen	5:00
	6:28 PM 3,150 Meters	

Workout #4455 - Tuesday, 07 November 2017
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	3 x 200 on 3:45 swim & drill	1:52
400	8 x 50 on 1:15 Kick, evens faster	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
400	2 x 200 on 3:35 Desc	1:48
400	2 x 200 on 3:25 Desc	1:42
400	2 x 200 on 3:15 Desc	1:38
200	1 x 200 on 4:00 Best Effort	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,000 Meters	

Workout #4458 - Wednesday, 08 November 2017
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	2 x 300 on 5:45 swim & drill	1:55
400	2 x 200 on 4:45 Kick, even 50s faster	2:22
600	6 x 100 on 1:45 Pull, neg split	1:45
	----- Group Up -----	
200	4 x 50 on 1:05 Desc	2:10
1,200	3 x 400 on 6:40 Desc	1:40
600	3 x 200 on 3:30 Desc	1:45
300	3 x 100 on 1:50 Desc	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:27 PM 4,000 Meters	

Workout #4461 - Thursday, 09 November 2017
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	8 x 75 on 1:30 swim & drill	2:00
450	6 x 75 on 1:30 Pull, mix efforts	2:00
450	6 x 75 on 1:40 Kick, mix efforts	2:13
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
1,200	8 x 150 on 2:30 Desc 1-4/5-8	1:40
300	2 x 150 on 2:45 #1 Mod, #2 All-out	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,200 Meters	

Workout #4464 - Monday, 13 November 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	8 x 75 on 1:30 swim & drill	2:00
450	6 x 75 on 1:30 Pull, mix efforts	2:00
450	6 x 75 on 1:40 Kick, mix efforts	2:13
	----- Group Up -----	
1,600	4x{1 x 50 on 1:00 Fast!	2:00
	{1 x 100 on 2:00 Fast!	2:00
	{1 x 150 on 3:00 Fast!	2:00
	{1 x 100 on 2:00 Easy, start early	2:00
	6:06 PM 3,100 Meters	

Workout #4467 - Tuesday, 14 November 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:45 swim & drill	1:55
400	2 x 200 on 3:45 Pull, mix efforts	1:52
400	8 x 50 on 1:15 Kick, mix efforts	2:30
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
250	10 x 25 on :35 Evens Faster	2:20
500	10 x 50 on :55 Evens Faster	1:50
750	10 x 75 on 1:15 Evens Faster	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:14 PM 3,100 Meters	

Workout #4470 - Wednesday, 15 November 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
800	8 x 100 on 1:45 swim & drill	1:45
400	4 x 100 on 2:20 Kick, mix efforts	2:20
400	4 x 100 on 1:45 Pull, mix efforts	1:45
	----- Group Up -----	
300	6 x 50 on 1:00 Desc	2:00
900	3 x 300 on 5:10 Desc	1:43
300	6 x 50 on 1:10 Desc	2:20
900	3 x 300 on 5:20 Desc	1:47
100	1 x 100 on 5:00 Loosen	5:00
	6:28 PM 4,100 Meters	

Workout #4473 - Thursday, 16 November 2017
Masters - Blue Masters
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 1:45 Kick, mix efforts	2:20
400	2 x 200 on 3:30 Pull, mix efforts	1:45
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
1,600	8 x 200 on 3:20 Desc	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:09 PM 3,250 Meters	

Workout #4479 - Monday, 20 November 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:45 Mix swim and drill	1:55
400	8 x 50 on 1:00 Pull, Desc	2:00
400	8 x 50 on 1:20 Kick, mix efforts	2:40
	***** Group Up *****	
600	6 x 100 on 1:45 Desc	1:45
150	6 x 25 on :45 Best Effort	3:00
400	4 x 100 on 1:55 Desc	1:55
150	6 x 25 on :55 Best Effort	3:40
200	2 x 100 on 2:05 Last two, fast two	2:05
100	1 x 100 on 5:00 Loosen	5:00
	6:19 PM 3,000 Meters	

Workout #4482 - Tuesday, 21 November 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	4 x 150 on 2:45 Mix swim and drill	1:50
400	2 x 200 on 3:40 Pull, Desc	1:50
450	6 x 75 on 1:45 Kick, mix efforts	2:20
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
1,600	4x{1 x 50 on 1:00 Fast!	2:00
	{1 x 100 on 2:00 Fast!	2:00
	{1 x 150 on 3:00 Fast!	2:00
	{1 x 100 on 2:00 Easy, start early	2:00
	6:09 PM 3,150 Meters	

Workout #4485 - Wednesday, 22 November 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
800	8 x 100 on 1:50 Mix swim and drill	1:50
450	6 x 75 on 1:20 Pull, Desc	1:47
400	2 x 200 on 4:45 Kick as desired	2:22
	***** Group Up *****	
200	4 x 50 on 1:00 Desc	2:00
500	1 x 500 on 8:15 Neg Split	1:39
800	4 x 200 on 3:40 Desc	1:50
250	1 x 250 on 4:10 Neg Split	1:40
600	4 x 150 on 2:40 Desc	1:47
100	1 x 100 on 5:00 Loosen	5:00
	6:30 PM 4,100 Meters	

Workout #4488 - Thursday, 23 November 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
	No Practice on Thursday. Friday is the Distance Dare!	
600	3 x 200 on 3:40 Mix swim and drill	1:50
400	4 x 100 on 1:50 Pull, Desc	1:50
400	4 x 100 on 2:20 Kick as desired	2:20
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
1,200	8 x 150 on 2:30 Alt 1 Mod, 1 Fast	1:40
200	4 x 50 on 1:05 Finish with some speed!	2:10
100	1 x 100 on 5:00 Loosen	5:00
	6:08 PM 3,000 Meters	

Workout #4531 - Monday, 27 November 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
600	3 x 200 on 3:40 Swim and Drill	1:50
400	4 x 100 on 2:20 Kick, mix efforts	2:20
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 100 on 1:50 1 EZ, 1 Moderate	1:50
	{ 10 x 50 on 1:05 Alt EZ, Fast	2:10
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,000 Meters	

Workout #4534 - Tuesday, 28 November 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:40 Swim and Drill	1:53
450	6 x 75 on 1:25 Pull, Desc	1:53
400	8 x 50 on 1:20 Kick, mix efforts	2:40
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
1,200	6 x 200 on 3:30 Desc 1-3, 4-6	1:45
200	1 x 200 on 4:00 Last one, Fast one!	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,050 Meters	

Workout #4537 - Wednesday, 29 November 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Swim and Drill	1:50
400	4 x 100 on 1:50 Pull, Desc	1:50
450	6 x 75 on 2:00 Kick, mix efforts	2:40
	***** Group Up *****	
200	4 x 50 on 1:05 Desc	2:10
400	1 x 400 on 6:45 Neg Split	1:41
600	2 x 300 on 5:30 Neg Split	1:50
800	4 x 200 on 3:45 Neg Split	1:52
600	6 x 100 on 1:55 Neg Split	1:55
100	1 x 100 on 5:00 Loosen	5:00
	6:34 PM 4,150 Meters	

Workout #4540 - Thursday, 30 November 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	4 x 150 on 2:40 Swim and Drill	1:47
400	8 x 50 on 1:20 Kick, mix efforts	2:40
400	2 x 200 on 3:40 Pull, Desc	1:50
	***** Group Up *****	
100	4 x 25 on :40 Fast!!!!	2:40
1,600	1x{5 x 100 on 1:45 Desc, #3 & #5 Best Effort	1:45
	{1 x 50 on 1:30 Easy	3:00
	{5 x 100 on 1:50 Desc, #3 & #5 Best Effort	1:50
	{1 x 50 on 1:30 Easy	3:00
	{5 x 100 on 1:55 Desc, #3 & #5 Best Effort	1:55
100	1 x 100 on 5:00 Loosen	5:00
	6:14 PM 3,200 Meters	

Workout #4554 - Monday, 04 December 2017
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
500	1 x 500 on 9:00 Mix swim & Drill	1:48
500	1 x 500 on 9:00 Pull, mix speeds	1:48
400	4 x 100 on 2:20 Kick, mix in a fast 25 on each	2:20
	***** Group Up *****	
100	4 x 25 on :50 Speedy!	3:20
400	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	1 x 200 on 4:00 Loosen, Get Ready	2:00
600	6 x 100 on 3:00 Test Yourself!!	3:00
300	1 x 300 on 6:00 Cool down	2:00
	6:16 PM 3,000 Meters	

Workout #4557 - Tuesday, 05 December 2017
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	3 x 200 on 3:30 Mix swim and drill	1:45
400	8 x 50 on 1:15 Kick, Desc	2:30
450	6 x 75 on 1:20 Pull, build each	1:47
	===== Group Up =====	
100	4 x 25 on :40 Fast	2:40
900	6 x 150 on 2:30 Alt 1st/last 50 faster	1:40
600	4 x 150 on 2:40 Last 100 faster	1:47
100	1 x 100 on 5:00 Loosen	5:00
	6:09 PM 3,150 Meters	

Workout #4560 - Wednesday, 06 December 2017
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	4 x 150 on 2:40 Swim and Drill	1:47
400	4 x 100 on 1:50 Pull, Desc	1:50
450	6 x 75 on 1:45 Kick, mix speeds	2:20
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
500	5 x 100 on 1:40 Desc	1:40
500	2 x 250 on 4:15 Desc	1:42
500	1 x 500 on 8:45 Neg Split	1:45
500	2 x 250 on 4:20 Desc	1:44
500	5 x 100 on 1:45 Desc	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:32 PM 4,150 Meters	

Workout #4546 - Thursday, 07 December 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	4 x 150 on 2:40 Swim and Drill	1:47
400	4 x 100 on 2:20 Kick, some fast	2:20
400	8 x 50 on 1:00 Pull, Desc	2:00
	::::: Group Up :::::	
100	4 x 25 on :40 Fast	2:40
1,500	1x{4 x 75 on 1:30 Steady	2:00
	{1 x 75 on 1:15 Fast pace	1:40
	{3 x 75 on 1:30 Steady	2:00
	{2 x 75 on 1:15 Fast Pace	1:40
	{2 x 75 on 1:30 Steady	2:00
	{3 x 75 on 1:15 Fast Pace	1:40
	{1 x 75 on 1:30 Steady	2:00
	{4 x 75 on 1:15 Fast Pace	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:10 PM 3,100 Meters		

Workout #4563 - Monday, 11 December 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:45 Mix Swim & Drill	1:55
450	6 x 75 on 1:25 Pull, mix efforts	1:53
400	8 x 50 on 1:15 Kick, Evens Faster	2:30
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
600	8 x 75 on 1:30 Evens Faster	2:00
450	6 x 75 on 1:45 Evens Faster	2:20
300	4 x 75 on 2:00 All Fast	2:40
100	1 x 100 on 5:00 Loosen	5:00
6:17 PM 3,000 Meters		

Workout #4572 - Tuesday, 12 December 2017
Masters - Blue Masters
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, Desc	1:50
400	4 x 100 on 2:15 Kick, mix efforts	2:15
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
200	4 x 50 on 1:00 Desc	2:00
400	2 x 200 on 3:30 Desc	1:45
400	2 x 200 on 3:20 Desc	1:40
400	2 x 200 on 3:10 Desc	1:35
100	1 x 100 on 5:00 Loosen	5:00
6:09 PM 3,000 Meters		

Workout #4575 - Wednesday, 13 December 2017
Masters - Blue Masters
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, Alt Ez/Mod	2:00
450	6 x 75 on 1:45 Kick, mix speeds!	2:20
	----- Group Up -----	
200	4 x 50 on 1:00 Desc	2:00
800	2 x 400 on 6:20 Neg Split & Desc	1:35
900	3 x 300 on 5:00 Neg Split & Desc	1:40
800	4 x 200 on 3:30 Neg Split & Desc	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:28 PM 4,250 Meters	

Workout #4578 - Thursday, 14 December 2017
Masters - Blue Masters
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 2:20 Kick, last 25 faster	2:20
400	4 x 100 on 1:50 Pull, Desc	1:50
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
200	4 x 50 on 1:05 1-3 Fast, #4 Easy	2:10
1,200	8 x 150 on 2:30 Desc 1-4/5-8	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:08 PM 3,000 Meters	

Workout #4581 - Monday, 18 December 2017
Masters - Blue Masters
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 2:20 Kick, mix efforts	2:20
450	6 x 75 on 1:30 Pull, mix efforts	2:00
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
500	10 x 50 on :55 Evens Faster	1:50
500	10 x 50 on 1:00 1 Easy, 2 Fast	2:00
500	10 x 50 on 1:05 1 Easy, 4 Fast	2:10
100	1 x 100 on 5:00 Loosen	5:00
	6:16 PM 3,150 Meters	

Workout #4584 - Tuesday, 19 December 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:50 swim & drill	1:50
400	8 x 50 on 1:15 Kick, evens faster	2:30
400	4 x 100 on 1:50 Pull, Desc	1:50
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
750	10 x 75 on 1:20 Hold a strong pace	1:47
50	1 x 50 on 1:30 Easy	3:00
750	5 x 150 on 2:30 Strong with faster last 50	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,150 Meters	

Workout #4587 - Wednesday, 20 December 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:40 Swim and drill	1:53
400	8 x 50 on 1:00 Pull, Desc	2:00
450	6 x 75 on 1:45 Kick, last 25 faster	2:20
	----- Group Up -----	
100	4 x 25 on :40 Fast	2:40
900	3 x 300 on 5:15 Desc	1:45
300	6 x 50 on 1:05 Alt 1 fast, 1 easier	2:10
600	2 x 300 on 5:25 Desc	1:48
300	6 x 50 on 1:10 Alt 1 fast, 1 easier	2:20
300	1 x 300 on 5:35 Last one, fast one	1:52
100	1 x 100 on 5:00 Loosen	5:00
	6:35 PM 4,050 Meters	

Workout #4590 - Thursday, 21 December 2017
Masters - Blue Masters
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	4 x 100 on 1:50 pull, desc	1:50
400	4 x 100 on 2:20 kick, mix efforts	2:20
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
1,600	2x{1 x 100 on 2:15 Loosen	2:15
	{2 x 200 on 3:20 Desc	1:40
	{2 x 100 on 1:45 Desc	1:45
	{2 x 50 on :55 Desc	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,200 Meters	

Workout #4593 - Monday, 25 December 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	4 x 150 on 2:40 Swim & Drill Mix	1:47
400	4 x 100 on 2:20 Kick, Neg Split	2:20
400	8 x 50 on 1:00 Pull, Desc	2:00
	***** Group Up *****	
50	2 x 25 on :40 Fast!	2:40
750	10 x 75 on 1:30 1 Easy, 2 Fast	2:00
500	10 x 50 on 1:10 1 Easy, 2 Fast	2:20
250	10 x 25 on :40 1 Easy, 2 Fast	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:17 PM 3,050 Meters	

Workout #4596 - Tuesday, 26 December 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:40 Swim and Drill Mix	1:53
400	4 x 100 on 1:50 Pull, Neg Split	1:50
400	8 x 50 on 1:15 Kick, Alt easier/Faster	2:30
	***** Group Up *****	
300	2x{2 x 50 on 1:05 Desc 1-2	2:10
	{2 x 25 on :40 Fast!	2:40
400	4 x 100 on 1:50 Desc	1:50
400	4 x 100 on 1:45 Desc	1:45
400	4 x 100 on 1:40 Desc	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,000 Meters	

Workout #4599 - Wednesday, 27 December 2017
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:40 Swim and Drill Mix	1:50
400	4 x 100 on 1:50 Pull, Desc	1:50
450	6 x 75 on 1:45 Kick, Last 25 Faster	2:20
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
2,400	3x{1 x 500 on 8:30 Neg Split	1:42
	{6 x 50 on 1:05 Desc 1-3, 4-6;3/6 Very Fast!	2:10
100	1 x 100 on 5:00 Loosen	5:00
	6:28 PM 4,050 Meters	

Workout #4602 - Thursday, 28 December 2017
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
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	5:00 PM Start	
600	6 x 100 on 1:50 Mix Swim and Drill	1:50
400	4 x 100 on 2:20 Kick, Mix Efforts	2:20
450	6 x 75 on 1:25 Pull, Mix Efforts	1:53
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
1,650	3x{1 x 50 on 1:15 Easy	2:30
	{1 x 200 on 3:20 Neg Split	1:40
	{1 x 150 on 2:40 Steady	1:47
	{1 x 100 on 1:45 Faster pace	1:45
	{1 x 50 on 1:00 Strong	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,300 Meters	