

**Workout #437 - Monday, 01 January 2018**  
**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 1:15 Kick, mix speeds	2:30
450	6 x 75 on 1:25 Pull, last 25 faster	1:53
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
500	10 x 50 on 1:15 1 Mod, 1 Fast	2:30
400	4 x 100 on 1:50 Desc	1:50
500	10 x 50 on 1:00 1 Mod, 1 Fast	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:16 PM 3,050 Meters	

**Workout #440 - Tuesday, 02 January 2018**  
**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	8 x 50 on 1:00 Pull, desc	2:00
400	4 x 100 on 2:20 Kick, mix speeds	2:20
	----- Group Up -----	
200	4 x 50 on 1:00 Desc	2:00
600	3 x 200 on 3:30 Desc	1:45
200	4 x 50 on 1:00 Desc	2:00
600	3 x 200 on 3:45 Desc 7 Neg Split	1:52
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,100 Meters	

**Workout #443 - Wednesday, 03 January 2018**  
**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 1:55 Pull, Desc	1:55
400	4 x 100 on 2:20 Kick, Last 25 Faster	2:20
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
800	2 x 400 on 6:30 Even 100s Faster	1:38
800	2 x 400 on 6:40 Neg Split	1:40
800	2 x 400 on 6:50 Both Fast!	1:42
100	1 x 100 on 5:00 Loosen	5:00
	6:25 PM 4,000 Meters	

**Workout #446 - Thursday, 04 January 2018**  
**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 faster	2:40
400	4 x 100 on 1:50 Pull, Desc	1:50
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
300	3 x 100 on 2:00 Desc	2:00
300	3 x 100 on 1:55 Desc	1:55
300	3 x 100 on 1:50 Desc	1:50
300	3 x 100 on 1:45 Desc	1:45
300	3 x 100 on 1:40 Desc	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:17 PM 3,150 Meters	

**Workout #449 - Monday, 08 January 2018**  
**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 #455 - Tuesday, 09 January 2018**  
**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
400	4 x 100 on 2:15 Kick, Evens Faster	2:15
	----- Group Up -----	
200	4 x 50 on 1:05 Strong & Steady	2:10
300	2 x 150 on 2:40 Desc	1:47
200	4 x 50 on 1:00 Strong & Steady	2:00
300	2 x 150 on 2:35 Desc	1:43
200	4 x 50 on :55 Strong & Steady	1:50
300	2 x 150 on 2:30 Desc	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,000 Meters	

**Workout #458 - Wednesday, 10 January 2018**  
**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	1:50
400	8 x 50 on 1:15 Kick, Desc	2:30
450	6 x 75 on 1:25 Pull, Mix Efforts	1:53
	----- Group Up -----	
200	4 x 50 on 1:05 Desc	2:10
1,000	2 x 500 on 8:30 Desc/Neg Split	1:42
900	3 x 300 on 5:15 Desc/Neg Split	1:45
400	4 x 100 on 1:50 Desc/Neg Split	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:28 PM 4,050 Meters	

**Workout #461 - Thursday, 11 January 2018**  
**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 1:45 Kick, Mix Efforts	2:20
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
450	6 x 75 on 1:30 Odds Fat, Evens Steady	2:00
450	6 x 75 on 1:45 1-2Fast, 3Steady, 4-5Fast, 6Steady	2:20
450	6 x 75 on 2:00 All Fast!	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:18 PM 3,000 Meters	

**Workout #482 - Monday, 15 January 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
	Holiday, no practice on Mon. Pool open 11:00am-7:30pm.	
600	2 x 300 on 5:45 Swim & Drill	1:55
400	8 x 50 on 1:00 Pull, Desc	2:00
450	6 x 75 on 1:45 Kick, mix efforts	2:20
	***** Group Up *****	
300	6 x 50 on 1:05 Desc 1-3/4-6	2:10
50	1 x 50 on 1:30 Loosen	3:00
600	8 x 75 on 1:35 Best Sustainable Pace	2:07
50	1 x 50 on 1:30 Loosen	3:00
600	8 x 75 on 1:45 All Best Sustainable Pace	2:20
100	1 x 100 on 5:00 Loosen	5:00
	6:22 PM 3,150 Meters	

**Workout #485 - Tuesday, 16 January 2018**  
**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
450	6 x 75 on 1:25 Pull, Mix Efforts	1:53
400	4 x 100 on 2:15 Kick, last 25 fast	2:15
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
1,500	3x{2 x 50 on 1:05 1 Easy, 1 Moderate	2:10
	{1 x 200 on 3:30 Neg Split	1:45
	{1 x 200 on 3:45 Best Effort	1:52
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,150 Meters		

**Workout #488 - Wednesday, 17 January 2018**  
**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	8 x 50 on 1:20 Kick, Evens Faster	2:40
	***** Group Up *****	
100	4 x 25 on :40 Fast	2:40
800	2 x 400 on 6:40 Desc	1:40
900	3 x 300 on 5:05 Desc	1:42
800	4 x 200 on 3:30 Desc	1:45
100	1 x 100 on 5:00 Loosen	5:00
6:29 PM 4,100 Meters		

**Workout #491 - Thursday, 18 January 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	6 x 100 on 1:50 Mix swim and drill	1:50
400	8 x 50 on 1:00 Pull, Evens Faster	2:00
400	8 x 50 on 1:15 Kick, Evens Faster	2:30
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
750	5 x 150 on 2:30 Alt 1 Fast, 1 Moderate	1:40
50	1 x 50 on 1:30 Loosen	3:00
750	5 x 150 on 2:30 2 Fast, 1 Moderate, 2 Fast	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,150 Meters		

**Workout #498 - Monday, 22 January 2018**  
**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
450	6 x 75 on 1:45 kick, mix efforts	2:20
400	16 x 25 on :30 Pull, every third fast	2:00
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
200	4 x 50 on :50 Steady	1:40
200	2 x 100 on 1:40 Desc	1:40
200	4 x 50 on :55 Faster	1:50
200	2 x 100 on 1:50 Desc	1:50
200	4 x 50 on 1:00 Alt 1 Easier, 1 Faster	2:00
200	2 x 100 on 2:00 Desc	2:00
200	4 x 50 on 1:05 Alt 1 Easier, 1 Much Faster	2:10
100	1 x 100 on 5:00 Loosen	5:00
	6:18 PM 3,050 Meters	

**Workout #501 - Tuesday, 23 January 2018**  
**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
400	8 x 50 on 1:15 Kick, Evens Faster	2:30
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
900	12 x 75 on 1:30 Alt two fast, 1 easier	2:00
600	6 x 100 on 1:45 Alt two fast, 1 easier	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,100 Meters	

**Workout #504 - Wednesday, 24 January 2018**  
**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	1:50
400	16 x 25 on :35 Kick, Mix Efforts	2:20
400	8 x 50 on 1:00 Pull, Desc	2:00
	***** Group Up *****	
200	4 x 50 on 1:05 Desc	2:10
600	2 x 300 on 5:10 Desc 1-2	1:43
800	4 x 200 on 3:30 Desc 1-2/3-4	1:45
900	6 x 150 on 2:40 Desc 1-3/4-6	1:47
100	1 x 100 on 5:00 Loosen	5:00
	6:27 PM 4,000 Meters	

**Workout #507 - Thursday, 25 January 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:45 Desc	1:55
450	6 x 75 on 1:25 Pull, last 25 faster	1:53
400	4 x 100 on 2:20 Kick, mix efforts	2:20
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
1,400	2x{3 x 200 on 3:30 Desc	1:45
	{2 x 50 on 1:10 Best Effort	2:20
100	1 x 100 on 5:00 Loosen	5:00
6:10 PM 3,050 Meters		

**Workout #512 - Monday, 29 January 2018**  
**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
450	6 x 75 on 1:40 Kick, last 25 fast	2:13
	///// Group Up \\\	
600	6 x 100 on 1:45 Desc	1:45
450	6 x 75 on 1:25 Desc	1:53
300	6 x 50 on 1:05 2 Fast, 1 EZ	2:10
150	6 x 25 on :40 Fast!	2:40
100	1 x 100 on 5:00 Loosen	5:00
6:13 PM 3,050 Meters		

**Workout #515 - Tuesday, 30 January 2018**  
**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
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
1,350	3x{3 x 100 on 1:45 Desc	1:45
	{3 x 50 on 1:05 1 EZ, 2 Fast	2:10
100	1 x 100 on 5:00 Loosen	5:00
6:11 PM 3,100 Meters		

**Workout #518 - Wednesday, 31 January 2018**  
**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	1 x 400 on 10:00 Kick as desired	2:30
400	4 x 100 on 1:50 Pull, Desc	1:50
	///// Group Up \\\	
300	6 x 50 on 1:00 Desc	2:00
1,000	2 x 500 on 8:40 Neg Split	1:44
750	3 x 250 on 4:25 Desc	1:46
500	4 x 125 on 2:15 Desc	1:48
100	1 x 100 on 5:00 Loosen	5:00
	6:28 PM 4,050 Meters	

**Workout #521 - Thursday, 01 February 2018**  
**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, last 25 fast	2:20
400	2 x 200 on 3:45 Pull, Neg Split	1:52
	///// Group Up \\\	
100	4 x 25 on :40 Fast!	2:40
600	4 x 150 on 2:35 Desc	1:43
450	3 x 150 on 2:40 Desc	1:47
300	2 x 150 on 2:45 Desc	1:50
150	1 x 150 on 3:00 Last one, fast one!	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:14 PM 3,100 Meters	

**Workout #540 - Monday, 05 February 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:40 Swim & Drill Mix	1:53
400	4 x 100 on 1:50 Pull, Desc	1:50
400	8 x 50 on 1:20 Kick, Desc	2:40
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
200	4 x 50 on 1:05 Desc	2:10
300	6 x 50 on 1:00 Desc	2:00
400	8 x 50 on :55 Desc	1:50
300	6 x 50 on 1:00 Desc	2:00
200	4 x 50 on 1:05 Desc	2:10
100	1 x 100 on 5:00 Loosen	5:00
	6:18 PM 3,000 Meters	

**Workout #543 - Tuesday, 06 February 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:40 Swim & Drill	1:50
400	4 x 100 on 2:20 Kick, mix efforts	2:20
450	6 x 75 on 1:30 Pull, last 25 faster	2:00
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
1,500	2x{2 x 200 on 3:30 Desc	1:45
	{2 x 100 on 1:50 Desc	1:50
	{2 x 50 on 1:00 Desc	2:00
	{2 x 25 on :50 Best Effort	3:20
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,150 Meters		

**Workout #546 - Wednesday, 07 February 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Mix swim and drill	1:50
400	8 x 50 on 1:00 Pull Desc	2:00
450	6 x 75 on 2:00 Kick, last 25 faster	2:40
	***** Group Up *****	
300	6 x 50 on 1:05 Desc	2:10
600	6 x 100 on 1:45 Desc	1:45
800	2 x 400 on 6:30 Desc	1:38
600	6 x 100 on 1:45 Desc	1:45
300	6 x 50 on 1:05 Desc	2:10
100	1 x 100 on 5:00 Loosen	5:00
6:33 PM 4,150 Meters		

**Workout #549 - Thursday, 08 February 2018**  
**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, evens faster	2:40
400	4 x 100 on 1:50 Pull, Desc	1:50
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
1,300	1x{3 x 100 on 1:55 Steady	1:55
	{1 x 100 on 1:45 Fast Pace	1:45
	{2 x 100 on 1:55 Steady	1:55
	{2 x 100 on 1:45 Fast Pace	1:45
	{1 x 100 on 1:55 Steady	1:55
	{3 x 100 on 1:45 Fast Pace	1:45
	{1 x 100 on 2:00 Easy	2:00
100	1 x 100 on 3:00 Last one, fast one	3:00
100	1 x 100 on 5:00 Loosen	5:00
6:11 PM 3,000 Meters		



**Workout #554 - Monday, 12 February 2018**  
**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 #557 - Tuesday, 13 February 2018**  
**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	4 x 100 on 1:50 Pull, Desc	1:50
400	8 x 50 on 1:15 Kick, evens faster	2:30
	----- Group Up -----	
1,600	4x{2 x 50 on 1:10 1 Max, 1 Easy	2:20
	{2 x 150 on 2:30 Desc	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:09 PM 3,100 Meters	

**Workout #560 - Wednesday, 14 February 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	3 x 200 on 3:40 Swim & Drill	1:50
450	6 x 75 on 1:50 Kick, mix efforts	2:27
450	6 x 75 on 1:25 Pull, Desc	1:53
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
1,000	2 x 500 on 8:30 Desc & Neg Split	1:42
900	3 x 300 on 5:10 Desc & Neg Split	1:43
400	4 x 100 on 1:45 Desc	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:26 PM 4,000 Meters	

**Workout #563 - Thursday, 15 February 2018**  
**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	1:50
400	4 x 100 on 2:20 Kick, last 25 fast	2:20
400	8 x 50 on 1:00 Pull, Desc	2:00
	*--* Group Up *--*	
200	4 x 50 on 1:05 Desc	2:10
450	6 x 75 on 1:20 Desc	1:47
450	6 x 75 on 1:30 Desc	2:00
450	6 x 75 on 1:40 Desc	2:13
100	1 x 100 on 5:00 Loosen	5:00
6:13 PM 3,050 Meters		

**Workout #586 - Monday, 19 February 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:40 Swim & Drill	1:53
400	8 x 50 on 1:00 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
450	6 x 75 on 2:00 Best Sustainable Speed	2:40
450	6 x 75 on 1:45 Best Sustainable Speed	2:20
50	1 x 50 on 1:30 Loosen	3:00
225	3 x 75 on 2:00 Best Sustainable Speed	2:40
225	3 x 75 on 1:45 Best Sustainable Speed	2:20
100	1 x 100 on 5:00 Loosen	5:00
6:24 PM 3,000 Meters		

**Workout #589 - Tuesday, 20 February 2018**  
**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
400	4 x 100 on 1:50 Pull, Desc	1:50
450	6 x 75 on 2:00 Kick, last 25 faster	2:40
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
1,400	2x{6 x 50 on 1:00 Alt 1 Mod, 1 Fast	2:00
	{2 x 200 on 3:20 Desc	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:10 PM 3,050 Meters		

**Workout #592 - Wednesday, 21 February 2018**  
**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
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
1,200	3 x 400 on 6:40 Desc + last 100 fast!	1:40
600	3 x 200 on 3:45 Desc + last 50 fast!	1:52
300	3 x 100 on 1:55 Desc + last 25 fast!	1:55
150	3 x 50 on 1:00 All Fast!	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:29 PM 4,000 Meters	

**Workout #595 - Thursday, 22 February 2018**  
**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, Desc	2:20
400	4 x 100 on 1:50 Pull, Desc	1:50
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
300	2 x 150 on 2:25 Desc	1:37
300	2 x 150 on 2:30 Desc	1:40
300	2 x 150 on 2:35 Desc	1:43
300	2 x 150 on 2:40 Desc	1:47
300	2 x 150 on 2:45 Desc	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:14 PM 3,100 Meters	

**Workout #598 - Monday, 26 February 2018**  
**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 mix	1:50
450	6 x 75 on 1:25 Pull, Desc	1:53
400	4 x 100 on 2:20 Kick, desc	2:20
	***** Group Up *****	
500	10 x 50 on 1:00 Fast - #4, #8 Easier	2:00
250	5 x 50 on 1:05 1 Easy, 1 Max	2:10
500	10 x 50 on 1:00 Fast - #3, #6 Easier	2:00
250	5 x 50 on 1:10 1 Max, 1 Easy	2:20
100	1 x 100 on 5:00 Loosen	5:00
	6:14 PM 3,050 Meters	

**Workout #601 - Tuesday, 27 February 2018**  
**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	8 x 50 on 1:00 Pull, Desc	2:00
400	4 x 100 on 2:20 Kick, neg split	2:20
	///// Group Up \\\	
100	4 x 25 on :40 Fast!	2:40
900	12 x 75 on 1:25 4 mod, 4 fast, 4 fastest	1:53
600	12 x 50 on :55 Fast!	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,100 Meters	

**Workout #604 - Wednesday, 28 February 2018**  
**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 1:50 Pull, mix efforts	1:50
400	8 x 50 on 1:15 Kick, alt easy and fast	2:30
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
1,200	4 x 300 on 5:00 Desc	1:40
1,200	12 x 100 on 1:45 3 mod, fast, faster, fastest	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:24 PM 4,000 Meters	

**Workout #607 - Thursday, 01 March 2018**  
**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 1:40 Kick, Desc	2:13
400	4 x 100 on 1:50 Pull, mix efforts	1:50
	===== Group Up =====	
100	4 x 25 on :40 Fast!	2:40
800	4 x 200 on 3:30 Neg Split Day	1:45
400	2 x 200 on 3:25 Neg Split	1:42
200	1 x 200 on 3:20 Neg Split	1:40
100	1 x 100 on 5:00 Losen	5:00
	6:10 PM 3,050 Meters	

**Workout #618 - Monday, 05 March 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:40 Swim & Drill	1:53
400	8 x 50 on 1:00 Pull, Desc	2:00
400	4 x 100 on 2:20 Kick, Mix Efforts	2:20
----- Group Up -----		
200	2 x 100 on 1:50 Desc 1-2	1:50
300	12 x 25 on :45 1 Easy, 2 Fast	3:00
200	2 x 100 on 1:50 Desc 1-2	1:50
600	12 x 50 on 1:05 1 Easy, 2 Fast	2:10
200	2 x 100 on 1:50 Desc 1-2	1:50
100	1 x 100 on 5:00 Loosen	5:00
6:17 PM 3,000 Meters		

**Workout #621 - Tuesday, 06 March 2018**  
**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	1:50
500	10 x 50 on 1:15 Kick, Mix Efforts	2:30
400	4 x 100 on 1:50 Pull, Desc	1:50
===== Group Up =====		
100	4 x 25 on :40 Fast!	2:40
800	8 x 100 on 1:50 Desc 1-4/5-8	1:50
400	4 x 100 on 1:40 Desc 1-4	1:40
200	2 x 100 on 2:00 Last Two... Fast Two!	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:13 PM 3,100 Meters		

**Workout #624 - Wednesday, 07 March 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	3 x 200 on 3:40 Swim & Drill Mix	1:50
450	6 x 75 on 1:25 Pull, Build Each	1:53
450	6 x 75 on 1:35 Last 25 Faster	2:07
+++++ Group Up +++++		
100	4 x 25 on :40 GO!!!!	2:40
500	4 x 125 on 2:15 Desc 1-4	1:48
500	2 x 250 on 4:20 Desc 1-2	1:44
500	1 x 500 on 8:25 Neg Split	1:41
500	2 x 250 on 4:25 Desc 1-2	1:46
500	4 x 125 on 2:20 Desc 1-4	1:52
100	1 x 100 on 5:00 Loosen	5:00
6:33 PM 4,200 Meters		

**Workout #627 - Thursday, 08 March 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	6 x 100 on 1:50 Mix Drill & Swim	1:50
400	4 x 100 on 2:20 Kick, Mix Efforts	2:20
500	10 x 50 on 1:00 Pull, Evens Faster	2:00
	***** Group Up *****	
200	4 x 50 on 1:05 Desc	2:10
1,350	9 x 150 on 2:30 Desc 1-3/4-6/7-9	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:09 PM 3,150 Meters	

**Workout #638 - Monday, 12 March 2018**  
**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 1:50 Pull, Mix Efforts	1:50
400	8 x 50 on 1:10 Kick, Alt Easy and Fast	2:20
	***** Group Up *****	
200	4 x 50 on 1:05 Desc	2:10
600	6 x 100 on 2:00 Desc 1-3	2:00
450	6 x 75 on 1:30 Desc 1-3	2:00
300	6 x 50 on 1:00 Desc	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,050 Meters	

**Workout #641 - Tuesday, 13 March 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	4 x 150 on 2:50 Swim & Drill	1:53
400	4 x 100 on 2:20 Kick, last 25 always fast	2:20
450	6 x 75 on 1:25 Pull, Desc	1:53
	===== Group Up =====	
100	4 x 25 on :40 Fast!	2:40
400	2 x 200 on 3:45 Desc	1:52
400	2 x 200 on 3:40 Desc	1:50
400	2 x 200 on 3:35 Desc	1:48
400	2 x 200 on 3:30 Desc	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:18 PM 3,250 Meters	

**Workout #644 - Wednesday, 14 March 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:40 Drill & Swim	1:53
500	10 x 50 on 1:00 Pull, Desc	2:00
450	6 x 75 on 1:40 Kick, last 25 fast!!!	2:13
	----- Group Up -----	
800	2 x 400 on 6:40 Desc & Neg Split Both	1:40
800	8 x 100 on 1:45 Desc by 2s	1:45
400	1 x 400 on 6:50 Neg Split - Fast 2nd Half	1:42
400	4 x 100 on 1:50 Desc by 2s, last two fast!	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:27 PM 4,050 Meters	

**Workout #647 - Thursday, 15 March 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	3 x 200 on 3:40 Swim & Drill	1:50
500	10 x 50 on 1:15 Kick, mix effort	2:30
400	4 x 100 on 1:50 Pull, Neg Split Each	1:50
	%%%%% Group Up %%%%%	
100	4 x 25 on :40 Fast!	2:40
200	4 x 50 on 1:05 Desc 1-3, #4 Easier	2:10
1,200	1x{3 x 100 on 1:55 Steady	1:55
	{1 x 100 on 1:35 Fast Pace	1:35
	{2 x 100 on 1:55 Steady	1:55
	{2 x 100 on 1:35 Fast Pace	1:35
	{1 x 100 on 1:55 Steady	1:55
	{3 x 100 on 1:35 Fast Pace	1:35
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,100 Meters	

**Workout #657 - Monday, 19 March 2018**  
**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 #660 - Tuesday, 20 March 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:40 Swim & Drill	1:50
400	8 x 50 on 1:00 Pull, mix efforts	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
1,600	4x{2 x 150 on 2:30 Desc 1-2	1:40
	{2 x 50 on 1:10 #1 Moderate, #2 Max Effort	2:20
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,200 Meters	

**Workout #663 - Wednesday, 21 March 2018**  
**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
450	6 x 75 on 1:25 Pull, last 25 fast	1:53
400	8 x 50 on 1:10 Kick, Desc	2:20
	==== Group Up =====	
400	8 x 50 on 1:00 Desc	2:00
500	1 x 500 on 9:00 Neg Split	1:48
300	6 x 50 on 1:00 Desc	2:00
500	1 x 500 on 8:45 Neg Split	1:45
200	4 x 50 on 1:00 Desc	2:00
500	1 x 500 on 8:30 Neg Split	1:42
100	2 x 50 on 1:00 Desc	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:32 PM 4,050 Meters	

**Workout #666 - Thursday, 22 March 2018**  
**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
450	6 x 75 on 1:45 Kick, mix speeds	2:20
400	4 x 100 on 1:50 Pull, Neg Split	1:50
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
1,500	1x{1 x 75 on 1:15 Fast pace	1:40
	{4 x 75 on 1:25 Steady	1:53
	{2 x 75 on 1:15 Fast Pace	1:40
	{3 x 75 on 1:25 Steady	1:53
	{3 x 75 on 1:15 Fast Pace	1:40
	{2 x 75 on 1:25 Steady	1:53
	{4 x 75 on 1:15 Fast Pace	1:40
	{1 x 75 on 1:25 Last one, fast one	1:53
100	1 x 100 on 5:00 Loosen	5:00
	6:10 PM 3,150 Meters	



**Workout #671 - Monday, 26 March 2018**  
**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
450	6 x 75 on 1:40 Kick	2:13
400	8 x 50 on 1:00 Pull, Desc	2:00
	----- Group Up -----	
200	4 x 50 on 1:05 Desc	2:10
450	6 x 75 on 1:45 Best possible speed	2:20
400	4 x 100 on 1:50 Steady - Hold back	1:50
450	6 x 75 on 2:00 Best possible speed!!!!	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:17 PM 3,050 Meters	

**Workout #674 - Tuesday, 27 March 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
1,500	3x{1 x 200 on 3:40 Swim And Drill	1:50
	{2 x 50 on 1:15 Kick, mix efforts	2:30
	{2 x 100 on 2:00 Pull, last 25 faster	2:00
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
600	3 x 200 on 3:40 Desc	1:50
600	3 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
	6:09 PM 3,100 Meters	

**Workout #677 - Wednesday, 28 March 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	4 x 150 on 2:50 Mix swim and drill	1:53
450	6 x 75 on 1:25 Pull, Desc	1:53
400	4 x 100 on 2:30 Kick, last 50 fast!	2:30
	##### Group Up #####	
400	8 x 50 on 1:00 Desc	2:00
800	2 x 400 on 6:55 Desc	1:44
300	6 x 50 on 1:00 Desc	2:00
800	2 x 400 on 6:45 Desc	1:41
200	4 x 50 on 1:00 Desc	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:30 PM 4,050 Meters	

**Workout #680 - Thursday, 29 March 2018**  
**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
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 1 Fast, 1 Easy	2:00
1,200	8 x 150 on 2:35 2 Strong, 1 Steady, Repeat	1:43
100	1 x 100 on 5:00 Loosen	5:00
	6:07 PM 3,000 Meters	

**Workout #683 - Monday, 02 April 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:35 Drill & Swim	1:52
400	4 x 100 on 1:50 Pull, Desc	1:50
400	16 x 25 on :35 Kick, Alt Ez/Fast	2:20
	!!!! Group Up !!!!!	
100	4 x 25 on :40 Fast!	2:40
100	1 x 100 on 2:00 Best Effort	2:00
400	8 x 50 on 1:05 Desc	2:10
100	1 x 100 on 2:00 Best Effort	2:00
300	6 x 50 on 1:00 Desc	2:00
100	1 x 100 on 2:00 Best Effort	2:00
200	4 x 50 on :55 Desc	1:50
100	1 x 100 on 2:00 Best Effort	2:00
100	2 x 50 on :50 Desc	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:19 PM 3,000 Meters	

**Workout #686 - Tuesday, 03 April 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:40 Swim & Drill	1:50
400	8 x 50 on 1:15 Kick, mix efforts	2:30
450	6 x 75 on 1:25 Pull, Neg Split	1:53
	***** Group Up *****	
200	4 x 50 on 1:15 1-3 Fast, #4 Easy	2:30
1,300	2x{6 x 75 on 2:00 Best Sustainable Pace	2:40
	{4 x 50 on 1:15 #1-3 Fast, #4 Easy	2:30
100	1 x 100 on 5:00 Loosen	5:00
	6:19 PM 3,050 Meters	

**Workout #689 - Wednesday, 04 April 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	4 x 150 on 2:45 Drill & Swim	1:50
400	8 x 50 on 1:00 Pull, Desc	2:00
450	6 x 75 on 1:45 Kick, last 25 fast	2:20
----- Group Up -----		
200	4 x 50 on 1:00 Desc	2:00
200	2 x 100 on 2:00 Desc, #2 Fast	2:00
900	3 x 300 on 5:30 Desc	1:50
200	2 x 100 on 2:00 Desc, #2 Fast	2:00
600	2 x 300 on 5:15 Desc	1:45
200	2 x 100 on 2:00 Desc, #2 Fast	2:00
300	1 x 300 on 6:00 Best Effort	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:35 PM 4,150 Meters		

**Workout #692 - Thursday, 05 April 2018**  
**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 2:15 Kick, mix efforts	2:15
500	20 x 25 on :30 Pull, 3 Faster, 1 Easier	2:00
///// 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
50	1 x 50 on 1:30 Loosen	3:00
200	1 x 200 on 4:00 Best of the day	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,150 Meters		

**Workout #695 - Monday, 09 April 2018**  
**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	4 x 100 on 2:20 Kick as desired	2:20
500	10 x 50 on 1:00 Pull, mix efforts	2:00
----- Group Up -----		
600	6 x 100 on 1:50 Desc	1:50
450	6 x 75 on 1:30 Alt One Max, One Steady	2:00
300	6 x 50 on 1:10 Alt 2 Max, 1 Steady	2:20
150	6 x 25 on :50 All Max	3:20
100	1 x 100 on 5:00 Loosen	5:00
6:16 PM 3,100 Meters		

**Workout #698 - Tuesday, 10 April 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:45 Drill & Swim	1:55
400	4 x 100 on 1:50 Pull, Desc	1:50
450	6 x 75 on 1:40 Kick, last 25 fast	2:13
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
1,000	10 x 100 on 1:50 Desc 1-5/6-10	1:50
100	1 x 100 on 2:10 Easy	2:10
400	4 x 100 on 2:30 Hold best speed from 1st 10	2:30
100	1 x 100 on 5:00 Loosen	5:00
	6:17 PM 3,150 Meters	

**Workout #701 - Wednesday, 11 April 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	6 x 100 on 1:50 Desc, Include Drills	1:50
450	6 x 75 on 1:25 Pull, Desc	1:53
400	4 x 100 on 2:20 Kick, last 50 FAST!	2:20
	///// Group Up \\\	
100	2 x 50 on 1:15 Both Fast	2:30
500	1 x 500 on 9:00 Alt Speed, EZ/Fast @ 100	1:48
600	4 x 150 on 2:30 Desc	1:40
600	3 x 200 on 3:30 Desc	1:45
500	2 x 250 on 4:30 Desc	1:48
300	1 x 300 on 6:00 Neg Split	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:32 PM 4,150 Meters	

**Workout #704 - Thursday, 12 April 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	4 x 150 on 2:50 Swim and drill	1:53
500	10 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
300	2 x 150 on 2:25 Desc	1:37
300	2 x 150 on 2:30 Desc	1:40
300	2 x 150 on 2:35 Desc	1:43
300	2 x 150 on 2:40 Desc	1:47
300	2 x 150 on 2:45 Desc	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:18 PM 3,200 Meters	

**Workout #715 - Monday, 16 April 2018**  
**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
450	6 x 75 on 1:40 Kick, mix efforts	2:13
400	4 x 100 on 1:50 Pull, Desc	1:50
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
1,600	2x{8 x 50 on 1:00 Alt 1 Fast, 1 Easy	2:00
	{4 x 75 on 2:00 As fast as possible	2:40
	{1 x 100 on 2:00 Loosen, Start early	2:00
	6:12 PM 3,150 Meters	

**Workout #718 - Tuesday, 17 April 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	4 x 150 on 2:50 Swim & Drill Mix	1:53
400	8 x 50 on 1:00 Pull, Desc	2:00
400	4 x 100 on 2:15 Kick, last 25 fast	2:15
	----- 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	2 x 100 on 1:45 #1 moderate, #2 fast	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:08 PM 3,000 Meters	

**Workout #721 - Wednesday, 18 April 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:40 Swim/Drill Mix	1:50
400	8 x 50 on 1:20 Kick, Desc	2:40
600	6 x 100 on 1:50 Pull, Alt Easy/Mod	1:50
	===== Group Up =====	
200	4 x 50 on 1:00 Desc	2:00
400	1 x 400 on 6:50 Neg Split	1:42
600	6 x 100 on 1:45 Desc	1:45
300	6 x 50 on :55 Desc	1:50
600	6 x 100 on 1:50 Desc	1:50
400	1 x 400 on 7:00 Neg Split	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:33 PM 4,200 Meters	

**Workout #724 - Thursday, 19 April 2018**  
**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	4 x 100 on 2:15 Kick, mix efforts	2:15
450	6 x 75 on 1:25 Pull, neg split each	1:53
	)))) Group Up (((((	
100	2 x 50 on :55 Desc	1:50
300	3 x 100 on 1:50 Desc	1:50
100	2 x 50 on 1:00 Desc	2:00
300	3 x 100 on 1:45 Desc	1:45
100	2 x 50 on 1:05 Desc	2:10
300	3 x 100 on 1:40 Desc	1:40
100	2 x 50 on 1:10 Desc	2:20
300	3 x 100 on 1:35 Desc	1:35
100	1 x 100 on 5:00 Loosen	5:00
	6:18 PM 3,150 Meters	

**Workout #727 - Monday, 23 April 2018**  
**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 #730 - Tuesday, 24 April 2018**  
**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
400	8 x 50 on 1:10 Kick, mix speeds	2:20
400	4 x 100 on 1:50 Pull, Desc	1:50
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
1,600	4x{2 x 150 on 2:30 Desc 1-2	1:40
	{2 x 50 on 1:05 Ascend 1-2, #1 Fast, #2 EZ	2:10
100	1 x 100 on 5:00 Cool down	5:00
	6:12 PM 3,200 Meters	

**Workout #733 - Wednesday, 25 April 2018**  
**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
450	6 x 75 on 1:25 Pull, Desc	1:53
400	8 x 50 on 1:10 Kick, Evens Fast	2:20
	##### Group Up #####	
1,000	2 x 500 on 8:30 Alt 100 Strong, 100 Cruise	1:42
500	5 x 100 on 1:45 Last 50 of each faster	1:45
400	4 x 100 on 1:47 Alt Mod/Fast	1:47
300	3 x 100 on 1:49 Neg Split	1:49
200	2 x 100 on 1:51 Alt Mod/Fast	1:51
100	1 x 100 on 3:00 Last one, fast one	3:00
100	1 x 100 on 5:00 Loosen	5:00
	6:31 PM 4,050 Meters	

**Workout #736 - Thursday, 26 April 2018**  
**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 2:20 Kick, Desc	2:20
450	6 x 75 on 1:25 Pull, Neg Split Each	1:53
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
600	4 x 150 on 3:00 Desc	2:00
600	4 x 150 on 2:45 Desc	1:50
300	2 x 150 on 3:15 1 Easy, 1 Best of the day	2:10
100	1 x 100 on 5:00 Loosen	5:00
	6:16 PM 3,150 Meters	

**Workout #739 - Monday, 30 April 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	4 x 150 on 2:50 Swim and drill	1:53
400	4 x 100 on 2:20 Kick, faster in the middle	2:20
450	6 x 75 on 1:20 Pull, Strong	1:47
	~~~~~ Group Up ~~~~~	
100	4 x 25 on :40 Fast!	2:40
1,600	4x{4 x 75 on 2:00 Best speed possible	2:40
	{1 x 100 on 3:00 Loosen	3:00
	6:21 PM 3,150 Meters	

**Workout #742 - Tuesday, 01 May 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
400	4 x 100 on 1:50 Swim and drill	1:50
600	6 x 100 on 1:50 Pull, mix efforts	1:50
450	6 x 75 on 1:40 Kick, mix efforts	2:13
	///// Group Up \\\	
100	4 x 25 on :40 Fast	2:40
1,700	2x{3 x 200 on 3:30 Desc	1:45
	{4 x 50 on 1:05 Desc, #4 Very Fast	2:10
	{1 x 50 on 1:20 Easy	2:40
100	1 x 100 on 5:00 Loosen	5:00
6:15 PM 3,350 Meters		

**Workout #745 - Wednesday, 02 May 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	2 x 300 on 5:45 Swim and drill	1:55
400	1 x 400 on 7:45 Pull as desired	1:56
400	1 x 400 on 10:00 Kick as desired	2:30
	%%%% Group Up %%%	
200	4 x 50 on 1:00 Desc	2:00
1,200	3 x 400 on 6:45 Desc and last 100 always fast	1:41
800	4 x 200 on 3:35 Desc and Neg Split	1:48
500	5 x 100 on 1:55 Desc to very fast	1:55
100	1 x 100 on 5:00 Loosen	5:00
6:32 PM 4,200 Meters		

**Workout #748 - Thursday, 03 May 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	3 x 200 on 3:40 Swim & Drill	1:50
400	4 x 100 on 2:20 Kick, Some fast, some not	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
1,500	10 x 150 on 2:30 Faster even repeats	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:07 PM 3,100 Meters		



**Workout #755 - Monday, 07 May 2018**  
**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 1:10 Kick, Desc	2:20
400	4 x 100 on 1:50 Pull, Desc	1:50
	==== Group Up =====	
100	4 x 25 on :40 Fast!	2:40
400	8 x 50 on :55 Desc	1:50
400	4 x 100 on 1:55 Desc	1:55
400	8 x 50 on 1:00 Desc	2:00
400	4 x 100 on 2:05 Desc	2:05
	6:13 PM 3,100 Meters	

**Workout #758 - Tuesday, 08 May 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	2 x 300 on 5:45 Drill & Swim	1:55
450	6 x 75 on 1:25 Pull, Desc	1:53
400	4 x 100 on 2:10 Kick, Desc	2:10
	##### Group Up #####	
100	4 x 25 on :40 Fast!	2:40
1,100	2x{1 x 100 on 2:30 Loosen	2:30
	{6 x 75 on 2:00 Best Speed Possible	2:40
100	1 x 100 on 2:30 Loosen	2:30
150	2 x 75 on 2:00 Two More, FAST!!	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:21 PM 3,000 Meters	

**Workout #761 - Wednesday, 09 May 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	4 x 150 on 2:50 Drill & Swim	1:53
400	8 x 50 on 1:00 Pull, mix efforts	2:00
450	6 x 75 on 2:00 Kick, last 25 fast	2:40
	%%%% Group Up %%%%	
200	4 x 50 on 1:00 Desc	2:00
2,400	2x{2 x 300 on 5:20 Desc 1-2	1:47
	{6 x 100 on 1:42 Alt Mod/Fast	1:42
100	1 x 100 on 5:00 Loosen	5:00
	6:28 PM 4,150 Meters	

**Workout #764 - Thursday, 10 May 2018**  
**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 1:10 Kick, Desc	2:20
400	4 x 100 on 1:50 Pull, Desc	1:50
----- Group Up -----		
200	4 x 50 on 1:05 Desc	2:10
800	4 x 200 on 3:30 Desc	1:45
400	2 x 200 on 3:20 Desc	1:40
50	1 x 50 on 1:30 Loosen	3:00
200	1 x 200 on 3:40 Best of the day	1:50
100	1 x 100 on 5:00 Loosen	5:00
6:14 PM 3,150 Meters		

**Workout #767 - Monday, 14 May 2018**  
**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	4 x 100 on 2:15 Kick Last 25 Faster	2:15
450	6 x 75 on 1:25 Pull Last 25 Faster	1:53
~~~~~ Group Up ~~~~~		
100	4 x 25 on :40 Fast!	2:40
1,500	2x{10 x 25 on :35 1 Easier, 2 Faster	2:20
	{1 x 50 on 1:30 Easy	3:00
	{4 x 100 on 1:45 Desc, #4 Go for it!	1:45
	{1 x 50 on 1:30 Easy	3:00
6:09 PM 3,050 Meters		

**Workout #770 - Tuesday, 15 May 2018**  
**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 1:50 Kick, mix efforts	2:27
400	8 x 50 on 1:00 Pull, Desc	2:00
::::: Group Up :::::		
100	4 x 25 on :40 Fast!	2:40
800	8 x 100 on 1:50 Desc	1:50
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
6:11 PM 3,050 Meters		

**Workout #773 - Wednesday, 16 May 2018**  
**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	4 x 100 on 1:50 Pull, Desc	1:50
400	8 x 50 on 1:15 Kick, neg split!	2:30
	<<<<< Group Up >>>>>	
200	4 x 50 on :55 Desc	1:50
500	1 x 500 on 8:40 Neg Split	1:44
300	2 x 150 on 2:30 Desc	1:40
500	1 x 500 on 8:30 Neg Split	1:42
300	2 x 150 on 2:40 Desc	1:47
500	1 x 500 on 8:20 Neg Split	1:40
300	2 x 150 on 2:50 Desc	1:53
	6:26 PM 4,000 Meters	

**Workout #776 - Thursday, 17 May 2018**  
**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 2:15 Kick, mix efforts	2:15
400	4 x 100 on 1:50 Pull, mix efforts	1:50
	}}}} Group Up {{{{	
100	4 x 25 on :40 Fast!	2:40
300	2 x 150 on 2:25 Desc	1:37
300	2 x 150 on 2:35 Desc	1:43
300	2 x 150 on 2:45 Desc	1:50
300	2 x 150 on 2:35 Desc	1:43
300	2 x 150 on 2:25 Desc	1:37
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,100 Meters	

**Workout #784 - Monday, 21 May 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	3 x 200 on 3:40 Swim & Drill	1:50
400	8 x 50 on 1:15 Kick, mix efforts	2:30
400	4 x 100 on 1:50 Pull, Desc	1:50
	----- Group Up -----	
100	4 x 25 on :40 Fast	2:40
400	8 x 50 on 1:00 Desc, #4 & #8 Max	2:00
50	2 x 25 on :45 Fast	3:00
450	6 x 75 on 1:25 Desc, #3 & #6 Max	1:53
50	2 x 25 on :45 Fast	3:00
400	4 x 100 on 1:50 Alt 1 Mod / 1 Fast	1:50
50	2 x 25 on :45 Fast	3:00
100	1 x 100 on 5:00 Loosen	5:00
	6:18 PM 3,000 Meters	

**Workout #787 - Tuesday, 22 May 2018**  
**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	8 x 50 on 1:00 Pull, Desc	2:00
450	6 x 75 on 1:40 Kick, last 25 fast	2:13
	***** Group Up *****	
100	4 x 25 on :40 Fast	2:40
800	4 x 200 on 3:30 Desc	1:45
800	4 x 200 on 3:40 Desc	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,250 Meters	

**Workout #790 - Wednesday, 23 May 2018**  
**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	1:50
400	4 x 100 on 2:15 Kick, mix efforts	2:15
450	6 x 75 on 1:25 Pull, Desc	1:53
	==== Group Up =====	
100	4 x 25 on :40 Fast	2:40
1,200	3 x 400 on 6:30 Desc, Last 100 Faster	1:38
100	2 x 50 on 1:10 Desc	2:20
800	2 x 400 on 6:30 Desc, last 100 Faster	1:38
100	2 x 50 on 1:10 Desc	2:20
400	1 x 400 on 6:30 Neg Split	1:38
100	1 x 100 on 5:00 Loosen	5:00
	6:32 PM 4,250 Meters	

**Workout #793 - Thursday, 24 May 2018**  
**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	4 x 100 on 1:50 Pull, Desc	1:50
	----- Group Up -----	
200	4 x 50 on 1:05 desc	2:10
1,300	2x{1 x 50 on 1:30 Loosen	3:00
	{3 x 100 on 1:50 Desc	1:50
	{2 x 100 on 1:40 Desc	1:40
	{1 x 100 on 2:00 Best Effort	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:09 PM 3,000 Meters	

**Workout #796 - Monday, 28 May 2018**  
**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 #799 - Tuesday, 29 May 2018**  
**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
450	6 x 75 on 1:40 Kick, Desc	2:13
400	8 x 50 on 1:00 Pull, Desc	2:00
	///// Group Up \\\	
100	4 x 25 on :40 Fast	2:40
1,600	2x{4 x 150 on 2:30 Desc	1:40
	{1 x 50 on 1:30 Loosen	3:00
	{1 x 150 on 2:45 Best Effort	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,250 Meters	

**Workout #802 - Wednesday, 30 May 2018**  
**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
450	6 x 75 on 1:25 Pull, mix efforts	1:53
400	4 x 100 on 2:15 Kick, evens fast	2:15
	##### Group Up #####	
200	4 x 50 on 1:00 Desc	2:00
500	1 x 500 on 8:30 Neg Split	1:42
600	2 x 300 on 5:30 Desc	1:50
600	3 x 200 on 3:30 Desc	1:45
600	4 x 150 on 2:30 Desc	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:28 PM 4,050 Meters	

**Workout #805 - Thursday, 31 May 2018**  
**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	8 x 50 on 1:15 Kick, Evens Fast	2:30
400	4 x 100 on 1:50 Pull, Neg Split	1:50
	***** Group Up *****	
100	4 x 25 on :40 Fast	2:40
1,600	1x{4 x 75 on 1:25 Steady	1:53
	{1 x 75 on 1:15 Fast pace	1:40
	{3 x 75 on 1:25 Steady	1:53
	{2 x 75 on 1:15 Fast Pace	1:40
	{2 x 75 on 1:25 Steady	1:53
	{3 x 75 on 1:15 Fast Pace	1:40
	{1 x 75 on 1:25 Steady	1:53
	{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
	6:06 PM 3,100 Meters	

**Workout #812 - Monday, 04 June 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:45 Drill and Swim	1:52
400	4 x 100 on 1:50 Pull, Desc	1:50
450	6 x 75 on 1:45 Kick, last 25 fast	2:20
	~~~~~ Group Up ~~~~~	
100	4 x 25 on :40 Fast!	2:40
600	8 x 75 on 1:30 Desc, 4/8 FAST!!	2:00
450	6 x 75 on 1:45 Desc, 3/6 FAST!	2:20
300	4 x 75 on 2:00 Alt 1 Mod, 1 Fast!	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:17 PM 3,000 Meters	

**Workout #815 - Tuesday, 05 June 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:50 Mix drill and swim	1:50
400	8 x 50 on 1:15 Kick, evens faster	2:30
450	6 x 75 on 1:25 Pull, Desc	1:53
	----- Group Up -----	
200	4 x 50 on 1:00 Desc	2:00
1,300	2x{1 x 50 on 1:15 Easy	2:30
	{2 x 200 on 3:30 Desc	1:45
	{2 x 100 on 1:50 Desc, #2 FAST	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:08 PM 3,050 Meters	

**Workout #818 - Wednesday, 06 June 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	4 x 150 on 2:50 Drill and Swim Mix	1:53
400	8 x 50 on 1:00 Pull, Desc	2:00
400	4 x 100 on 2:15 Kick, Desc	2:15
##### Group Up #####		
100	4 x 25 on :40 Fast!	2:40
800	2 x 400 on 6:45 Neg Split	1:41
400	4 x 100 on 1:40 Desc	1:40
800	2 x 400 on 6:30 Neg Splt	1:38
400	4 x 100 on 1:40 Desc	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:26 PM 4,000 Meters		

**Workout #821 - Thursday, 07 June 2018**  
**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 1:15 kick, mix efforts	2:30
400	4 x 100 on 1:50 pull, mix efforts	1:50
----- Group Up -----		
200	4 x 50 on 1:00 Desc	2:00
450	3 x 150 on 2:50 Desc	1:53
450	3 x 150 on 2:40 Desc	1:47
450	3 x 150 on 2:30 Desc	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:10 PM 3,050 Meters		

**Workout #827 - Monday, 11 June 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	6 x 100 on 1:50 Drill & Swim	1:50
450	6 x 75 on 1:45 Kick, mix efforts	2:20
400	4 x 100 on 1:50 Pull, Desc	1:50
===== Group Up =====		
200	4 x 50 on 1:05 Desc, #4 FAST	2:10
1,300	2x{1 x 50 on 1:30 Easy	3:00
	{10 x 50 on 1:00 Alt One Easier, One Faster	2:00
	{2 x 50 on 1:30 Best Effort	3:00
100	1 x 100 on 5:00 Loosen	5:00
6:14 PM 3,050 Meters		

**Workout #830 - Tuesday, 12 June 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
1,650	3x{2 x 100 on 1:50 Swim/Drill Mix	1:50
	{2 x 75 on 1:40 Kick, last 25 fast	2:13
	{2 x 100 on 1:50 Pull, Desc	1:50
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
1,600	4x{4 x 75 on 2:00 Super Fast!!	2:40
	{1 x 100 on 2:30 Super Easy!!	2:30
	6:19 PM 3,350 Meters	

**Workout #833 - Wednesday, 13 June 2018**  
**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	1:50
400	8 x 50 on 1:10 Kick, Desc	2:20
450	6 x 75 on 1:25 Pull, last 25 faster	1:53
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
200	4 x 50 on 1:00 Desc	2:00
900	3 x 300 on 5:00 Desc	1:40
200	4 x 50 on 1:00 Desc	2:00
600	2 x 300 on 5:15 Desc	1:45
200	4 x 50 on 1:00 Desc	2:00
300	1 x 300 on 5:30 Best of the day	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:32 PM 4,050 Meters	

**Workout #836 - Thursday, 14 June 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:45 Drill and swim	1:52
400	8 x 50 on 1:15 Kick as desired	2:30
400	4 x 100 on 1:50 Pull as desired	1:50
	+++++ Group Up +++++	
100	4 x 25 on :40 Fast!	2:40
1,500	3x{2 x 200 on 3:30 Desc	1:45
	{2 x 50 on 1:15 As Fast As Possible	2:30
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,100 Meters	



**Workout #839 - Monday, 18 June 2018**  
**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, Desc	2:20
450	6 x 75 on 1:20 Pull, last 25 fast	1:47
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
400	4 x 100 on 1:45 Desc	1:45
100	4 x 25 on :40 Fast!	2:40
400	4 x 100 on 1:50 Desc	1:50
100	4 x 25 on :40 Fast!	2:40
400	4 x 100 on 1:55 Desc	1:55
100	1 x 100 on 5:00 Loosen	5:00
	6:15 PM 3,050 Meters	

**Workout #842 - Tuesday, 19 June 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:45 Drill & swim	1:55
450	6 x 75 on 1:45 Kick, Desc	2:20
400	4 x 100 on 1:50 Pull, Desc	1:50
	----- Group Up -----	
200	4 x 50 on 1:05 Desc	2:10
100	1 x 100 on 1:40 Neg Split	1:40
300	3 x 100 on 1:45 Desc	1:45
500	5 x 100 on 1:50 Desc	1:50
300	3 x 100 on 1:40 Desc	1:40
100	1 x 100 on 3:00 Best of the day	3:00
100	1 x 100 on 5:00 Loosen	5:00
	6:16 PM 3,050 Meters	

**Workout #845 - Wednesday, 20 June 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	4 x 150 on 2:50 Swim & Drill Mix	1:53
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 ((((((	
200	4 x 50 on 1:05 Desc	2:10
1,000	2 x 500 on 8:30 Desc	1:42
150	2 x 75 on 2:00 As fast as possible	2:40
1,000	2 x 500 on 8:20 Desc	1:40
150	2 x 75 on 2:00 As fast as possible	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:30 PM 4,000 Meters	

**Workout #848 - Thursday, 21 June 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	3 x 200 on 3:40 Desc	1:50
400	8 x 50 on 1:15 Kick, Evens Faster	2:30
450	6 x 75 on 1:25 Pull, mix efforts	1:53
	o+o+o+o Group Up o+o+o	
100	4 x 25 on :40 Fast!	2:40
450	3 x 150 on 2:45 Fast!	1:50
450	3 x 150 on 2:35 Fast!	1:43
450	3 x 150 on 2:25 Fast!	1:37
100	1 x 100 on 5:00 Loosen	5:00
	6:10 PM 3,000 Meters	

**Workout #851 - Monday, 25 June 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	4 x 150 on 2:40 Drill and swim	1:47
400	4 x 100 on 2:15 Kick, some fast!	2:15
400	8 x 50 on 1:00 Pull, Evens fast	2:00
	===== Group Up =====	
100	4 x 25 on :40 Fast!	2:40
1,500	3x{1 x 50 on 1:15 Easy	2:30
	{6 x 50 on 1:00 Desc 1-3/4-6; 3 & 6 FAST!!	2:00
	{2 x 75 on 1:30 Desc, #2 FAST!!	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,100 Meters	

**Workout #854 - Tuesday, 26 June 2018**  
**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
450	6 x 75 on 1:25 Pull, mix efforts	1:53
400	8 x 50 on 1:15 Kick, strong all the way	2:30
	=+ += += Group Up += +=	
100	4 x 25 on :40 Fast!	2:40
1,200	6 x 200 on 3:30 Desc	1:45
200	1 x 200 on 6:00 AWESOME EFFORT	3:00
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,050 Meters	

**Workout #857 - Wednesday, 27 June 2018**  
**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
450	6 x 75 on 1:35 Kick, Desc	2:07
400	4 x 100 on 1:50 Pull, Neg Split	1:50
	##### Group Up #####	
100	4 x 25 on :40 Fast!	2:40
400	4 x 100 on 1:45 Desc	1:45
800	2 x 400 on 6:15 Neg Split	1:34
400	4 x 100 on 1:45 Desc	1:45
800	2 x 400 on 6:30 Neg Split	1:38
100	1 x 100 on 5:00 Loosen	5:00
	6:25 PM 4,050 Meters	

**Workout #860 - Thursday, 28 June 2018**  
**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 2:20 Kick, last 25 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
500	5 x 100 on 1:50 Desc	1:50
500	5 x 100 on 1:45 Desc	1:45
500	5 x 100 on 1:40 Desc	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,100 Meters	

**Workout #878 - Monday, 02 July 2018**  
**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 #881 - Tuesday, 03 July 2018**  
**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
400	8 x 50 on 1:10 Kick, mix speeds	2:20
400	4 x 100 on 1:50 Pull, Desc	1:50
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
1,600	4x{2 x 150 on 2:30 Desc 1-2	1:40
	{2 x 50 on 1:05 1 Easy, 1 Fast	2:10
100	1 x 100 on 5:00 Cool down	5:00
6:12 PM 3,200 Meters		

**Workout #884 - Wednesday, 04 July 2018**  
**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
450	6 x 75 on 1:25 Pull, Desc	1:53
400	8 x 50 on 1:10 Kick, Evens Fast	2:20
	----- Group Up -----	
1,000	2 x 500 on 8:40 Alt 100 Strong, 100 Cruise	1:44
500	5 x 100 on 1:45 1 easier, 1 Faster	1:45
800	2 x 400 on 6:45 Desc	1:41
400	4 x 100 on 1:45 1 easier, 1 Faster	1:45
100	1 x 100 on 5:00 Loosen	5:00
6:30 PM 4,250 Meters		

**Workout #887 - Thursday, 05 July 2018**  
**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 2:20 Kick, Desc	2:20
450	6 x 75 on 1:25 Pull, Neg Split Each	1:53
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
450	6 x 75 on 1:35 Desc	2:07
450	6 x 75 on 1:25 Desc	1:53
450	6 x 75 on 1:15 Desc	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:13 PM 3,000 Meters		

**Workout #871 - Monday, 09 July 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:45 Warm-up	1:55
400	8 x 50 on 1:15 Kick your stoke	2:30
400	4 x 100 on 1:55 pull	1:55
	:) Group Up (:	
100	4 x 25 on :40 Fast !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!	2:40
1,500	3x{4 x 50 on 1:00 Build	2:00
	{3 x 75 on 1:20 Desc	1:47
	{1 x 75 on 2:00 ALL OUT	2:40
100	1 x 100 on 5:00 Loosen	5:00
6:13 PM 3,100 Meters		

**Workout #890 - Tuesday, 10 July 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:30 free	1:45
300	4 x 75 on 1:30 kick	2:00
300	6 x 50 on 1:00 Pull	2:00
	... GROUP UP ...	
100	4 x 25 on :40 FAST FAST FAST	2:40
600	3 x 200 on 3:40 Desc 1-3	1:50
200	4 x 50 on 1:00 Build	2:00
400	2 x 200 on 3:30 Desc 1-2	1:45
200	4 x 50 on 1:00 Build	2:00
200	1 x 200 on 3:20 Neg Split	1:40
100	1 x 100 on 10:00 EASY	10:00
6:15 PM 3,000 Meters		

**Workout #893 - Wednesday, 11 July 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
900	3 x 300 on 5:15 free	1:45
300	6 x 50 on 1:00 Kick	2:00
300	4 x 75 on 2:00 pull	2:40
	:') GROUP UPPPP (':	
2,600	2x{2 x 400 on 7:15 neg split	1:49
	{4 x 75 on 1:20 desc 1-4	1:47
	{1 x 200 on 3:30 free	1:45
100	1 x 100 on 10:00 EASY	10:00
6:31 PM 4,200 Meters		

**Workout #896 - Thursday, 12 July 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:15 free	1:45
400	4 x 100 on 1:50 pull	1:50
400	8 x 50 on 1:20 Kick	2:40
	:3 Group Up :3	
100	4 x 25 on :40 FAST-	2:40
600	4 x 150 on 2:40 Build	1:47
400	8 x 50 on 1:00 Desc 1-4, 5-8	2:00
300	2 x 150 on 2:30 Build	1:40
200	4 x 50 on 1:00 Desc 1-4	2:00
100	1 x 100 on 10:00 Easy	10:00
6:19 PM 3,100 Meters		

**Workout #917 - Monday, 16 July 2018**  
**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	4 x 100 on 1:50 Pull, Desc	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
500	10 x 50 on 1:10 Alt Fast & Easy	2:20
400	8 x 50 on 1:05 2 Fast, 2 Easy	2:10
300	6 x 50 on 1:00 Alt Fast & Easy	2:00
200	4 x 50 on :55 Just 4 - GO FAST!	1:50
100	1 x 100 on 5:00 Loosen	5:00
6:17 PM 3,000 Meters		

**Workout #914 - Tuesday, 17 July 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	3 x 200 on 3:45 Mix Drill & Swim	1:52
400	8 x 50 on 1:00 Pull, Mix Efforts	2:00
400	4 x 100 on 2:15 Kick, last 25 faster	2:15
	===== Group Up =====	
100	4 x 25 on :40 Fast	2:40
1,500	2x{6 x 75 on 2:00 Hold Best Pace	2:40
	{2 x 100 on 2:00 Hold Best Pace	2:00
	{1 x 100 on 2:30 Loosen	2:30
6:13 PM 3,000 Meters		

**Workout #911 - Wednesday, 18 July 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
800	8 x 100 on 1:55 Mix Swim & Drill	1:55
400	4 x 100 on 1:50 Pull, Desc	1:50
400	8 x 50 on 1:15 Kick, Alt Easy/Fast	2:30
	+++++ Group Up +++++	
200	4 x 50 on 1:00 Desc	2:00
2,100	2x{2 x 300 on 5:35 Desc	1:52
	{2 x 150 on 2:45 Desc	1:50
	{2 x 75 on 1:20 Desc	1:47
100	1 x 100 on 5:00 Loosen	5:00
	6:27 PM 4,000 Meters	

**Workout #907 - Thursday, 19 July 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
600	4 x 150 on 2:50 Mix Drill and Swim	1:53
500	10 x 50 on 1:00 Pull, Alt Easy/Strong	2:00
400	4 x 100 on 2:15 Kick, Neg Split	2:15
	##### Group Up #####	
100	4 x 25 on :40 Fast	2:40
1,200	6 x 200 on 3:20 Desc 1-3/4-6	1:40
	1 on 1:00 Rest	
200	1 x 200 on 4:00 Last one, fast one	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:10 PM 3,100 Meters	

**Workout #921 - Monday, 23 July 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
600	2 x 300 on 5:15 free	1:45
400	4 x 100 on 1:50 pull	1:50
400	8 x 50 on 1:00 kick	2:00
	:) Group Up (:	
100	4 x 25 on :45 Fast!	3:00
1,425	3x{4 x 50 on 1:05 Desc	2:10
	{2 x 100 on 1:45 free	1:45
	{1 x 75 on 1:30 Fast	2:00
100	1 x 100 on 10:00 Cool down	10:00
	6:13 PM 3,025 Meters	

**Workout #924 - Tuesday, 24 July 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	1 x 600 on 11:00 free	1:50
450	6 x 75 on 1:45 kick	2:20
400	2 x 200 on 3:45 pull	1:52
	(: Group :)	
100	4 x 25 on :40 Speedy	2:40
300	4 x 75 on 1:20 desc	1:47
400	2 x 200 on 3:30 build	1:45
300	4 x 75 on 1:20 desc	1:47
400	2 x 200 on 3:45 build	1:52
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,050 Meters	

**Workout #925 - Wednesday, 25 July 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 7:30 free	1:52
400	8 x 50 on 1:00 kick	2:00
450	6 x 75 on 1:30 pull	2:00
	: ) GROUP UP (:	
2,400	2x{4 x 50 on 1:05 free	2:10
	{2 x 400 on 7:15 free	1:49
	{1 x 200 on 3:30 free	1:45
	6:13 PM 3,650 Meters	

**Workout #928 - Thursday, 26 July 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	1 x 600 on 10:00 free	1:40
400	8 x 50 on 1:00 kick	2:00
400	4 x 100 on 1:50 pull	1:50
	(: Group Up :)	
100	4 x 25 on :45 Fast	3:00
400	4 x 100 on 1:45 desc	1:45
600	3 x 200 on 3:45 last 50 fast	1:52
450	6 x 75 on 1:25 every 3rd faster	1:53
100	1 x 100 on 10:00 Easy	10:00
	6:14 PM 3,050 Meters	



**Workout #941 - Monday, 30 July 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:45 Mix Swi mand Drill	1:55
400	4 x 100 on 1:50 Pull, Desc	1:50
400	4 x 100 on 2:15 Kick, Desc	2:15
	----- Group Up -----	
100	4 x 25 on :40 Fast	2:40
100	2 x 50 on 1:15 1 Fast, 1 Easy (leave early)	2:30
400	8 x 50 on :55 Desc 1-4	1:50
100	2 x 50 on 1:15 1 Fast, 1 Easy (leave early)	2:30
300	6 x 50 on 1:00 Desc 1-3	2:00
100	2 x 50 on 1:15 1 Fast, 1 Easy (leave early)	2:30
200	4 x 50 on 1:05 Desc 1-4	2:10
100	2 x 50 on 1:15 1 Fast, 1 Easy (leave early)	2:30
100	2 x 50 on 1:10 Desc 1-2	2:20
100	1 x 100 on 5:00 Loosen	5:00
	6:23 PM 3,000 Meters	

**Workout #938 - Tuesday, 31 July 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	3 x 200 on 3:45 Mix swim and drill	1:52
400	8 x 50 on 1:15 Kick, odds faster	2:30
400	8 x 50 on 1:00 Pull, Mix Efforts	2:00
	===== Group Up =====	
100	4 x 25 on :40 Fast	2:40
400	4 x 100 on 1:45 Desc	1:45
800	4 x 200 on 3:40 Desc	1:50
200	2 x 100 on 1:55 Desc	1:55
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,000 Meters	

**Workout #936 - Wednesday, 01 August 2018**  
**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
400	4 x 100 on 1:50 Last 25 faster	1:50
400	8 x 50 on 1:20 Kick, Build ODDs, Cruise Evens	2:40
	///// Group Up \\\\)	
200	4 x 50 on 1:00 Desc	2:00
400	4 x 100 on 1:50 Find a good pace	1:50
800	2 x 400 on 6:40 Desc	1:40
800	2 x 400 on 6:50 Desc	1:42
400	4 x 100 on 1:50 Hold a good pace	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:31 PM 4,100 Meters	

**Workout #932 - Thursday, 02 August 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	6 x 100 on 1:50 Mix swim and drill	1:50
400	8 x 50 on 1:00 Pull, Faster evens	2:00
400	4 x 100 on 2:15 Kick, faster middles	2:15
	@@@@@ Group Up @@@@@	
100	4 x 25 on :40 Fast	2:40
500	5 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 3:00 Last one, fast one	3:00
100	1 x 100 on 5:00 Loosen	5:00
6:15 PM 3,100 Meters		

**Workout #946 - Monday, 06 August 2018**  
**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 #949 - Tuesday, 07 August 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
500	1 x 500 on 9:00 free	1:48
600	2 x 300 on 5:00 pull	1:40
400	1 x 400 on 7:00 kick	1:45
	* Group Up *	
100	4 x 25 on :45 FAST	3:00
1,600	2x{2 x 100 on 1:45 build	1:45
	{4 x 150 on 2:45 4th fast as you can go	1:50
100	1 x 100 on 10:00 easy	10:00
6:13 PM 3,300 Meters		

**Workout #952 - Wednesday, 08 August 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	1 x 600 on 10:00 free	1:40
400	1 x 400 on 7:00 pull	1:45
400	1 x 400 on 7:00 kick	1:45
	* Group Up *	
200	4 x 50 on 1:00 build	2:00
1,000	4 x 250 on 4:10 desc 1-4	1:40
200	4 x 50 on 1:00 build	2:00
1,000	2 x 500 on 9:00 middle 250 fast	1:48
100	1 x 100 on 10:00 easy	10:00
	6:24 PM 3,900 Meters	

**Workout #955 - Thursday, 09 August 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	1 x 600 on 10:00 free	1:40
400	1 x 400 on 7:00 pull	1:45
400	1 x 400 on 7:00 kick	1:45
	* Group Up *	
100	4 x 25 on :45 fast	3:00
1,500	3x{4 x 50 on 1:00 build	2:00
	{4 x 75 on 1:30 desc 1-4	2:00
100	1 x 100 on 10:00 easy	10:00
	6:12 PM 3,100 Meters	

**Workout #958 - Monday, 13 August 2018**  
**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
400	8 x 50 on 1:00 Pull, Desc	2:00
400	8 x 50 on 1:15 Kick, Mix Efforts	2:30
	----- Group Up -----	
300	4 x 75 on 1:20 Desc	1:47
100	2 x 50 on 1:00 1 Easy, 1 Best Effort	2:00
300	4 x 75 on 1:25 Desc	1:53
100	2 x 50 on 1:00 1 Easy, 1 Best Effort	2:00
300	4 x 75 on 1:30 Desc	2:00
100	2 x 50 on 1:00 1 Easy, 1 Best Effort	2:00
300	4 x 75 on 1:35 Desc	2:07
100	1 x 100 on 5:00 Loosen	5:00
	6:16 PM 3,000 Meters	

**Workout #961 - Tuesday, 14 August 2018**  
**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 Mix	1:50
400	4 x 100 on 2:15 Kick, Mix Efforts	2:15
400	8 x 50 on 1:00 Pull, Evens Faster	2:00
	----- Group UP -----	
100	4 x 25 on :40 Fast!	2:40
400	2 x 200 on 3:30 Desc	1:45
600	4 x 150 on 2:40 Evens Faster	1:47
600	6 x 100 on 1:50 Evens Faster	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,200 Meters	

**Workout #964 - Wednesday, 15 August 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	3 x 200 on 3:50 Swim & Drill Mix	1:55
400	4 x 100 on 1:50 Pull, Neg Split	1:50
400	8 x 50 on 1:15 Kick, 1st 25 Faster	2:30
	===== Group Up =====	
200	4 x 50 on 1:05 Find your paces	2:10
800	2 x 400 on 6:45 Desc & Neg Split	1:41
400	4 x 100 on 1:45 Desc	1:45
800	2 x 400 on 6:35 Desc & Neg Split	1:39
400	4 x 100 on 1:50 Desc	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:31 PM 4,100 Meters	

**Workout #967 - Thursday, 16 August 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	4 x 150 on 2:50 Swim & Drill	1:53
400	4 x 100 on 2:20 Kick, mix speeds	2:20
400	4 x 100 on 1:50 Pull, Desc	1:50
	***** 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
600	4 x 150 on 2:30 Desc 1-4	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:10 PM 3,100 Meters	

**Workout #971 - Monday, 20 August 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	1 x 600 on 10:00 free	1:40
800	2 x 400 on 7:00 kick	1:45
300	1 x 300 on 5:00 pull	1:40
	* Group Up *	
100	4 x 25 on :40 Fast!!!!!!!	2:40
200	4 x 50 on 1:20 desc 1-4	2:40
100	1 x 100 on 1:50 build	1:50
300	6 x 50 on 1:10 desc 1-3,4-6	2:20
100	1 x 100 on 1:50 build	1:50
400	8 x 50 on 1:00 desc 1-4,5-8	2:00
100	1 x 100 on 1:45 All Out	1:45
100	1 x 100 on 10:00 recovery	10:00
	6:19 PM 3,100 Meters	

**Workout #977 - Tuesday, 21 August 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	1 x 600 on 10:00 free	1:40
400	2 x 200 on 3:45 kick	1:52
600	2 x 300 on 6:00 pull	2:00
	* Group Up *	
100	4 x 25 on :45 FAST	3:00
1,400	4x{4 x 75 on 1:20 4th very fast	1:47
	{1 x 50 on 1:30 cruise	3:00
100	1 x 100 on 10:00 easy swim	10:00
	6:16 PM 3,200 Meters	

**Workout #981 - Wednesday, 22 August 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 free	1:48
600	2 x 300 on 5:45 pull	1:55
400	1 x 400 on 9:00 kick	2:15
	*Group Up*	
900	3 x 300 on 5:20 desc 1-3	1:47
300	6 x 50 on 1:00 build	2:00
600	2 x 300 on 5:30 desc 1-2	1:50
300	6 x 50 on 1:00 build	2:00
300	1 x 300 on 5:40 neg split	1:53
100	1 x 100 on 10:00 easy	10:00
	6:33 PM 4,000 Meters	

**Workout #982 - Thursday, 23 August 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
500	1 x 500 on 9:00 free	1:48
600	2 x 300 on 6:00 pull	2:00
400	1 x 400 on 8:00 kick	2:00
	*Group Up*	
1,800	3x{1 x 200 on 3:30 fast middle 100	1:45
	{2 x 100 on 1:50 desc 1-2	1:50
	{4 x 50 on 1:05 build	2:10
	6:07 PM 3,300 Meters	

**Workout #989 - Monday, 27 August 2018**  
**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	4 x 100 on 1:50 Pull, Desc	1:50
400	8 x 50 on 1:15 Kick, Evens Faster	2:30
	///// Group Up \\\	
200	4 x 50 on 1:00 Mix Efforts	2:00
150	6 x 25 on :35 Fast 20 meters, Easy 5 meters	2:20
200	4 x 50 on 1:00 Mix Efforts	2:00
150	6 x 25 on :40 Easy 5 meters, Fast 20 meters	2:40
200	4 x 50 on 1:00 Mix Efforts	2:00
300	4 x 75 on 1:20 Last 25 Fast	1:47
400	4 x 100 on 1:50 Last 50 Fast	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:19 PM 3,100 Meters	

**Workout #992 - Tuesday, 28 August 2018**  
**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 Mix	1:50
400	8 x 50 on 1:00 Pull, Desc	2:00
400	4 x 100 on 2:20 Kick, last 25 fast	2:20
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
100	2 x 50 on 1:15 Best Effort	2:30
600	6 x 100 on 1:40 Desc	1:40
100	2 x 50 on 1:15 Best Effort	2:30
600	6 x 100 on 1:50 Desc	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,000 Meters	

**Workout #995 - Wednesday, 29 August 2018**  
**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 mix	1:50
400	4 x 100 on 2:20 Kick, Desc	2:20
400	4 x 100 on 1:50 Pull, Neg Split	1:50
	==== Group Up =====	
1,000	2 x 500 on 8:20 Neg Split	1:40
1,000	10 x 100 on 1:45 Desc, some fast!	1:45
500	10 x 50 on 1:00 Desc, some fast!	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:25 PM 4,000 Meters	

**Workout #998 - Thursday, 30 August 2018**  
**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
400	8 x 50 on 1:00 Pull, mix efforts	2:00
400	8 x 50 on 1:15 Kick, Evens Faster	2:30
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
450	3 x 150 on 2:45 Desc	1:50
450	3 x 150 on 2:55 Desc	1:57
450	3 x 150 on 3:05 Desc	2:03
150	1 x 150 on 3:15 Last one, fast one	2:10
100	1 x 100 on 5:00 Loosen	5:00
	6:18 PM 3,100 Meters	

**Workout #1017 - Monday, 03 September 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
500	1 x 500 on 9:00 free	1:48
500	1 x 500 on 9:00 pull	1:48
400	4 x 100 on 1:50 kick	1:50
	* Group Up *	
100	4 x 25 on :45 Fast	3:00
1,300	2x{8 x 50 on 1:00 Build	2:00
	{2 x 75 on 1:30 Fast	2:00
	{1 x 100 on 2:30 easy	2:30
100	1 x 100 on 10:00 easy	10:00
	6:11 PM 2,900 Meters	

**Workout #1020 - Tuesday, 04 September 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
500	1 x 500 on 9:00 free	1:48
500	1 x 500 on 9:00 pull	1:48
400	4 x 100 on 2:00 kick	2:00
	* Group UP *	
100	4 x 25 on :45 FAST	3:00
200	4 x 50 on 1:00 build	2:00
800	4 x 200 on 3:40 Strong middle 100	1:50
300	6 x 50 on 1:00 build	2:00
200	1 x 200 on 3:40 Neg Split	1:50
100	1 x 100 on 10:00 free	10:00
	6:16 PM 3,100 Meters	

**Workout #1023 - Wednesday, 05 September 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
500	1 x 500 on 9:00 free	1:48
500	1 x 500 on 9:00 pull	1:48
400	4 x 100 on 1:50 kick	1:50
	* Group Up *	
200	4 x 50 on 1:00 build	2:00
2,400	3x{2 x 200 on 3:30 desc 1-3	1:45
	{1 x 400 on 7:15 neg split	1:49
100	1 x 100 on 10:00 easy	10:00
	6:28 PM 4,100 Meters	

**Workout #1026 - Thursday, 06 September 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
500	1 x 500 on 9:00 free	1:48
500	1 x 500 on 9:00 pull	1:48
400	4 x 100 on 1:50 kick	1:50
	* Group Up *	
100	2 x 50 on 1:00 build	2:00
500	5 x 100 on 1:55 Desc 1-5	1:55
100	2 x 50 on 1:00 Build	2:00
400	4 x 100 on 1:50 Desc 1-4	1:50
100	2 x 50 on 1:00 build	2:00
300	3 x 100 on 1:45 Desc 1-3	1:45
	6:04 PM 2,900 Meters	



**Workout #1001 - Monday, 10 September 2018**  
**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 #1004 - Tuesday, 11 September 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:45 Drill & Swim Mix	1:55
400	4 x 100 on 1:50 Pull, Desc	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
200	4 x 50 on 1:00 Desc	2:00
450	6 x 75 on 2:00 Best Steady Effort	2:40
200	4 x 50 on 1:00 Desc	2:00
450	6 x 75 on 2:00 Best Steady Effort	2:40
200	4 x 50 on 1:00 Desc	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:23 PM 3,100 Meters	

**Workout #1007 - Wednesday, 12 September 2018**  
**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
450	6 x 75 on 1:25 Pull, Build Effort	1:53
400	4 x 100 on 2:20 Kick, mix efforts	2:20
	##### Group Up #####	
200	4 x 50 on 1:00 Desc	2:00
600	1 x 600 on 10:00 Neg Split	1:40
600	2 x 300 on 5:10 Neg Split	1:43
600	3 x 200 on 3:30 Neg Split	1:45
600	4 x 150 on 2:40 Neg Split	1:47
100	1 x 100 on 5:00 Loosen	5:00
	6:30 PM 4,150 Meters	

**Workout #1010 - Thursday, 13 September 2018**  
**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 Mix	1:50
400	8 x 50 on 1:00 Pull, Desc	2:00
450	6 x 75 on 2:00 Kick, last 25 fast	2:40
	----- Group Up -----	
100	4 x 25 on :40 Fast!	2:40
600	4 x 150 on 2:40 Desc	1:47
200	4 x 50 on 1:05 Alt Easy/Fast	2:10
600	4 x 150 on 2:40 Last 50 Fast	1:47
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,050 Meters	

**Workout #1036 - Monday, 17 September 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
500	1 x 500 on 10:00 free	2:00
400	4 x 100 on 2:00 Kick	2:00
600	3 x 200 on 3:45 pull	1:52
	* Group Up *	
200	8 x 25 on :45 Middle four fast	3:00
1,350	3x{4 x 50 on 1:00 build	2:00
	{6 x 25 on :40 fast	2:40
	{1 x 100 on 1:50 free	1:50
	6:10 PM 3,050 Meters	

**Workout #1039 - Tuesday, 18 September 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	1 x 600 on 12:00 free	2:00
600	2 x 300 on 5:30 Pull	1:50
400	1 x 400 on 8:00 Kick	2:00
	*Group UP*	
100	4 x 25 on :45 FAST	3:00
200	4 x 50 on 1:00 Build	2:00
400	4 x 100 on 1:50 Build	1:50
800	4 x 200 on 3:45 free	1:52
100	1 x 100 on 10:00 easy	10:00
	6:18 PM 3,200 Meters	

**Workout #1042 - Wednesday, 19 September 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	1 x 600 on 12:00 free	2:00
500	2 x 250 on 5:00 PULL	2:00
400	1 x 400 on 9:00 kick	2:15
	*Group Up*	
2,400	1x{2 x 400 on 7:00 neg split	1:45
	{4 x 200 on 3:40 build	1:50
	{8 x 100 on 1:50 desc	1:50
100	1 x 100 on 5:00 Loosen	5:00
6:24 PM 4,000 Meters		

**Workout #1045 - Thursday, 20 September 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 10:00 free	2:00
400	1 x 400 on 8:00 pull	2:00
300	3 x 100 on 2:00 kick	2:00
	*Group Up*	
100	4 x 25 on :45 Fast	3:00
250	5 x 50 on 1:00 build	2:00
500	5 x 100 on 1:55 desc 1-5	1:55
200	4 x 50 on 1:00 Build	2:00
300	3 x 100 on 1:50 Desc 1-3	1:50
150	3 x 50 on 1:00 build	2:00
100	1 x 100 on 2:00 Fast	2:00
6:06 PM 2,800 Meters		

**Workout #1061 - Monday, 24 September 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:30 Swim & Drill MIX	1:54
500	10 x 50 on 1:00 Pull, Desc	2:00
400	4 x 100 on 2:15 Kick, mix efforts	2:15
	***** Group Up *****	
200	4 x 50 on 1:05 Desc	2:10
600	8 x 75 on 1:30 Desc 1-4; #4/#8 s/b very fast	2:00
100	1 x 100 on 2:30 Easy	2:30
600	8 x 75 on 1:40 Desc 1-4, #4/8 s/b very fast	2:13
100	1 x 100 on 5:00 Loosen	5:00
6:15 PM 3,000 Meters		

**Workout #1059 - Tuesday, 25 September 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	2 x 300 on 5:45 Swim and drill mix	1:55
400	4 x 100 on 1:50 Pull, Build	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
1,500	2x{2 x 150 on 2:45 Desc	1:50
	{2 x 150 on 2:35 Desc	1:43
	{1 x 150 on 3:15 Fast + Extra Rest	2:10
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,100 Meters	

**Workout #1056 - Wednesday, 26 September 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	3 x 200 on 3:45 Mix drill and swim	1:52
400	4 x 100 on 1:50 Pull, Desc	1:50
400	4 x 100 on 2:15 Kick, Build	2:15
	----- Group Up -----	
200	4 x 50 on 1:00 Build	2:00
800	2 x 400 on 6:40 Neg Split	1:40
800	4 x 200 on 3:30 Build	1:45
800	8 x 100 on 1:50 Desc	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:28 PM 4,100 Meters	

**Workout #1052 - Thursday, 27 September 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
=====	=====	=====
600	4 x 150 on 2:45 Mix swim & drill	1:50
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 \\\	
100	4 x 25 on :40 Fast	2:40
400	2 x 200 on 3:50 Desc	1:55
400	2 x 200 on 3:40 Desc	1:50
400	2 x 200 on 3:30 Desc	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
	6:13 PM 3,050 Meters	

**Workout #1073 - Monday, 01 October 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 10:00 free	2:00
400	2 x 200 on 3:30 pull	1:45
300	6 x 50 on 1:20 kick	2:40
	*Group Up*	
100	4 x 25 on :40 FAST!	2:40
1,400	2x{8 x 50 on 1:00 Desc 1-4,5-8	2:00
	{3 x 100 on 1:50 Build	1:50
100	1 x 100 on 10:00 Easy	10:00
6:10 PM 2,800 Meters		

**Workout #1076 - Tuesday, 02 October 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	1 x 600 on 11:00 free	1:50
400	8 x 50 on 1:00 pull	2:00
200	4 x 50 on 1:20 kick	2:40
	*Group UP*	
200	4 x 50 on 1:00 Build	2:00
400	4 x 100 on 2:00 Desc 1-4	2:00
400	2 x 200 on 3:20 second one fast	1:40
200	2 x 100 on 1:45 Desc 1-2	1:45
200	1 x 200 on 3:00 Fast	1:30
100	1 x 100 on 10:00 EASY	10:00
6:09 PM 2,700 Meters		

**Workout #1079 - Wednesday, 03 October 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
400	1 x 400 on 9:00 free	2:15
300	6 x 50 on 1:20 kick	2:40
600	6 x 100 on 2:00 pull	2:00
	*Group Up*	
200	4 x 50 on 1:00 Desc 1-4	2:00
2,400	2x{4 x 75 on 1:30 middle 25 fast	2:00
	{3 x 300 on 5:25 build	1:48
6:22 PM 3,900 Meters		

**Workout #1082 - Thursday, 04 October 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
500	1 x 500 on 10:00 free	2:00
400	2 x 200 on 3:30 pull	1:45
400	8 x 50 on 1:10 kick	2:20
	*Group UP*	
100	4 x 25 on :40 FAST	2:40
400	8 x 50 on 1:00 Desc 1-4,5-8	2:00
300	4 x 75 on 1:30 build	2:00
300	6 x 50 on 1:00 desc 1-3,4-6	2:00
150	2 x 75 on 1:20 build	1:47
200	4 x 50 on 1:00 Desc 1-4	2:00
75	1 x 75 on 1:10 FAST	1:33
100	1 x 100 on 10:00 Easy	10:00
	6:19 PM 2,925 Meters	

**Workout #1108 - Monday, 08 October 2018**  
**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
400	8 x 50 on 1:00 Pull, Mix Efforts	2:00
400	8 x 50 on 1:15 Kick, Odss Faster	2:30
	@@@@@ Group Up @@@@@	
200	4 x 50 on 1:05 Build	2:10
450	6 x 75 on 1:25 Desc 1-3/4-6	1:53
200	4 x 50 on 1:05 Build	2:10
300	4 x 75 on 1:35 Desc 1-2/3-4	2:07
200	4 x 50 on 1:05 Build	2:10
150	2 x 75 on 1:45 Desc 1-2	2:20
100	1 x 100 on 5:00 Loosen	5:00
	6:19 PM 3,000 Meters	

**Workout #1105 - Tuesday, 09 October 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	3 x 200 on 3:40 Mix swim and drill	1:50
400	4 x 100 on 1:55 Pull, Neg Split	1:55
400	4 x 100 on 2:20 Kick, Last 25 Fast	2:20
	==== Group Up =====	
100	4 x 25 on :40 Fast	2:40
500	5 x 100 on 1:50 Build	1:50
500	5 x 100 on 1:45 Build	1:45
500	5 x 100 on 1:40 Build	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,100 Meters	

**Workout #1103 - Wednesday, 10 October 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	4 x 150 on 2:45 Mix drill and swim	1:50
400	2 x 200 on 3:45 Pull, mix efforts	1:52
400	4 x 100 on 2:20 Kick, Desc	2:20
	***** Group Up *****	
800	2 x 400 on 6:45 Neg Split	1:41
900	3 x 300 on 5:05 Neg Split	1:42
800	4 x 200 on 3:30 Neg Split	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:24 PM 4,000 Meters	

**Workout #1099 - Thursday, 11 October 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	6 x 100 on 1:55 Mix swim and drill	1:55
400	4 x 100 on 1:50 Pull, Desc	1:50
400	2 x 200 on 5:30 Kick, mix efforts	2:45
	+++++ Group Up +++++	
100	4 x 25 on :40 Fast	2:40
900	6 x 150 on 2:30 Desc 1-3/4-6	1:40
600	4 x 150 on 2:45 Desc 1-4	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,100 Meters	

**Workout #1085 - Monday, 15 October 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

No workout sets have been created

**Workout #1086 - Monday, 15 October 2018**  
**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 #1089 - Tuesday, 16 October 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
500	1 x 500 on 10:00 free	2:00
500	1 x 500 on 10:00 Pull	2:00
400	2 x 200 on 4:00 Kick	2:00
	*GRoup UP*	
100	4 x 25 on :40 FAST	2:40
450	6 x 75 on 1:45 build	2:20
450	3 x 150 on 2:40 desc 1-4	1:47
300	4 x 75 on 1:40 build	2:13
300	2 x 150 on 2:50 desc 1-2	1:53
	6:10 PM 3,000 Meters	

**Workout #1092 - Wednesday, 17 October 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
500	1 x 500 on 10:00 free	2:00
500	1 x 500 on 10:00 pull	2:00
400	2 x 200 on 4:00 kick	2:00
	*Group Up*	
200	4 x 50 on 1:00 build	2:00
2,400	2x{2 x 300 on 5:30 desc 1-3	1:50
	{1 x 600 on 11:00 neg split	1:50
100	1 x 100 on 10:00 easy	10:00
	6:31 PM 4,100 Meters	

**Workout #1095 - Thursday, 18 October 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	1 x 600 on 12:00 free	2:00
400	1 x 400 on 8:00 pull	2:00
400	2 x 200 on 4:00 kick	2:00
	*GRoup UP*	
100	4 x 25 on :40 FAST	2:40
400	8 x 50 on 1:00 Desc 1-4,5-8	2:00
450	6 x 75 on 1:30 middle 25 fast	2:00
450	3 x 150 on 2:45 build	1:50
300	1 x 300 on 5:30 neg split	1:50
100	1 x 100 on 10:00 easy	10:00
	6:21 PM 3,200 Meters	



**Workout #1136 - Monday, 22 October 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:40 Swim & Drill	1:53
400	4 x 100 on 1:50 Pull, Desc	1:50
400	4 x 100 on 2:20 Kick, Mix in a fast 25	2:20
	///// Group Up \\\	
100	4 x 25 on :40 Fast	2:40
400	2 x 200 on 3:30 Desc	1:45
100	4 x 25 on :45 Fast	3:00
450	3 x 150 on 2:40 Desc	1:47
100	4 x 25 on :50 Fast	3:20
400	4 x 100 on 1:50 Desc	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:17 PM 3,050 Meters	

**Workout #1134 - Tuesday, 23 October 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	3 x 200 on 3:40 Mix drill and swim	1:50
400	8 x 50 on 1:00 Pull, Desc	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 3:45 Desc	1:52
400	4 x 100 on 1:45 Desc	1:45
200	4 x 50 on 1:05 Desc	2:10
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,000 Meters	

**Workout #1131 - Wednesday, 24 October 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	4 x 150 on 2:50 Swim & Drill	1:53
400	4 x 100 on 1:50 Pull, Build	1:50
500	10 x 50 on 1:15 Kick, Alt Fast/EZ	2:30
	===== Group Up =====	
300	6 x 50 on :55 Desc 1-3, 4-6	1:50
500	1 x 500 on 9:00 Even 50s Faster	1:48
300	6 x 50 on 1:00 Desc 1-3, 4-6	2:00
500	1 x 500 on 9:10 Negative Split	1:50
300	6 x 50 on 1:05 Desc 1-3, 4-6	2:10
500	1 x 500 on 9:00 Go time!	1:48
100	1 x 100 on 5:00 Loosen	5:00
	6:34 PM 4,000 Meters	

**Workout #1128 - Thursday, 25 October 2018**  
**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	4 x 100 on 1:55 Pull, Desc	1:55
400	8 x 50 on 1:20 Kick, Evens Faster	2:40
	##### Group Up #####	
200	4 x 50 on 1:10 Desc	2:20
800	8 x 100 on 1:50 Desc 1-4, 5-8	1:50
100	1 x 100 on 2:30 Easy	2:30
400	4 x 100 on 2:00 Best Effort	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,000 Meters	

**Workout #1112 - Monday, 29 October 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	1 x 600 on 10:00 free	1:40
400	2 x 200 on 3:45 pull	1:52
300	6 x 50 on 1:30 kick	3:00
	*Group Up*	
100	4 x 25 on :40 FAST	2:40
1,500	3x{4 x 50 on 1:05 desc 1-4	2:10
	{4 x 75 on 1:25 build	1:53
100	1 x 100 on 10:00 free	10:00
	6:15 PM 3,000 Meters	

**Workout #1115 - Tuesday, 30 October 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 9:00 free	1:48
400	8 x 50 on 1:00 pull	2:00
400	2 x 200 on 4:00 kick	2:00
	*Group Up*	
100	4 x 25 on :40 Fast	2:40
300	4 x 75 on 1:30 desc 1-4	2:00
600	4 x 150 on 2:45 build	1:50
450	6 x 75 on 1:20 desc 1-3,4-6	1:47
300	2 x 150 on 2:45 build	1:50
100	1 x 100 on 10:00 easy	10:00
	6:17 PM 3,150 Meters	

**Workout #1120 - Wednesday, 31 October 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
500	1 x 500 on 10:00 free	2:00
400	8 x 50 on 1:00 pull	2:00
400	2 x 200 on 4:00 kick	2:00
	*Group Up*	
200	4 x 50 on 1:00 build	2:00
2,400	2x{4 x 100 on 1:50 desc 1-4	1:50
	{2 x 200 on 3:30 build	1:45
	{1 x 400 on 7:45 neg split	1:56
100	1 x 100 on 10:00 easy	10:00
6:30 PM 4,000 Meters		

**Workout #1123 - Thursday, 01 November 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 free	1:50
400	1 x 400 on 7:00 pull	1:45
300	6 x 50 on 1:20 kick	2:40
	*Group Up*	
100	4 x 25 on :40 FAST	2:40
400	8 x 50 on 1:00 desc 1-4,5-8	2:00
400	4 x 100 on 1:50 build	1:50
400	2 x 200 on 3:40 neg split	1:50
400	1 x 400 on 7:30 middle 200 fast	1:52
6:08 PM 3,000 Meters		

**Workout #1157 - Monday, 05 November 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	4 x 150 on 2:45 Mix drill and swim	1:50
400	4 x 100 on 2:20 Kick, Desc	2:20
400	4 x 100 on 1:55 Pull, Build	1:55
	%%%% Group Up %%%%	
100	4 x 25 on :40 Fast	2:40
200	4 x 50 on 1:05 Desc	2:10
1,250	5x{1 x 50 on 1:10 Easy	2:20
	{4 x 50 on 1:05 Fast	2:10
100	1 x 100 on 5:00 Loosen	5:00
6:16 PM 3,050 Meters		

**Workout #1154 - Tuesday, 06 November 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	2 x 300 on 5:55 Swim & Drill MIx	1:58
400	8 x 50 on 1:15 Kick, Mix Efforts	2:30
400	4 x 100 on 1:50 Pull, Desc	1:50
	@@@@@ GRoup Up @@@@@@	
100	4 x 25 on :40 Max Speed	2:40
50	1 x 50 on 1:15 Loosen (start early)	2:30
200	4 x 50 on 1:05 Desc	2:10
600	3 x 200 on 3:45 Desc 1-3	1:52
400	2 x 200 on 3:30 Desc 1-2	1:45
200	1 x 200 on 4:00 Best Effort	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:17 PM 3,050 Meters		

**Workout #1151 - Wednesday, 07 November 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	3 x 200 on 3:55 Dril/Swim Mix	1:58
400	4 x 100 on 2:20 Kick, Mix Efforts	2:20
400	8 x 50 on 1:05 Pull, Desc	2:10
	~~~~~ Group Up ~~~~~	
1,200	4 x 300 on 5:20 Desc	1:47
200	4 x 50 on 1:00 Alternate Easy, Fast	2:00
1,200	4 x 300 on 5:40 Build Each	1:53
100	1 x 100 on 5:00 Loosen	5:00
6:31 PM 4,100 Meters		

**Workout #1150 - Thursday, 08 November 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	6 x 100 on 1:55 Drill & Swim Mix	1:55
400	8 x 50 on 1:20 Kick, Desc	2:40
400	2 x 200 on 3:50 Pull, Build	1:55
	\$\$\$\$\$ Group Up \$\$\$\$\$	
200	4 x 50 on 1:10 Desc	2:20
150	2 x 75 on 1:40 Desc	2:13
300	4 x 75 on 1:30 Desc	2:00
450	6 x 75 on 1:20 Desc	1:47
300	4 x 75 on 1:25 Desc	1:53
150	2 x 75 on 1:30 Desc	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:17 PM 3,050 Meters		

**Workout #1139 - Monday, 12 November 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	1 x 600 on 12:00 free	2:00
400	2 x 200 on 4:00 kick	2:00
500	10 x 50 on 1:00 pull	2:00
	* Group Up *	
100	4 x 25 on :40 FAST	2:40
600	8 x 75 on 1:25 build	1:53
200	2 x 100 on 2:00 Fast	2:00
450	6 x 75 on 1:20 build	1:47
100	1 x 100 on 2:00 Fast	2:00
100	1 x 100 on 10:00 easy	10:00
6:17 PM 3,050 Meters		

**Workout #1142 - Tuesday, 13 November 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
500	1 x 500 on 10:00 free	2:00
400	4 x 100 on 2:00 pull	2:00
600	2 x 300 on 5:15 kick	1:45
	* Group Up *	
100	4 x 25 on :45 Fast	3:00
1,400	2x{6 x 50 on 1:00 desc 1-3, 4-6	2:00
	{3 x 100 on 1:45 build	1:45
	{1 x 100 on 2:00 Fast	2:00
100	1 x 100 on 10:00 easy	10:00
6:14 PM 3,100 Meters		

**Workout #1145 - Wednesday, 14 November 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
400	1 x 400 on 8:00 free	2:00
600	2 x 300 on 5:30 pull	1:50
400	8 x 50 on 1:20 kick	2:40
	* Group Up *	
400	8 x 50 on 1:00 desc 1-4, 5-8	2:00
800	4 x 200 on 3:40 build	1:50
400	1 x 400 on 7:20 neg split	1:50
400	2 x 200 on 3:30 build	1:45
400	1 x 400 on 7:20 even split	1:50
100	1 x 100 on 10:00 easy	10:00
6:34 PM 3,900 Meters		

**Workout #1160 - Thursday, 15 November 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	1 x 600 on 12:00 free	2:00
600	2 x 300 on 5:00 pull	1:40
300	6 x 50 on 1:00 kick	2:00
	* Group Up *	
100	4 x 25 on :45 FAST	3:00
1,600	2x{4 x 50 on 1:00 desc 1-4	2:00
	{2 x 150 on 2:50 neg split	1:53
	{2 x 75 on 1:20 desc 1-2	1:47
	{1 x 150 on 2:45 neg split	1:50
100	1 x 100 on 10:00 easy	10:00
6:17 PM 3,300 Meters		

**Workout #1169 - Monday, 19 November 2018**  
**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 #1172 - Tuesday, 20 November 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:45 Drill & Swim	1:55
400	8 x 50 on 1:00 Pull, Desc	2:00
450	6 x 75 on 2:00 Kick, Last 25 Faster	2:40
	===== Group Up =====	
200	4 x 50 on 1:05 Desc	2:10
600	8 x 75 on 1:30 Desc	2:00
450	6 x 75 on 1:25 Desc	1:53
300	4 x 75 on 1:20 Desc	1:47
100	1 x 100 on 5:00 Loosen	5:00
6:16 PM 3,100 Meters		

**Workout #1175 - Wednesday, 21 November 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	4 x 150 on 2:50 Swim and drill mix	1:53
400	8 x 50 on 1:15 Kick, mix efforts	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	1 x 600 on 10:45 Neg Split	1:48
600	2 x 300 on 5:30 Neg Split Day!	1:50
600	4 x 150 on 2:50 Neg Split	1:53
600	6 x 100 on 1:55 Neg Split	1:55
100	1 x 100 on 5:00 Loosen	5:00
	6:32 PM 4,000 Meters	

**Workout #1178 - Thursday, 22 November 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	3 x 200 on 3:40 Drill and swim	1:50
450	6 x 75 on 1:25 Pull, Desc	1:53
400	4 x 100 on 2:20 Kick, faster last 25	2:20
	----- Group Up -----	
1,500	3x{4 x 50 on 1:10 Desc 1-3, #4 Easy	2:20
	{2 x 150 on 2:30 Desc	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:08 PM 3,050 Meters	

Monday, 26 November 2018

600 2 x 300 on 5:45 Swim & Drill 1:55

400 8 x 50 on 1:15 Kick, Desc 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 6 x 100 on 1:55 Desc 1:55

450 6 x 75 on 1:25 Desc 1:53

300 6 x 50 on :55 Desc 1:50

150 6 x 25 on :30 Desc 2:00

100 1 x 100 on 5:00 Loosen 5:00

6:16 PM 3,100 Meters

Tuesday, 27 November 2018

600 3 x 200 on 3:45 Dril & Swim, MIX Efforts 1:52

400 8 x 50 on 1:00 Pull, Build 2:00

400 4 x 100 on 2:20 Kick, last 25 faster 2:20

\*\*\*\*\* Group Up \*\*\*\*\*

100 4 x 25 on :40 Fast 2:40

1,600 2x{3 x 200 on 3:30 Desc 1:45

{2 x 100 on 2:15 1 Best, 1 Easy 2:15

6:07 PM 3,100 Meters

Wednesday, 28 November 2018

600 4 x 150 on 2:50 Drill and Swim Mix 1:53

400 4 x 100 on 2:20 Kick, Build 2:20

400 4 x 100 on 1:50 Pull, Desc 1:50

===== Group Up =====

200 4 x 50 on 1:05 Desc 2:10

1,000 2 x 500 on 8:30 Neg Split & Desc 1:42

200 4 x 50 on 1:05 Desc 2:10

600 2 x 300 on 5:15 Neg Split & Desc 1:45

200 4 x 50 on 1:05 Desc 2:10

300 2 x 150 on 2:40 Desc 1:47

100 1 x 100 on 5:00 Loosen 5:00

6:33 PM 4,000 Meters

Thursday, 29 November 2018

600 6 x 100 on 1:50 Swim & Drill 1:50

400 4 x 100 on 2:20 Kick, mix efforts 2:20

400 4 x 100 on 1:50 Pull, mix efforts 1:50

----- Group Up -----

100 4 x 25 on :40 Fast 2:40

400 4 x 100 on 1:45 Desc 1:45

100 2 x 50 on 1:00 Steady 2:00

400 4 x 100 on 1:50 Desc 1:50

100 2 x 50 on 1:00 Steady 2:00

400 4 x 100 on 1:55 Descend 1-3 stroke 1:55

100 1 x 100 on 5:00 Loosen 5:00

6:13 PM 3,000 Meters



**Workout #1211 - Monday, 03 December 2018**  
**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, Build	2:20
400	8 x 50 on 1:05 Pull, Evens Faster	2:10
	<<<<< Group Up >>>>>	
100	4 x 25 on :40 Fast	2:40
1,400	2x{2 x 50 on 1:05 Desc	2:10
	{8 x 75 on 1:45 Evens Best Effort, Odds Steady	2:20
100	1 x 100 on 5:00 Loosen	5:00
6:16 PM 3,000 Meters		

**Workout #1208 - Tuesday, 04 December 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
750	6 x 125 on 2:20 Last 25 Fast	1:52
400	8 x 50 on 1:15 Kick, desc	2:30
400	4 x 100 on 1:50 Pull, Build	1:50
	:::::: 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 1:15 Easy	2:30
150	1 x 150 on 3:00 Last one, fast one	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:14 PM 3,150 Meters		

**Workout #1203 - Wednesday, 05 December 2018**  
**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 Mix	1:52
400	8 x 50 on 1:00 Pull, Mix it up	2:00
400	8 x 50 on 1:15 Kick, Desc	2:30
	)))) Group Up (((((	
100	4 x 25 on :40 Fast	2:40
2,400	4x{1 x 400 on 7:00 Neg Split	1:45
	{4 x 50 on 1:05 3 Fast, 1 Easy	2:10
100	1 x 100 on 5:00 Loosen	5:00
6:29 PM 4,000 Meters		

**Workout #1200 - Thursday, 06 December 2018**  
**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	4 x 100 on 1:50 Pull, Alt Efforts	1:50
400	4 x 100 on 2:15 Kick, faster in the middle	2:15
	]]]] Group Up [[[[	
100	4 x 25 on :40 Fast	2:40
600	4 x 150 on 2:45 Desc	1:50
450	3 x 150 on 2:40 Desc	1:47
300	2 x 150 on 2:35 Desc	1:43
150	1 x 150 on 3:00 Last one, fast one	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,100 Meters	

**Workout #1198 - Monday, 10 December 2018**  
**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 2:20 Kick, some fast	2:20
400	8 x 50 on 1:00 Pull, 2 easy, 1 fast	2:00
	***** Group Up *****	
200	4 x 50 on 1:10 Desc 1-3, #4 Easy	2:20
400	8 x 50 on 1:05 Desc	2:10
50	2 x 25 on :40 Fast	2:40
400	8 x 50 on 1:00 Desc	2:00
50	2 x 25 on :40 Fast	2:40
400	8 x 50 on :55 Desc	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:17 PM 3,000 Meters	

**Workout #1195 - Tuesday, 11 December 2018**  
**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	1:50
400	4 x 100 on 1:50 Pull, build	1:50
400	8 x 50 on 1:15 Kick, last 25 faster	2:30
	///// Group Up \\\	
100	4 x 25 on :40 Fast	2:40
1,500	3x{2 x 200 on 3:30 Build	1:45
	{2 x 50 on 1:10 1 Fast, 1 Easy	2:20
100	1 x 100 on 5:00 Loosen	5:00
	6:10 PM 3,100 Meters	

**Workout #1193 - Wednesday, 12 December 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:45 Drill and Swim Mix	1:52
400	4 x 100 on 2:20 Kick, middle faster	2:20
400	8 x 50 on 1:05 Pull, mix efforts	2:10
	@@@@@ Group Up @@@@@	
200	4 x 50 on 1:00 Desc	2:00
200	2 x 100 on 1:50 Desc	1:50
900	3 x 300 on 5:15 Desc	1:45
200	2 x 100 on 1:55 Desc	1:55
600	2 x 300 on 5:15 Desc	1:45
200	2 x 100 on 2:00 Desc	2:00
300	1 x 300 on 6:00 Last one, Fast one	2:00
100	1 x 100 on 5:00 Loosen	5:00

6:35 PM 4,100 Meters

**Workout #1189 - Thursday, 13 December 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
1,500	2x{3 x 100 on 1:55 Mix swim and drill	1:55
	{2 x 75 on 1:40 Kick, Desc	2:13
	{3 x 100 on 1:55 Pull, Build	1:55
	}}}} Group Up {{{}}	
100	4 x 25 on :40 Fast	2:40
200	4 x 50 on 1:05 Desc	2:10
1,100	2x{1 x 100 on 2:30 Easy	2:30
	{6 x 75 on 2:00 Hold Best Effort	2:40
100	1 x 100 on 5:00 Loosen	5:00

6:16 PM 3,000 Meters

**Workout #1225 - Monday, 17 December 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:50 Swm and Drill	1:50
400	8 x 50 on 1:15 Kick, some 25s fast!	2:30
400	8 x 50 on 1:00 Pull, Desc	2:00
	^^^^^ Group Up ^^^^^	
100	4 x 25 on :40 Fast	2:40
1,600	4x{4 x 75 on 1:40 Free, Best Average Speed	2:13
	{1 x 100 on 2:00 Easy	2:00

6:11 PM 3,100 Meters

**Workout #1223 - Tuesday, 18 December 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
600	4 x 150 on 2:50 Swim & Drill	1:53
400	4 x 100 on 1:50 Pull, Desc	1:50
400	4 x 100 on 2:15 Kick, Desc	2:15
	----- Group Up -----	
100	4 x 25 on :40 Fast	2:40
1,500	1x{5 x 100 on 1:55 Steady Effort	1:55
	{4 x 100 on 1:50 75 Steady + 25 Fast	1:50
	{3 x 100 on 1:45 50 Steady + 50 Fast	1:45
	{2 x 100 on 1:40 25 Steady + 75 Fast	1:40
	{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 #1220 - Wednesday, 19 December 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
600	3 x 200 on 3:40 Drill and Swim	1:50
400	8 x 50 on 1:00 Pull. Evens Faster	2:00
400	4 x 100 on 2:15 Kick, Mix Efforts	2:15
	===== Group Up =====	
1,200	3 x 400 on 6:45 Desc	1:41
900	3 x 300 on 5:15 Desc	1:45
600	3 x 200 on 3:40 Desc	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:27 PM 4,200 Meters	

**Workout #1216 - Thursday, 20 December 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
600	2 x 300 on 5:45 Drill & Swim	1:55
400	4 x 100 on 2:20 Kick, Desc	2:20
400	8 x 50 on 1:05 Pull, Desc	2:10
	***** Group Up *****	
100	4 x 25 on :40 Fast	2:40
900	6 x 150 on 2:40 Desc	1:47
600	4 x 150 on 2:50 Desc	1:53
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,100 Meters	

**Workout #1234 - Monday, 24 December 2018**  
**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 :45 Speedy!	3:00
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
	6:15 PM 3,000 Meters	

**Workout #1237 - Tuesday, 25 December 2018**  
**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 1:10 Kick, Mix Efforts	2:20
400	4 x 100 on 1:50 Pull, Desc	1:50
	===== Group Up =====	
600	6 x 100 on 2:00 1 Mod, 4 Fast	2:00
450	6 x 75 on 1:40 1 Mod, 3 Fast	2:13
300	6 x 50 on 1:05 1 Mod, 2 Fast	2:10
150	6 x 25 on :40 Alt 1 Mod, 1 All-out effort	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:15 PM 3,000 Meters	

**Workout #1240 - Wednesday, 26 December 2018**  
**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
450	6 x 75 on 1:45 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
2,400	2x{6 x 100 on 1:50 Desc	1:50
	{1 x 600 on 11:00 Neg Split	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:27 PM 4,050 Meters	

**Workout #1243 - Thursday, 27 December 2018**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:40 Swim & Drill	1:53
400	4 x 100 on 2:15 Kick, as desired	2:15
450	6 x 75 on 1:25 Pull, Desc	1:53
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
900	6 x 150 on 2:45 Desc	1:50
450	3 x 150 on 2:35 Desc	1:43
150	1 x 150 on 2:25 Last one fast one	1:37
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,150 Meters	

**Workout #1247 - Monday, 31 December 2018**  
**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 2:15 Kick, Desc	2:15
400	4 x 100 on 1:55 Pull, Neg Split Efforts	1:55
	##### Group Up #####	
600	4x{4 x 25 on :35 Best Effort	2:20
	{1 x 50 on 1:20 Easy	2:40
1,000	4x{4 x 50 on 1:10 Best Effort	2:20
	{1 x 50 on 1:20 Easy	2:40
	6:11 PM 3,000 Meters	

**Workout #1250 - Tuesday, 01 January 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	3 x 200 on 3:40 Swim & Drill Mix	1:50
400	8 x 50 on 1:00 Pull, Mix Efforts	2:00
400	8 x 50 on 1:15 Kick, Evens Faster	2:30
	===== Group Up =====	
100	4 x 25 on :40 Fast	2:40
200	4 x 50 on 1:05 Desc	2:10
900	12 x 75 on 1:25 Do as one easy, two fast	1:53
100	1 x 100 on 2:15 Easy	2:15
300	4 x 75 on 1:45 All Fast	2:20
100	1 x 100 on 5:00 Loosen	5:00
	6:17 PM 3,100 Meters	

**Workout #1253 - Wednesday, 02 January 2019**  
**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 & drill	1:50
400	4 x 100 on 2:15 Kick, mix efforts	2:15
400	8 x 50 on 1:00 Pull, Desc	2:00
	+++++ Group Up +++++	
100	4 x 25 on :40 Fast	2:40
600	6 x 100 on 1:50 Desc	1:50
800	2 x 400 on 6:45 Desc 1-2 & Neg Split 'em	1:41
600	6 x 100 on 1:50 Desc	1:50
400	1 x 400 on 7:15 Best Speed	1:49
100	1 x 100 on 5:00 Loosen	5:00
	6:28 PM 4,000 Meters	

**Workout #1256 - Thursday, 03 January 2019**  
**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
400	8 x 50 on 1:15 Kick, mix efforts	2:30
400	4 x 100 on 1:50 Pull, Desc	1:50
	%%%%% Group Up %%%%%	
200	4 x 50 on 1:05 Desc	2:10
600	8 x 75 on 1:50 Hold best pace	2:27
100	1 x 100 on 2:00 Loosen (start early)	2:00
600	8 x 75 on 2:00 Hold best pace	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:20 PM 3,000 Meters	