

Workout #412 - Monday, 31 December 2018
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:15 Kick, Desc	2:15
400	5:22 PM	4 x 100 on 1:55 Pull, Neg Split Efforts	1:55
		##### Group Up #####	
600	5:31 PM	4x{4 x 25 on :35 Best Effort	2:20
		{1 x 50 on 1:20 Easy	2:40
1,000	5:47 PM	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 #411 - Tuesday, 01 January 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:40 Swim & Drill Mix	1:50
400	5:12 PM	8 x 50 on 1:00 Pull, Mix Efforts	2:00
400	5:21 PM	8 x 50 on 1:15 Kick, Evens Faster	2:30
		==== Group Up =====	
100	5:32 PM	4 x 25 on :40 Fast	2:40
200	5:36 PM	4 x 50 on 1:05 Desc	2:10
900	5:42 PM	12 x 75 on 1:25 Do as one easy, two fast	1:53
100	6:00 PM	1 x 100 on 2:15 Easy	2:15
300	6:04 PM	4 x 75 on 1:45 All Fast	2:20
100	6:12 PM	1 x 100 on 5:00 Loosen	5:00
	6:17 PM	3,100 Meters	

Workout #410 - Wednesday, 02 January 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix swim & drill	1:50
400	5:12 PM	4 x 100 on 2:15 Kick, mix efforts	2:15
400	5:22 PM	8 x 50 on 1:00 Pull, Desc	2:00
		+++++ Group Up +++++	
100	5:31 PM	4 x 25 on :40 Fast	2:40
600	5:35 PM	6 x 100 on 1:50 Desc	1:50
800	5:47 PM	2 x 400 on 6:45 Desc 1-2 & Neg Split 'em	1:41
600	6:02 PM	6 x 100 on 1:50 Desc	1:50
400	6:14 PM	1 x 400 on 7:15 Best Speed	1:49
100	6:23 PM	1 x 100 on 5:00 Loosen	5:00
	6:28 PM	4,000 Meters	

Workout #409 - Thursday, 03 January 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:45 Swim and drill	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, mix efforts	2:30
400	5:24 PM	4 x 100 on 1:50 Pull, Desc	1:50
		%%%% Group Up %%%%	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
600	5:39 PM	8 x 75 on 1:50 Hold best pace	2:27
100	5:55 PM	1 x 100 on 2:00 Loosen (start early)	2:00
600	5:58 PM	8 x 75 on 2:00 Hold best pace	2:40
100	6:15 PM	1 x 100 on 5:00 Loosen	5:00
	6:20 PM	3,000 Meters	

Workout #421 - Monday, 07 January 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:45 Swim & Drill	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, mix efforts	2:30
400	5:24 PM	4 x 100 on 1:50 Pull, Desc	1:50
		^^^^ Group Up ^^^^^	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
100	5:39 PM	4 x 25 on :40 Fast	2:40
600	5:43 PM	8 x 75 on 2:00 How fast can you go?	2:40
50	6:00 PM	1 x 50 on 1:30 Easy, Start Early	3:00
600	6:03 PM	8 x 75 on 1:45 Can you go as fast?	2:20
100	6:18 PM	1 x 100 on 5:00 Loosen	5:00
	6:23 PM	3,050 Meters	

Workout #424 - Tuesday, 08 January 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:40 Mix swim & drill	1:50
400	5:12 PM	4 x 100 on 2:20 Kick, some fast!	2:20
450	5:23 PM	6 x 75 on 1:30 Pull, build	2:00
		***** Group Up *****	
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,500	5:37 PM	3x{4 x 100 on 1:45 Desc	1:45
		{1 x 50 on 1:15 Max Effort	2:30
		{1 x 50 on 1:30 Easy	3:00
	6:07 PM	3,050 Meters	

Workout #427 - Wednesday, 09 January 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Swim & Drill	1:53
450	5:13 PM	6 x 75 on 1:50 Kick, last 25 faster	2:27
400	5:25 PM	8 x 50 on 1:05 Pull, Desc	2:10
		----- Group Up -----	
200	5:35 PM	4 x 50 on 1:05 Desc	2:10
600	5:41 PM	1 x 600 on 10:30 Neg Split	1:45
600	5:53 PM	6 x 100 on 1:45 Alt 1 easier, 1 faster	1:45
600	6:05 PM	1 x 600 on 10:40 Neg Split	1:47
600	6:17 PM	6 x 100 on 1:50 Alt 1 easier, 2 faster	1:50
100	6:29 PM	1 x 100 on 5:00 Loosen	5:00
	6:34 PM	4,150 Meters	

Workout #430 - Thursday, 10 January 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Swim & drill	1:50
400	5:12 PM	8 x 50 on 1:15 Kick, Evens Fast	2:30
400	5:23 PM	4 x 100 on 1:50 Pull as desired	1:50
		===== Group Up =====	
100	5:32 PM	4 x 25 on :40 Fast	2:40
1,600	5:36 PM	4x{2 x 150 on 2:30 Strong & Steady	1:40
		{2 x 50 on 1:10 #1 Max, #2 Easier	2:20
	6:06 PM	3,100 Meters	

Workout #433 - Monday, 14 January 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Drill & swim	1:50
400	5:12 PM	4 x 100 on 1:50 Pull, MIX Efforts	1:50
400	5:21 PM	8 x 50 on 1:15 Kick, Mix Efforts	2:30
		&&&&& Group Up &&&&&	
100	5:32 PM	4 x 25 on :40 Fast	2:40
		No matter what, #10 always MAX!!	
500	5:36 PM	10 x 50 on 1:10 1 Easier, 1 Faster	2:20
500	5:49 PM	10 x 50 on 1:10 1 Easier, 2 Faster	2:20
500	6:02 PM	10 x 50 on 1:10 1 Easier, 3 Faster	2:20
100	6:15 PM	1 x 100 on 5:00 Loosen	5:00
	6:20 PM	3,100 Meters	

Workout #436 - Tuesday, 15 January 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:45 Mix swim & drill	1:55
450	5:13 PM	6 x 75 on 1:45 Kick, last 25 stronger	2:20
400	5:25 PM	4 x 100 on 1:50 Pull, Desc	1:50
		@@@@ Group Up @@@@	
100	5:34 PM	4 x 25 on :40 Fast	2:40
200	5:38 PM	4 x 50 on 1:05 Desc	2:10
600	5:44 PM	3 x 200 on 3:35 Desc	1:48
400	5:56 PM	2 x 200 on 3:45 Desc	1:52
200	6:05 PM	1 x 200 on 4:00 Last one, fast one	2:00
100	6:10 PM	1 x 100 on 5:00 Loosen	5:00
	6:15 PM	3,050 Meters	

Workout #439 - Wednesday, 16 January 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Swim & drill	1:52
450	5:13 PM	6 x 75 on 1:45 Kick, Build	2:20
400	5:25 PM	4 x 100 on 1:50 Pull, Desc	1:50
		+++++ Group Up +++++	
500	5:34 PM	10 x 50 on 1:05 Desc 1-5 & 6-10	2:10
500	5:46 PM	1 x 500 on 8:30 Neg Split	1:42
500	5:56 PM	5 x 100 on 1:40 Desc	1:40
500	6:06 PM	5 x 100 on 1:45 Desc	1:45
500	6:16 PM	5 x 100 on 1:50 Desc	1:50
100	6:27 PM	1 x 100 on 5:00 Loosen	5:00
	6:32 PM	4,050 Meters	

Workout #442 - Thursday, 17 January 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Drill & Swim	1:50
400	5:12 PM	8 x 50 on 1:10 Kick, mix it up	2:20
450	5:23 PM	6 x 75 on 1:25 Pull, faster last 25	1:53
		~~~~~ Group Up ~~~~~	
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,200	5:37 PM	8 x 150 on 2:40 Desc 1-4 / 5-8	1:47
50	6:00 PM	1 x 50 on 1:15 Easy	2:30
150	6:03 PM	1 x 150 on 3:00 Last one fast one	2:00
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,050 Meters	

**Workout #445 - Monday, 21 January 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:15 Kick, last 25 faster	2:15
400	5:22 PM	4 x 100 on 1:55 Pull, Desc ///// Group Up \\\	1:55
100	5:31 PM	4 x 25 on :40 Fast	2:40
500	5:35 PM	4 x 125 on 2:20 Desc	1:52
400	5:46 PM	4 x 100 on 1:55 Desc	1:55
300	5:55 PM	4 x 75 on 1:30 Desc	2:00
200	6:02 PM	4 x 50 on 1:05 Desc	2:10
100	6:08 PM	1 x 100 on 5:00 Loosen	5:00
	6:13 PM	3,000 Meters	

**Workout #448 - Tuesday, 22 January 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Swim and Drill Mix	1:53
400	5:13 PM	8 x 50 on 1:00 Pull, Desc	2:00
400	5:22 PM	8 x 50 on 1:15 Kick, Evens Faster ***** Group Up *****	2:30
1,600	5:33 PM	4x{2 x 50 on 1:10 FAST!! {2 x 150 on 2:40 Desc	2:20 1:47
100	6:05 PM	1 x 100 on 5:00 Loosen	5:00
	6:10 PM	3,100 Meters	

**Workout #451 - Wednesday, 23 January 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Drill & Swim	1:52
400	5:13 PM	4 x 100 on 2:15 Kick, mix efforts	2:15
400	5:23 PM	8 x 50 on 1:00 Pull, Build or Desc ::::: Group Up :::::	2:00
200	5:32 PM	4 x 50 on 1:05 Desc	2:10
800	5:38 PM	2 x 400 on 6:50 Desc	1:42
400	5:53 PM	4 x 100 on 1:45 Desc	1:45
800	6:01 PM	2 x 400 on 7:10 Desc	1:48
400	6:17 PM	4 x 100 on 1:50 Desc	1:50
100	6:26 PM	1 x 100 on 5:00 Loosen	5:00
	6:31 PM	4,100 Meters	

**Workout #454 - Thursday, 24 January 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:50 Swim and drill mix	1:57
400	5:13 PM	8 x 50 on 1:15 Kick, mix efforts	2:30
400	5:24 PM	4 x 100 on 1:50 Pull, Desc	1:50
		\$\$\$\$ Group Up \$\$\$\$	
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,200	5:37 PM	2x{2 x 100 on 2:00 Desc	2:00
		{2 x 100 on 1:50 Desc	1:50
		{2 x 100 on 1:40 Desc	1:40
200	6:00 PM	2 x 100 on 2:00 #1 Moderate, #2 Best	2:00
100	6:05 PM	1 x 100 on 5:00 Loosen	5:00
	6:10 PM	3,000 Meters	

**Workout #457 - Monday, 28 January 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
500	5:00 PM	1 x 500 on 9:00 Mix swim & Drill	1:48
500	5:10 PM	1 x 500 on 9:00 Pull, mix speeds	1:48
400	5:20 PM	4 x 100 on 2:20 Kick, mix in a fast 25 on each	2:20
		***** Group Up *****	
100	5:31 PM	4 x 25 on :50 Speedy!	3:20
400	5:36 PM	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	5:46 PM	1 x 200 on 4:00 Loosen, Get Ready	2:00
600	5:51 PM	6 x 100 on 3:00 Test Yourself!!	3:00
300	6:10 PM	1 x 300 on 6:00 Cool down	2:00
	6:16 PM	3,000 Meters	

**Workout #460 - Tuesday, 29 January 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:50 Swim & Drill	1:57
450	5:13 PM	6 x 75 on 1:45 Kick, middle faster	2:20
400	5:25 PM	4 x 100 on 1:50 Pull, Build	1:50
		XxXxX Group Up XxXxX	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
400	5:40 PM	2 x 200 on 3:50 Desc	1:55
400	5:49 PM	2 x 200 on 3:40 Desc	1:50
400	5:58 PM	2 x 200 on 3:30 Desc	1:45
200	6:06 PM	1 x 200 on 4:00 Last one, fast one!	2:00
100	6:11 PM	1 x 100 on 5:00 Loosen	5:00
	6:16 PM	3,150 Meters	

**Workout #463 - Wednesday, 30 January 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Drill and swim	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, mix it up	2:20
450	5:24 PM	6 x 75 on 1:25 Pull, last 25 faster	1:53
		==== Group Up =====	
600	5:34 PM	2 x 300 on 5:15 Desc	1:45
400	5:46 PM	2 x 200 on 3:30 Desc	1:45
200	5:54 PM	2 x 100 on 1:45 Desc	1:45
100	5:59 PM	2 x 50 on 1:00 Desc	2:00
200	6:02 PM	2 x 100 on 1:50 Desc	1:50
400	6:07 PM	2 x 200 on 3:40 Desc	1:50
600	6:16 PM	2 x 300 on 5:30 Desc	1:50
100	6:28 PM	1 x 100 on 5:00 Loosen	5:00
	6:33 PM	4,050 Meters	

**Workout #466 - Thursday, 31 January 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Swim and drill	1:50
400	5:12 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:23 PM	8 x 50 on 1:00 Pull, mix it up	2:00
		^^^^ Group Up ^^^^^	
100	5:32 PM	4 x 25 on :40 Fast	2:40
1,500	5:36 PM	3x{2 x 200 on 3:30 Desc	1:45
		{2 x 50 on 1:15 Very Fast	2:30
100	6:06 PM	1 x 100 on 5:00 Loosen	5:00
	6:11 PM	3,100 Meters	

**Workout #485 - Monday, 04 February 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:50 Mix swim and drill	1:57
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	4 x 100 on 1:50 Pull, Build	1:50
		----- Group Up -----	
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,500	5:37 PM	2x{3 x 100 on 1:50 Desc	1:50
		{3 x 75 on 1:30 Desc	2:00
		{3 x 50 on 1:10 Desc	2:20
		{3 x 25 on :50 BEST EFFORT	3:20
100	6:10 PM	1 x 100 on 5:00 Loosen	5:00
	6:15 PM	3,100 Meters	

**Workout #488 - Tuesday, 05 February 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Mix swim and drill	1:52
400	5:13 PM	4 x 100 on 2:20 Kick, mix efforts	2:20
400	5:24 PM	4 x 100 on 1:50 Pull Desc	1:50
		===== Group Up =====	
100	5:33 PM	4 x 25 on :40 Fast	2:40
800	5:37 PM	4 x 200 on 3:30 Desc	1:45
50	5:52 PM	1 x 50 on 1:20 Easy	2:40
800	5:55 PM	4 x 200 on 3:30 Desc	1:45
100	6:10 PM	1 x 100 on 5:00 Loosen	5:00
	6:15 PM	3,250 Meters	

**Workout #491 - Wednesday, 06 February 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix swim and drill	1:50
400	5:12 PM	4 x 100 on 2:20 Kick, last 25 fast	2:20
400	5:23 PM	8 x 50 on 1:00 Pull, Desc	2:00
		***** Group Up *****	
200	5:32 PM	4 x 50 on 1:05 Desc	2:10
1,200	5:38 PM	3 x 400 on 6:50 Desc	1:42
800	6:00 PM	4 x 200 on 3:40 Desc	1:50
400	6:16 PM	1 x 400 on 8:00 Last one, Fast one	2:00
100	6:25 PM	1 x 100 on 5:00 Loosen	5:00
	6:30 PM	4,100 Meters	

**Workout #494 - Thursday, 07 February 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix swim and drill	1:50
400	5:12 PM	8 x 50 on 1:05 Pull, Neg Split	2:10
400	5:22 PM	8 x 50 on 1:10 Kick as desired	2:20
		~~~~~ Group Up ~~~~~	
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,500	5:37 PM	3x{6 x 75 on 1:35 Desc	2:07
		{1 x 50 on 1:30 Loosen	3:00
	6:10 PM	3,000 Meters	

Workout #497 - Monday, 11 February 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Mix swim and drill	1:52
400	5:13 PM	8 x 50 on 1:05 Pull Desc	2:10
400	5:23 PM	4 x 100 on 2:20 Kick, faster last 25 ooooo Group Up ooooo	2:20
100	5:34 PM	4 x 25 on :40 Fast	2:40
800	5:38 PM	8 x 100 on 1:45 Desc	1:45
600	5:53 PM	8 x 75 on 1:45 Hold fastest effort from above	2:20
100	6:08 PM	1 x 100 on 5:00 Loosen	5:00
	6:13 PM	3,000 Meters	

Workout #500 - Tuesday, 12 February 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:50 Mix swim and drill	1:57
400	5:13 PM	4 x 100 on 1:50 Pull, Build	1:50
400	5:22 PM	8 x 50 on 1:15 Kick, Evens faster)))) Group Up (((((2:30
100	5:33 PM	4 x 25 on :40 Fast	2:40
200	5:37 PM	4 x 50 on 1:05 Desc	2:10
1,200	5:43 PM	1x{3 x 100 on 1:55 Steady {1 x 100 on 1:40 Fast Pace {2 x 100 on 1:55 Steady {2 x 100 on 1:40 Fast Pace {1 x 100 on 1:55 Steady {3 x 100 on 1:40 Fast Pace	1:55 1:40 1:55 1:40 1:55 1:40
100	6:06 PM	1 x 100 on 5:00 Loosen	5:00
	6:11 PM	3,000 Meters	

Workout #503 - Wednesday, 13 February 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Swim and drill	1:53
400	5:13 PM	4 x 100 on 1:50 Pull, Desc	1:50
400	5:22 PM	4 x 100 on 2:20 Kick as desired ::::: Group Up :::::	2:20
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
1,200	5:39 PM	2 x 600 on 11:30 Neg Split and Fast last 100	1:55
600	6:03 PM	2 x 300 on 5:45 Desc and Fafst last 100	1:55
600	6:16 PM	6 x 100 on 1:50 Alt 1 Easier, 1 Faster	1:50
100	6:28 PM	1 x 100 on 5:00 Loosen	5:00
	6:33 PM	4,100 Meters	

Workout #506 - Thursday, 14 February 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Swim and drill	1:53
400	5:13 PM	8 x 50 on 1:05 Pull, Build	2:10
400	5:23 PM	8 x 50 on 1:15 Kick, Evens FAST!	2:30
		%%%% Group Up %%%%	
100	5:34 PM	4 x 25 on :40 Fast	2:40
900	5:38 PM	6 x 150 on 2:45 Desc 1-3/4-6	1:50
600	5:56 PM	4 x 150 on 2:55 Desc 1-4	1:57
100	6:09 PM	1 x 100 on 5:00 Loosen	5:00
	6:14 PM	3,100 Meters	

Workout #511 - Monday, 18 February 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Swim & Drill Mix	1:53
400	5:13 PM	4 x 100 on 2:20 Kick, part of each one fast	2:20
400	5:24 PM	4 x 100 on 1:50 Pull, build	1:50
		***** Group Up *****	
100	5:33 PM	4 x 25 on :40 Fast!	2:40
600	5:37 PM	12 x 50 on 1:05 1 Fast, 1 Easy	2:10
500	5:51 PM	10 x 50 on 1:10 2 Fast, 1 Easy	2:20
400	6:04 PM	8 x 50 on 1:15 3 Fast, 1 Easy	2:30
100	6:15 PM	1 x 100 on 5:00 Loosen	5:00
	6:20 PM	3,100 Meters	

Workout #514 - Tuesday, 19 February 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Swim and Drill Mix	1:52
400	5:13 PM	8 x 50 on 1:10 Kick, evens faster	2:20
400	5:24 PM	8 x 50 on 1:00 Pull, mix efforts	2:00
		----- Group Up -----	
200	5:33 PM	4 x 50 on 1:05 Desc, #4 FAST	2:10
1,300	5:39 PM	2x{1 x 50 on 1:30 Loosen	3:00
		{3 x 100 on 1:45 Desc, #3 FAST	1:45
		{2 x 100 on 1:50 Desc, #2 FAST	1:50
		{1 x 100 on 1:55 Go, Go, Go!!!!	1:55
100	6:05 PM	1 x 100 on 5:00 Loosen	5:00
	6:10 PM	3,000 Meters	

Workout #517 - Wednesday, 20 February 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:45 Mix swim and drill	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, alt easy/fast	2:30
400	5:24 PM	4 x 100 on 1:50 Pull, Desc	1:50
		Group Up	
100	5:33 PM	4 x 25 on :40 Fast!	2:40
500	5:37 PM	1 x 500 on 8:30 Build or Neg Split	1:42
2,000	5:47 PM	2x{5 x 100 on 1:50 Desc	1:50
		{1 x 500 on 8:30 Build or Neg Split	1:42
100	6:24 PM	1 x 100 on 5:00 Loosen	5:00
	6:29 PM	4,100 Meters	

Workout #520 - Thursday, 21 February 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim and drill	1:55
400	5:13 PM	4 x 100 on 2:15 Kick, Build	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, Desc	2:10
		Group Up	
100	5:33 PM	4 x 25 on :40 Fast!	2:40
400	5:37 PM	2 x 200 on 3:50 Desc	1:55
400	5:46 PM	2 x 200 on 3:40 Desc	1:50
400	5:55 PM	2 x 200 on 3:30 Desc	1:45
200	6:03 PM	1 x 200 on 4:00 Last one, fast one	2:00
100	6:08 PM	1 x 100 on 5:00 Loosen	5:00
	6:13 PM	3,000 Meters	

Workout #546 - Monday, 25 February 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Swim and Drill	1:55
400	5:13 PM	4 x 100 on 2:15 Kick, Desc Effort	2:15
400	5:23 PM	8 x 50 on 1:00 Pull, Mix Effort	2:00
		Group Up	
100	5:32 PM	4 x 25 on :40 Fast!	2:40
600	5:36 PM	8 x 75 on 1:30 Desc	2:00
450	5:49 PM	6 x 75 on 1:40 Desc	2:13
300	6:00 PM	4 x 75 on 1:50 Desc	2:27
150	6:09 PM	2 x 75 on 2:00 Best of the day	2:40
100	6:14 PM	1 x 100 on 5:00 Loosen	5:00
	6:19 PM	3,100 Meters	

Workout #549 - Tuesday, 26 February 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:50 Swim/Drill Mix	1:57
400	5:13 PM	8 x 50 on 1:15 Kick, Mix Efforts	2:30
400	5:24 PM	4 x 100 on 1:50 Pull, Desc	1:50
		***** Group Up *****	
600	5:33 PM	4 x 150 on 2:30 Desc	1:40
500	5:44 PM	4 x 125 on 2:10 Desc	1:44
400	5:54 PM	4 x 100 on 1:50 Desc	1:50
300	6:03 PM	4 x 75 on 1:30 Desc	2:00
100	6:10 PM	1 x 100 on 5:00 Loosen	5:00
	6:15 PM	3,300 Meters	

Workout #552 - Wednesday, 27 February 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Drill/Swim Mix	1:50
400	5:12 PM	4 x 100 on 2:15 Kick, faster last 25	2:15
400	5:22 PM	8 x 50 on 1:00 Pull, faster evens	2:00
		===== group Up =====	
100	5:31 PM	4 x 25 on :40 Fast!	2:40
2,400	5:35 PM	3x{1 x 400 on 6:45 Neg Split	1:41
		{4 x 100 on 1:45 Alt 1 Easier, 1 Faster	1:45
100	6:18 PM	1 x 100 on 5:00 Loosen	5:00
	6:23 PM	4,000 Meters	

Workout #555 - Thursday, 28 February 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Swim/Drill Mix	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	4 x 100 on 1:50 Pull, desc	1:50
		##### Group Up #####	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
500	5:39 PM	5 x 100 on 1:40 Odds Faster	1:40
500	5:49 PM	5 x 100 on 1:45 Evens Faster	1:45
500	5:59 PM	5 x 100 on 1:50 Odds Faster	1:50
100	6:10 PM	1 x 100 on 5:00 Loosen	5:00
	6:15 PM	3,200 Meters	

Workout #560 - Monday, 04 March 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
500	5:00 PM	1 x 500 on 9:00 Mix swim & Drill	1:48
500	5:10 PM	1 x 500 on 9:00 Pull, mix speeds	1:48
400	5:20 PM	4 x 100 on 2:20 Kick, mix in a fast 25 on each ***** Group Up *****	2:20
100	5:31 PM	4 x 25 on :40 Speedy!	2:40
400	5:35 PM	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	5:45 PM	1 x 200 on 4:00 Loosen, Get Ready	2:00
600	5:50 PM	6 x 100 on 3:00 Test Yourself!!	3:00
300	6:09 PM	1 x 300 on 6:00 Cool down	2:00
	6:15 PM	3,000 Meters	

Workout #563 - Tuesday, 05 March 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Drill & Swim	1:53
400	5:13 PM	4 x 100 on 2:15 Kick, Desc	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, Mix Efforts ##### Group Up #####	2:10
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,500	5:37 PM	3x{2 x 200 on 3:30 Desc {2 x 50 on 1:05 1 Easy, 1 Fast	1:45 2:10
100	6:06 PM	1 x 100 on 5:00 Loosen	5:00
	6:11 PM	3,100 Meters	

Workout #566 - Wednesday, 06 March 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Drill & Swim Mix	1:52
400	5:13 PM	8 x 50 on 1:05 Pull, Evens Faster	2:10
400	5:23 PM	4 x 100 on 2:20 Kick, last 25 Fast ===== Group Up +++++	2:20
1,200	5:34 PM	2 x 600 on 10:30 Neg Split & Desc	1:45
900	5:56 PM	3 x 300 on 5:20 Neg Split & Desc	1:47
600	6:13 PM	4 x 150 on 2:45 Neg Split & Desc	1:50
100	6:25 PM	1 x 100 on 5:00 Loosen	5:00
	6:30 PM	4,200 Meters	

Workout #569 - Thursday, 07 March 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set	Description	PACE
600	5:00 PM	2 x 300	on 5:50 Mix swim & drill	1:57
400	5:13 PM	8 x 50	on 1:15 Kick, Mix Efforts	2:30
400	5:24 PM	4 x 100	on 1:50 Pull, Mix Efforts	1:50
			----- Group Up -----	
200	5:33 PM	4 x 50	on 1:00 Desc	2:00
300	5:38 PM	4 x 75	on 1:20 Desc	1:47
200	5:45 PM	4 x 50	on 1:05 Desc	2:10
300	5:51 PM	4 x 75	on 1:25 Desc	1:53
200	5:58 PM	4 x 50	on 1:10 Desc	2:20
300	6:04 PM	4 x 75	on 1:30 Desc	2:00
100	6:11 PM	1 x 100	on 5:00 Loosen	5:00
	6:16 PM		3,000 Meters	

Workout #579 - Monday, 11 March 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set	Description	PACE
600	5:00 PM	6 x 100	on 1:50 Drill & Swim	1:50
400	5:12 PM	8 x 50	on 1:15 Kick, Desc	2:30
400	5:23 PM	4 x 100	on 1:50 Pull, Desc	1:50
			***** Group Up *****	
100	5:32 PM	4 x 25	on :40 Desc	2:40
400	5:36 PM	8 x 50	on 1:05 Evens Faster	2:10
100	5:46 PM	4 x 25	on :35 Desc	2:20
400	5:50 PM	8 x 50	on 1:05 Evens Faster	2:10
100	6:00 PM	4 x 25	on :30 Desc	2:00
400	6:03 PM	8 x 50	on 1:05 Evens Faster	2:10
100	6:13 PM	1 x 100	on 5:00 Losen	5:00
	6:18 PM		3,000 Meters	

Workout #582 - Tuesday, 12 March 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set	Description	PACE
600	5:00 PM	4 x 150	on 2:50 Mix Drill & Swim	1:53
400	5:13 PM	4 x 100	on 1:50 Pull, Mix Efforts	1:50
400	5:22 PM	4 x 100	on 2:20 Kick, last 25 fast	2:20
			===== Group Up =====	
200	5:33 PM	4 x 50	on 1:05 Desc	2:10
450	5:39 PM	3 x 150	on 2:45 Desc	1:50
450	5:49 PM	3 x 150	on 2:40 Desc	1:47
450	5:58 PM	3 x 150	on 2:35 Desc	1:43
100	6:07 PM	1 x 100	on 5:00 Loosen	5:00
	6:12 PM		3,050 Meters	

Workout #585 - Wednesday, 13 March 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Swim & Drill Mix	1:52
400	5:13 PM	8 x 50 on 1:15 Kick, Mix up efforts	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Desc	2:10
		----- Group Up -----	
100	5:34 PM	4 x 25 on :40 Fast	2:40
900	5:38 PM	3 x 300 on 5:15 Desc	1:45
300	5:55 PM	3 x 100 on 1:50 Desc	1:50
600	6:02 PM	2 x 300 on 5:25 Desc	1:48
300	6:14 PM	3 x 100 on 1:50 Desc	1:50
300	6:21 PM	1 x 300 on 5:35 Fast	1:52
100	6:28 PM	1 x 100 on 5:00 Loosen	5:00
	6:33 PM	4,000 Meters	

Workout #588 - Thursday, 14 March 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Swim and Drill	1:58
400	5:13 PM	4 x 100 on 2:15 Kick, Desc	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, Desc	2:10
		+++++ Group Up +++++	
100	5:33 PM	4 x 25 on :40 Fast!	2:40
1,500	5:37 PM	1x{5 x 100 on 2:05 Steady Effort	2:05
		{4 x 100 on 2:05 Last 25 Fast	2:05
		{3 x 100 on 2:05 Last 50 Fast	2:05
		{2 x 100 on 2:05 Last 75 Fast	2:05
		{1 x 100 on 3:00 Best Effort	3:00
100	6:11 PM	1 x 100 on 5:00 Loosen	5:00
	6:16 PM	3,100 Meters	

Workout #593 - Monday, 18 March 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:50 Drill & Swim	1:57
400	5:13 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:24 PM	8 x 50 on 1:00 Pull, Desc	2:00
		///// Group Up \\\	
100	5:33 PM	4 x 25 on :40 Fast!	2:40
300	5:37 PM	6 x 50 on 1:05 Desc	2:10
800	5:45 PM	8 x 100 on 1:50 Desc	1:50
300	6:01 PM	6 x 50 on 1:10 Desc to Max	2:20
100	6:09 PM	1 x 100 on 5:00 Loosen	5:00
	6:14 PM	3,000 Meters	

Workout #596 - Tuesday, 19 March 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Swim and Drill	1:53
400	5:13 PM	8 x 50 on 1:15 Kick, Evens Fast	2:30
400	5:24 PM	4 x 100 on 1:50 Pull, Neg Split	1:50
		\\/\// Group Up \/\//	
100	5:33 PM	4 x 25 on :40 Fast!	2:40
400	5:37 PM	2 x 200 on 3:45 Desc	1:52
400	5:46 PM	2 x 200 on 3:35 Desc	1:48
400	5:55 PM	2 x 200 on 3:25 Desc	1:42
200	6:03 PM	1 x 200 on 5:00 Last one, fast one	2:30
100	6:09 PM	1 x 100 on 5:00 Loosen	5:00
	6:14 PM	3,000 Meters	

Workout #599 - Wednesday, 20 March 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Swim & Drill	1:50
400	5:12 PM	4 x 100 on 2:20 Kick, Mix Efforts	2:20
400	5:23 PM	8 x 50 on 1:00 Pull, Mix Efforts	2:00
		%%%% Group Up %%%%	
100	5:32 PM	4 x 25 on :40 FAST	2:40
800	5:36 PM	2 x 400 on 7:00 Desc 7 Neg Split	1:45
800	5:51 PM	4 x 200 on 3:35 Desc & Neg Split	1:48
800	6:07 PM	8 x 100 on 1:50 Desc	1:50
100	6:23 PM	1 x 100 on 5:00 Loosen	5:00
	6:28 PM	4,000 Meters	

Workout #602 - Thursday, 21 March 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Swim and Drill	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, Some of it fast	2:30
400	5:24 PM	4 x 100 on 1:50 Pull, Desc	1:50
		~~~~~ Group Up ~~~~~	
100	5:33 PM	4 x 25 on :40 Fast!	2:40
500	5:37 PM	5 x 100 on 1:50 Last 25 Faster	1:50
500	5:48 PM	5 x 100 on 1:50 Last 50 Faster	1:50
500	5:59 PM	5 x 100 on 1:50 Last 75 Faster	1:50
100	6:10 PM	1 x 100 on 5:00 Loosen	5:00
	6:15 PM	3,100 Meters	



**Workout #607 - Monday, 25 March 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Swim & Drill	1:53
400	5:13 PM	8 x 50 on 1:15 Kick, Evens Faster	2:30
400	5:24 PM	8 x 50 on 1:00 Pull, Desc =`=``= Group Up =`=``=	2:00
100	5:33 PM	4 x 25 on :40 Fast!	2:40
1,400	5:37 PM	4x{1 x 100 on 2:00 Loosen {3 x 50 on 1:05 Desc to Best Effort {2 x 50 on 1:20 1 Easy, 1 Fast	2:00 2:10 2:40
100	6:10 PM	1 x 100 on 5:00 Loosen	5:00
	6:15 PM	3,000 Meters	

**Workout #610 - Tuesday, 26 March 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 6:00 Mix swim and drill	2:00
400	5:13 PM	8 x 50 on 1:10 Kick, Desc	2:20
400	5:24 PM	8 x 50 on 1:05 Mix Efforts *--* Group Up *--*	2:10
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
50	5:40 PM	2 x 25 on :40 Fast!	2:40
400	5:43 PM	4 x 100 on 1:55 Desc	1:55
50	5:52 PM	2 x 25 on :40 Fast!	2:40
400	5:55 PM	4 x 100 on 1:50 Desc	1:50
50	6:04 PM	2 x 25 on :40 Fast!	2:40
400	6:07 PM	4 x 100 on 1:45 Desc	1:45
100	6:15 PM	1 x 100 on 5:00 Loosen	5:00
	6:20 PM	3,050 Meters	

**Workout #613 - Wednesday, 27 March 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Swim & Drill	1:55
400	5:13 PM	4 x 100 on 1:50 Pull, Desc	1:50
400	5:22 PM	4 x 100 on 2:15 Kick, last 25 fast ===== Group Up =====	2:15
200	5:32 PM	4 x 50 on 1:05 Desc	2:10
200	5:38 PM	2 x 100 on 1:50 Steady	1:50
600	5:43 PM	2 x 300 on 5:35 Desc	1:52
200	5:56 PM	2 x 100 on 1:45 Steady	1:45
600	6:01 PM	2 x 300 on 5:25 Desc	1:48
200	6:13 PM	2 x 100 on 1:40 Steady	1:40
600	6:18 PM	2 x 300 on 5:15 Desc	1:45
100	6:30 PM	1 x 100 on 5:00 Loosen	5:00
	6:35 PM	4,100 Meters	

**Workout #616 - Thursday, 28 March 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Drill and Swim	1:50
400	5:12 PM	4 x 100 on 2:15 Kick, Desc	2:15
400	5:22 PM	4 x 100 on 1:50 Pull, Neg Split	1:50
		----- Group Up -----	
100	5:31 PM	4 x 25 on :40 Fast!	2:40
1,000	5:35 PM	2x{1 x 50 on 1:30 Loosen	3:00
		{6 x 75 on 2:00 Best Effort	2:40
		-----	
500	6:03 PM	2x{1 x 50 on 1:30 Loosen	3:00
		{2 x 100 on 2:00 Best Effort	2:00
100	6:15 PM	1 x 100 on 5:00 Loosen	5:00
	6:20 PM	3,100 Meters	

**Workout #639 - Monday, 01 April 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:45 Mix swim and drill	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, mix efforts	2:30
400	5:24 PM	4 x 100 on 1:50 Pull, desc	1:50
		===== Group Up =====	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
1,400	5:39 PM	4x{1 x 50 on 1:30 Easy	3:00
		{3 x 75 on 1:30 Desc	2:00
		{1 x 75 on 1:40 Faster	2:13
100	6:11 PM	1 x 100 on 5:00 Loosen	5:00
	6:16 PM	3,100 Meters	

**Workout #642 - Tuesday, 02 April 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Mix efforts	1:55
400	5:13 PM	4 x 100 on 2:15 Kick, last 25 faster	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, alt easier and faster	2:10
		----- Group Up -----	
100	5:33 PM	4 x 25 on :40 Fast!	2:40
900	5:37 PM	6 x 150 on 2:45 Desc 1-3 / 4-6	1:50
600	5:55 PM	4 x 150 on 2:55 Desc 1-4	1:57
100	6:08 PM	1 x 100 on 5:00 Loosen	5:00
	6:13 PM	3,100 Meters	

**Workout #645 - Wednesday, 03 April 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix swim and drill	1:50
400	5:12 PM	8 x 50 on 1:00 Pull, desc	2:00
400	5:21 PM	8 x 50 on 1:15 Kick, mix efforts	2:30
		***** Group Up *****	
200	5:32 PM	4 x 50 on 1:05 Desc	2:10
500	5:38 PM	1 x 500 on 9:00 Neg split	1:48
750	5:48 PM	3 x 250 on 4:35 Desc	1:50
500	6:03 PM	1 x 500 on 8:45 Neg Split	1:45
750	6:13 PM	3 x 250 on 4:45 Desc	1:54
100	6:29 PM	1 x 100 on 5:00 Loosen	5:00
	6:34 PM	4,200 Meters	

**Workout #648 - Thursday, 04 April 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Mix swim and drill	1:53
400	5:13 PM	4 x 100 on 2:15 Kick, some of it faster	2:15
400	5:23 PM	4 x 100 on 1:50 Pull, Neg Split	1:50
		##### Group Up #####	
100	5:32 PM	4 x 25 on :40 Fast!	2:40
800	5:36 PM	4 x 200 on 3:30 Desc	1:45
400	5:51 PM	2 x 200 on 3:20 Desc	1:40
200	5:59 PM	1 x 200 on 4:00 Last one, fast one	2:00
100	6:04 PM	1 x 100 on 5:00 Loosen	5:00
	6:09 PM	3,000 Meters	

**Workout #651 - Monday, 08 April 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
500	5:00 PM	1 x 500 on 9:00 Mix swim & Drill	1:48
500	5:10 PM	1 x 500 on 9:00 Pull, mix speeds	1:48
400	5:20 PM	4 x 100 on 2:20 Kick, mix in a fast 25 on each	2:20
		***** Group Up *****	
100	5:31 PM	4 x 25 on :40 Speedy!	2:40
400	5:35 PM	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	5:45 PM	1 x 200 on 4:00 Loosen, Get Ready	2:00
600	5:50 PM	6 x 100 on 3:00 Test Yourself!!	3:00
300	6:09 PM	1 x 300 on 6:00 Cool down	2:00
	6:15 PM	3,000 Meters	

**Workout #654 - Tuesday, 09 April 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix swim and drill	1:50
400	5:12 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:23 PM	4 x 100 on 1:50 Pull, Mix it up	1:50
		===== Group Up =====	
1,600	5:32 PM	2x{4 x 50 on 1:05 Desc	2:10
		{2 x 100 on 2:00 Desc	2:00
		{2 x 200 on 3:40 Desc	1:50
100	6:05 PM	1 x 100 on 5:00 Loosen	5:00
	6:10 PM	3,100 Meters	

**Workout #657 - Wednesday, 10 April 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Mix swim and drill	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, last 25 faster	2:20
400	5:24 PM	4 x 100 on 1:50 Pull, Neg Split Efforts	1:50
		***** Group Up *****	
100	5:33 PM	4 x 25 on :40 Fast!	2:40
800	5:37 PM	2 x 400 on 6:45 Desc	1:41
900	5:52 PM	3 x 300 on 5:20 Desc	1:47
800	6:09 PM	4 x 200 on 3:45 Desc	1:52
100	6:25 PM	1 x 100 on 5:00 Loosen	5:00
	6:30 PM	4,100 Meters	

**Workout #660 - Thursday, 11 April 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:40 Mix swim and drill	1:53
400	5:13 PM	8 x 50 on 1:05 Pull, Desc	2:10
400	5:23 PM	8 x 50 on 1:15 Kick, Mix efforts	2:30
		##### Group Up #####	
100	5:34 PM	4 x 25 on :40 Fast!	2:40
200	5:38 PM	2 x 100 on 1:40 Desc	1:40
300	5:43 PM	3 x 100 on 1:45 Desc	1:45
400	5:50 PM	4 x 100 on 1:50 Desc	1:50
300	5:59 PM	3 x 100 on 1:55 Desc	1:55
200	6:06 PM	2 x 100 on 2:00 Desc	2:00
100	6:11 PM	1 x 100 on 5:00 Loosen	5:00
	6:16 PM	3,000 Meters	

**Workout #678 - Monday, 15 April 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:50 Drill & Swim	1:57
400	5:13 PM	4 x 100 on 2:15 Kick, Build each	2:15
400	5:23 PM	4 x 100 on 1:50 Pull, Desc	1:50
		***** Group Up *****	
200	5:32 PM	4 x 50 on 1:10 Desc	2:20
1,400	5:38 PM	2x{4 x 75 on 1:35 Desc	2:07
		{4 x 50 on 1:05 Desc	2:10
		{4 x 25 on :40 Alt One Steady, 1 Max Effort	2:40
		{1 x 100 on 2:00 Easy	2:00
	6:09 PM	3,000 Meters	

**Workout #681 - Tuesday, 16 April 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Mix swim and drill	1:55
400	5:13 PM	8 x 50 on 1:00 Pull, Desc	2:00
400	5:22 PM	8 x 50 on 1:15 Kick, Mix Efforts	2:30
		===== Group Up =====	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
600	5:39 PM	4 x 150 on 2:40 Desc 1-4	1:47
100	5:51 PM	2 x 50 on 1:05 Desc	2:10
600	5:55 PM	4 x 150 on 2:45 Desc 1-4	1:50
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,000 Meters	

**Workout #684 - Wednesday, 17 April 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Swim and Drill Mix	1:57
400	5:13 PM	4 x 100 on 2:15 Kick, Desc	2:15
400	5:23 PM	8 x 50 on 1:00 Steady and strong	2:00
		##### Group Up #####	
100	5:32 PM	4 x 25 on :40 Fast!	2:40
600	5:36 PM	2 x 300 on 5:25 Desc	1:48
600	5:48 PM	1 x 600 on 10:20 Neg Split	1:43
600	6:00 PM	2 x 300 on 5:00 Desc	1:40
600	6:11 PM	1 x 600 on 10:00 Neg Split	1:40
100	6:22 PM	1 x 100 on 5:00 Loosen	5:00
	6:27 PM	4,000 Meters	

**Workout #687 - Thursday, 18 April 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix drill & swim	1:50
400	5:12 PM	4 x 100 on 1:50 Pull, desc	1:50
400	5:21 PM	8 x 50 on 1:15 Kick, evens faster	2:30
		~~~~~ Group Up ~~~~~	
100	5:32 PM	4 x 25 on :40 Fast!	2:40
1,500	5:36 PM	3x{1 x 50 on 1:30 Loosen	3:00
		{2 x 75 on 1:25 Desc	1:53
		{2 x 75 on 1:30 Desc	2:00
		{2 x 75 on 1:35 Desc	2:07
100	6:09 PM	1 x 100 on 5:00 Loosen	5:00
	6:14 PM	3,100 Meters	

Workout #690 - Monday, 22 April 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 3:00 Drill and Swim	2:00
400	5:13 PM	8 x 50 on 1:15 Kick, some fast, some easy	2:30
400	5:24 PM	8 x 50 on 1:00 Pull, Build	2:00
		///// Group Up \\\\\\	
100	5:33 PM	4 x 25 on :40 Fast!	2:40
200	5:37 PM	4 x 50 on 1:10 Desc	2:20
1,200	5:43 PM	2x{3 x 100 on 1:45 Desc	1:45
		{2 x 100 on 1:55 Desc	1:55
		{1 x 100 on 2:00 Fast	2:00
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,000 Meters	

Workout #693 - Tuesday, 23 April 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Swim and drill mix	1:50
400	5:12 PM	4 x 100 on 1:50 Pull, Desc	1:50
400	5:21 PM	4 x 100 on 2:15 Kick, neg split	2:15
		----- Group Up -----	
100	5:31 PM	4 x 25 on :40 Fast!	2:40
600	5:35 PM	3 x 200 on 3:30 Desc	1:45
600	5:47 PM	3 x 200 on 3:45 Desc	1:52
200	6:00 PM	1 x 200 on 4:00 Last one - fast one!	2:00
100	6:05 PM	1 x 100 on 5:00 Loosen	5:00
	6:10 PM	3,000 Meters	

Workout #696 - Wednesday, 24 April 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 drill and swim	1:55
400	5:13 PM	8 x 50 on 1:15 kick mix speeds	2:30
400	5:24 PM	4 x 100 on 1:50 pull, desc	1:50
		::::: Group Up :::::	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
1,600	5:39 PM	4 x 400 on 6:45 Desc or Neg Split	1:41
800	6:07 PM	4 x 200 on 3:25 Desc or Neg Split	1:42
100	6:22 PM	1 x 100 on 5:00 Loosen	5:00
	6:27 PM	4,100 Meters	

Workout #699 - Thursday, 25 April 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:50 Swim and Drill Mix	1:57
400	5:13 PM	4 x 100 on 2:15 Kick as desired	2:15
400	5:23 PM	8 x 50 on 1:00 Pull as desired	2:00
		%%%% Group Up %%%%	
100	5:32 PM	4 x 25 on :40 Fast!	2:40
400	5:36 PM	4 x 100 on 1:50 Desc	1:50
100	5:45 PM	2 x 50 on 1:10 1 Fast, 1 Easy	2:20
400	5:49 PM	4 x 100 on 1:45 Desc	1:45
100	5:57 PM	2 x 50 on 1:15 1 Fast, 1 Easy	2:30
400	6:01 PM	4 x 100 on 1:40 Desc	1:40
100	6:09 PM	1 x 100 on 5:00 Loosen	5:00
	6:14 PM	3,000 Meters	

Workout #711 - Monday, 29 April 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Drill & Swim	1:50
400	5:12 PM	8 x 50 on 1:15 Kick, Odds Faster	2:30
400	5:23 PM	8 x 50 on 1:00 Pull, Desc	2:00
		^^^^ Group Up ^^^^^	
100	5:32 PM	4 x 25 on :40 Fast!	2:40
200	5:36 PM	2 x 100 on 2:00 Desc	2:00
300	5:41 PM	6 x 50 on :55 Desc	1:50
200	5:48 PM	2 x 100 on 2:00 Desc	2:00
300	5:53 PM	6 x 50 on 1:00 Desc	2:00
200	6:00 PM	2 x 100 on 2:00 Desc	2:00
300	6:05 PM	6 x 50 on 1:05 Desc	2:10
100	6:13 PM	1 x 100 on 5:00 Loosen	5:00
	6:18 PM	3,100 Meters	

Workout #714 - Tuesday, 30 April 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 3:00 Mix swim and drill	2:00
400	5:13 PM	8 x 50 on 1:00 Pull, faster evens	2:00
400	5:22 PM	4 x 100 on 2:15 Kick, mix efforts	2:15
		===== Group Up =====	
100	5:32 PM	4 x 25 on :40 Fast!	2:40
200	5:36 PM	4 x 50 on 1:05 Desc	2:10
600	5:42 PM	6 x 100 on 2:05 Alt moderate and fast	2:05
400	5:56 PM	4 x 100 on 1:55 Alt moderate and fast	1:55
200	6:05 PM	2 x 100 on 1:45 Alt moderate and fast	1:45
100	6:10 PM	1 x 100 on 5:00 Loosen	5:00
	6:15 PM	3,000 Meters	

Workout #717 - Wednesday, 01 May 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
800	5:00 PM	4 x 200 on 3:45 swim and drill mix	1:52
400	5:16 PM	8 x 50 on 1:15 Kick, mix efforts	2:30
400	5:27 PM	4 x 100 on 1:50 Pull, Desc	1:50
		***** Group Up *****	
200	5:36 PM	4 x 50 on 1:05 Desc	2:10
1,200	5:42 PM	4 x 300 on 5:15 Desc	1:45
600	6:04 PM	3 x 200 on 3:35 Desc	1:48
300	6:16 PM	2 x 150 on 2:45 Desc	1:50
100	6:23 PM	1 x 100 on 5:00 Loosen	5:00
	6:28 PM	4,000 Meters	

Workout #720 - Thursday, 02 May 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Mix drill and swim	1:58
400	5:13 PM	4 x 100 on 2:15 Kick, Build or Desc	2:15
400	5:23 PM	4 x 100 on 1:55 Pull, Build Each	1:55
		\\/\\/\\ Group Up \\\/\\/\\	
100	5:32 PM	4 x 25 on :40 Fast!	2:40
1,500	5:36 PM	2x{6 x 75 on 2:00 Hold Best Pace	2:40
		{1 x 50 on 1:30 Easy, start early	3:00
		{2 x 100 on 2:15 Best Effort	2:15
		{1 x 50 on 1:30 Easy, start early	3:00
	6:15 PM	3,000 Meters	

Workout #758 - Monday, 06 May 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:55 Drill & Swim	1:58
400	5:13 PM	4 x 100 on 2:15 Kick, Mix Efforts	2:15
400	5:23 PM	4 x 100 on 1:55 Pull, Build	1:55
		===== Group Up =====	
100	5:32 PM	4 x 25 on :40 Fast	2:40
200	5:36 PM	4 x 50 on 1:05 Desc	2:10
300	5:42 PM	4 x 75 on 1:30 Desc 1-3, #4 Best Effort	2:00
200	5:49 PM	4 x 50 on 1:05 Desc	2:10
300	5:55 PM	4 x 75 on 1:40 Odds Easy, Evens Fast	2:13
200	6:03 PM	4 x 50 on 1:05 Desc	2:10
300	6:09 PM	4 x 75 on 1:50 Desc 1-3, #4 Best Effort	2:27
100	6:18 PM	1 x 100 on 5:00 Loosen	5:00
	6:23 PM	3,100 Meters	

Workout #755 - Tuesday, 07 May 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim & Drill	1:55
400	5:13 PM	8 x 50 on 1:00 Pull, Desc	2:00
400	5:22 PM	8 x 50 on 1:15 Kick, Desc	2:30
		***** Group Up *****	
100	5:33 PM	4 x 25 on :40 Fast	2:40
50	5:37 PM	1 x 50 on 1:15 Easy	2:30
1,500	5:40 PM	3x{3 x 150 on 2:45 Desc. #3 is FAST!!	1:50
		{1 x 50 on 1:15 Easy	2:30
	6:09 PM	3,050 Meters	

Workout #751 - Wednesday, 08 May 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 6:00 Swim and Drill	2:00
400	5:13 PM	4 x 100 on 1:50 Pull, Build	1:50
400	5:22 PM	4 x 100 on 2:15 Kick, last 25 fast	2:15
		===== Group Up =====	
200	5:32 PM	4 x 50 on 1:05 Desc	2:10
500	5:38 PM	1 x 500 on 9:10 Neg Split	1:50
1,000	5:49 PM	4 x 250 on 4:25 Desc 1-2/3-4	1:46
1,000	6:08 PM	8 x 125 on 2:10 Desc -14/5-8	1:44
100	6:27 PM	1 x 100 on 5:00 Loosen	5:00
	6:32 PM	4,200 Meters	

Workout #748 - Thursday, 09 May 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Drill and swim	1:57
400	5:13 PM	8 x 50 on 1:00 Pull, Mix Efforts	2:00
400	5:22 PM	8 x 50 on 1:15 Kick, Desc	2:30
		----- Group Up -----	
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,700	5:37 PM	2x{3 x 200 on 3:30 Desc	1:45
		{4 x 50 on 1:05 Desc, #4 Fast	2:10
		{1 x 50 on 1:30 Easy	3:00
	6:10 PM	3,200 Meters	

Workout #745 - Monday, 13 May 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
500	5:00 PM	1 x 500 on 9:00 Mix swim & Drill	1:48
500	5:10 PM	1 x 500 on 9:00 Pull, mix speeds	1:48
400	5:20 PM	4 x 100 on 2:20 Kick, mix in a fast 25 on each	2:20
		***** Group Up *****	
100	5:31 PM	4 x 25 on :40 Speedy!	2:40
400	5:35 PM	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	5:45 PM	1 x 200 on 4:00 Loosen, Get Ready	2:00
600	5:50 PM	6 x 100 on 3:00 Test Yourself!!	3:00
300	6:09 PM	1 x 300 on 6:00 Cool down	2:00
	6:15 PM	3,000 Meters	

Workout #741 - Tuesday, 14 May 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Drill & Swim	1:55
400	5:13 PM	4 x 100 on 1:55 Pull, Desc	1:55
400	5:22 PM	4 x 100 on 2:15 Kick as desired	2:15
		##### Group Up #####	
100	5:32 PM	4 x 25 on :40 Fast	2:40
1,200	5:36 PM	1x{2 x 200 on 3:40 Steady	1:50
		{2 x 200 on 3:30 Steady	1:45
		{2 x 200 on 3:20 Steady	1:40
200	5:58 PM	1 x 200 on 4:00 Last one, Fast one	2:00
100	6:03 PM	1 x 100 on 5:00 Loosen	5:00
	6:08 PM	3,000 Meters	

Workout #738 - Wednesday, 15 May 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Swim and Drill	1:53
400	5:13 PM	8 x 50 on 1:15 Kick, Evens Faster	2:30
400	5:24 PM	8 x 50 on 1:05 Odds Faster	2:10
		%%%% Group Up %%%%	
400	5:34 PM	1 x 400 on 7:00 Neg Split	1:45
200	5:42 PM	4 x 50 on 1:05 Desc	2:10
400	5:48 PM	1 x 400 on 6:50 Neg Split	1:42
400	5:56 PM	4 x 100 on 1:50 Desc	1:50
400	6:05 PM	1 x 400 on 6:40 Neg Split	1:40
400	6:13 PM	2 x 200 on 3:40 Desc	1:50
400	6:22 PM	1 x 400 on 8:00 Last one, go for it!	2:00
100	6:31 PM	1 x 100 on 5:00 Loosen	5:00
	6:36 PM	4,100 Meters	

Workout #735 - Thursday, 16 May 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Drill and Swim	1:58
400	5:13 PM	4 x 100 on 2:15 Kick, mixed efforts	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, mixed efforts	2:10
		@@@@ Group Up @@@@	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
1,200	5:39 PM	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
100	6:02 PM	1 x 100 on 1:55 Steady	1:55
100	6:05 PM	1 x 100 on 2:00 Best Effort	2:00
100	6:08 PM	1 x 100 on 5:00 Loosen	5:00
	6:13 PM	3,100 Meters	

Workout #828 - Monday, 20 May 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Swim & Drill	1:50
400	5:12 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:23 PM	4 x 100 on 1:55 Pull, Build	1:55
		^^^^ Group Up ^^^^^	
200	5:32 PM	4 x 50 on 1:05 Desc	2:10
100	5:38 PM	1 x 100 on 2:30 Easy/Loosen	2:30
1,300	5:42 PM	2x{4 x 75 on 1:35 Desc	2:07
		{4 x 50 on 1:10 Desc	2:20
		{4 x 25 on :40 Fast	2:40
		{1 x 50 on 1:30 Easy/Loosen	3:00
	6:13 PM	3,000 Meters	

Workout #825 - Tuesday, 21 May 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Swim & Drill	1:53
400	5:13 PM	8 x 50 on 1:05 Pull, Desc	2:10
400	5:23 PM	4 x 100 on 2:20 Kick, mix efforts	2:20
		***** Group Up *****	
100	5:34 PM	4 x 25 on :40 Fast	2:40
450	5:38 PM	3 x 150 on 2:55 Desc	1:57
450	5:48 PM	3 x 150 on 2:45 Desc	1:50
450	5:58 PM	3 x 150 on 2:35 Desc	1:43
	6:07 PM	1 on :30 Extra Rest	
150	6:07 PM	1 x 150 on 3:00 Last one, fast one!	2:00
100	6:11 PM	1 x 100 on 5:00 Loosen	5:00
	6:16 PM	3,100 Meters	

Workout #824 - Wednesday, 22 May 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Swim and drill mix	1:52
400	5:13 PM	8 x 50 on 1:15 Kick, Evens Faster	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Evens Faster	2:10
		##### Group Up #####	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
600	5:40 PM	2 x 300 on 5:30 Desc	1:50
600	5:52 PM	1 x 600 on 10:45 Neg Split	1:48
600	6:04 PM	3 x 200 on 3:30 Desc	1:45
600	6:16 PM	1 x 600 on 10:30 Neg Split	1:45
100	6:28 PM	1 x 100 on 5:00 Loosen	5:00
	6:33 PM	4,100 Meters	

Workout #821 - Thursday, 23 May 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Drill & Swim	1:58
400	5:13 PM	4 x 100 on 2:15 Kick, Build Efforts	2:15
400	5:23 PM	4 x 100 on 1:50 Pull, as desired	1:50
		----- Group Up -----	
100	5:32 PM	4 x 25 on :40 Fast	2:40
200	5:36 PM	4 x 50 on 1:05 Desc	2:10
300	5:42 PM	4 x 75 on 2:00 Fast	2:40
200	5:51 PM	4 x 50 on 1:05 Desc	2:10
300	5:57 PM	4 x 75 on 1:45 Fast	2:20
200	6:05 PM	4 x 50 on 1:05 Desc	2:10
300	6:11 PM	4 x 75 on 1:30 Fast	2:00
100	6:18 PM	1 x 100 on 5:00 Loosen	5:00
	6:23 PM	3,100 Meters	

Workout #818 - Monday, 27 May 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:50 Mix Dril/Swim	1:57
400	5:13 PM	8 x 50 on 1:15 Kick as desired	2:30
400	5:24 PM	4 x 100 on 1:50 Pull, Desc ///// Group Up \\\	1:50
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,400	5:37 PM	4x{1 x 100 on 1:50 Steady {1 x 100 on 1:40 Faster! {1 x 50 on 1:30 Easy {1 x 100 on 2:00 Best	1:50 1:40 3:00 2:00
100	6:06 PM	1 x 100 on 5:00 Loosen	5:00
	6:11 PM	3,000 Meters	

Workout #814 - Tuesday, 28 May 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Swim & Drill Mix	1:52
400	5:13 PM	8 x 50 on 1:05 Pull, Desc	2:10
400	5:23 PM	8 x 50 on 1:15 Kick, Desc)))) Group Up (((((2:30
100	5:34 PM	4 x 25 on :40 Fast	2:40
200	5:38 PM	4 x 50 on 1:05 Desc	2:10
1,200	5:44 PM	6 x 200 on 3:30 Alt 1 Moderate, 1 Fast	1:45
100	6:06 PM	1 x 100 on 5:00 Loosen	5:00
	6:11 PM	3,000 Meters	

Workout #811 - Wednesday, 29 May 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Swim & Drill	1:53
400	5:13 PM	4 x 100 on 2:15 Kick, last 25 faster	2:15
400	5:23 PM	4 x 100 on 1:50 Pull, Neg Split <><><> Group Up <><><>	1:50
1,200	5:32 PM	3 x 400 on 6:40 Desc / Neg SPlit	1:40
900	5:53 PM	3 x 300 on 5:20 Desc	1:47
600	6:10 PM	3 x 200 on 3:45 Desc	1:52
100	6:23 PM	1 x 100 on 5:00 Loosen	5:00
	6:28 PM	4,200 Meters	

Workout #809 - Thursday, 30 May 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 MIx swim and drill	1:50
400	5:12 PM	4 x 100 on 2:15 Kick, Desc	2:15
400	5:22 PM	8 x 50 on 1:05 Pull, Evens Faster	2:10
		ooooo Group Up ooooo	
100	5:32 PM	4 x 25 on :40 Fast	2:40
1,500	5:36 PM	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	6:06 PM	1 x 100 on 5:00 Loosen	5:00
	6:11 PM	3,100 Meters	

Workout #805 - Monday, 03 June 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Drill & Swim	1:53
400	5:13 PM	4 x 100 on 2:15 Kick, Some of it fast	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, Evens Fast	2:10
		%%%% Group Up %%%%	
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,400	5:37 PM	4x{5 x 50 on 1:05 Alt Easier and Faster	2:10
		{1 x 100 on 2:00 Very Fast	2:00
100	6:08 PM	1 x 100 on 5:00 Loosen	5:00
	6:13 PM	3,000 Meters	

Workout #802 - Tuesday, 04 June 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Swim/Drill	1:50
400	5:12 PM	4 x 100 on 1:50 Pull, Desc	1:50
400	5:21 PM	4 x 100 on 2:15 Kick, Desc	2:15
		~~~~~ Group Up ~~~~~	
100	5:31 PM	4 x 25 on :40 Fast	2:40
500	5:35 PM	5 x 100 on 1:55 Desc	1:55
500	5:46 PM	5 x 100 on 1:45 Desc	1:45
500	5:56 PM	5 x 100 on 1:40 Desc	1:40
100	6:06 PM	1 x 100 on 5:00 Loosen	5:00
	6:11 PM	3,100 Meters	

**Workout #800 - Wednesday, 05 June 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 6:00 Swim and drill mix	2:00
400	5:13 PM	8 x 50 on 1:05 Pull, Desc	2:10
400	5:23 PM	8 x 50 on 1:15 Kick, mix efforts	2:30
		==== Group Up =====	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
600	5:40 PM	2 x 300 on 5:15 Desc	1:45
600	5:52 PM	4 x 150 on 2:45 Desc	1:50
600	6:04 PM	2 x 300 on 5:25 Desc	1:48
600	6:16 PM	4 x 150 on 2:55 Desc	1:57
100	6:29 PM	1 x 100 on 5:00 Loosen	5:00
	6:34 PM	4,100 Meters	

**Workout #796 - Thursday, 06 June 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Drill & Swim	1:55
400	5:13 PM	4 x 100 on 1:50 Pull, mixed efforts	1:50
400	5:22 PM	8 x 50 on 1:15 Kick, Odds Faster	2:30
		::::: Group Up :::::	
100	5:33 PM	4 x 25 on :40 Fast	2:40
375	5:37 PM	5 x 75 on 2:00 Fast	2:40
75	5:48 PM	3 x 25 on :45 2 Fast, 1 Easy	3:00
375	5:52 PM	5 x 75 on 1:45 Fast	2:20
75	6:02 PM	3 x 25 on :45 2 Fast, 1 Easy	3:00
375	6:06 PM	5 x 75 on 1:30 Fast	2:00
75	6:15 PM	3 x 25 on :45 2 Fast, 1 Easy	3:00
75	6:19 PM	1 x 75 on 2:00 Last one, fast one	2:40
75	6:22 PM	1 x 75 on 5:00 Loosen	6:40
	6:27 PM	3,000 Meters	

**Workout #878 - Monday, 10 June 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 drill & swim	1:53
400	5:13 PM	8 x 50 on 1:15 Kick, mix efforts	2:30
400	5:24 PM	8 x 50 on 1:00 Pull, Desc	2:00
		----- Group Up -----	
375	5:33 PM	5 x 75 on 2:00 2 Fast, 1 Easy, 2 Fast	2:40
200	5:44 PM	2 x 100 on 1:50 Desc	1:50
300	5:49 PM	4 x 75 on 1:45 2 Fast, 1 Easy, 1 Fast	2:20
200	5:57 PM	2 x 100 on 1:50 Desc	1:50
225	6:02 PM	3 x 75 on 1:30 1 Fast, 1 Easy, 1 Fast	2:00
200	6:08 PM	2 x 100 on 1:50 Desc	1:50
150	6:13 PM	2 x 75 on 2:00 Both Fast!	2:40
100	6:18 PM	1 x 100 on 5:00 Loosen	5:00
	6:23 PM	3,150 Meters	

**Workout #875 - Tuesday, 11 June 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Swim, Drill Mix	1:52
400	5:13 PM	8 x 50 on 1:05 Pull, mix efforts	2:10
400	5:23 PM	4 x 100 on 2:15 Kick, last 25 fast	2:15
		///// Group Up \\\	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
600	5:39 PM	4 x 150 on 2:50 Desc	1:53
450	5:52 PM	3 x 150 on 2:40 Desc	1:47
300	6:01 PM	2 x 150 on 2:30 Desc	1:40
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,050 Meters	

**Workout #870 - Wednesday, 12 June 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 6:00 Mix swim and drill, Desc effort	2:00
400	5:13 PM	8 x 50 on 1:15 Kick, odds faster	2:30
400	5:24 PM	4 x 100 on 1:50 Pull, build	1:50
		::::: Group Up :::::	
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,000	5:37 PM	2 x 500 on 9:00 Desc	1:48
500	5:56 PM	5 x 100 on 1:45 Desc	1:45
500	6:06 PM	1 x 500 on 9:15 Neg Split	1:51
500	6:17 PM	5 x 100 on 1:50 Desc	1:50
100	6:28 PM	1 x 100 on 5:00 Loosen	5:00
	6:33 PM	4,100 Meters	

**Workout #867 - Thursday, 13 June 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Drill and swim	1:50
400	5:12 PM	4 x 100 on 2:15 Kick, Desc	2:15
400	5:22 PM	4 x 100 on 1:50 Pull, last 25 faster	1:50
		==== Group Up =====	
100	5:31 PM	4 x 25 on :40 Fast	2:40
400	5:35 PM	2 x 200 on 3:45 Desc	1:52
400	5:44 PM	2 x 200 on 3:35 Desc	1:48
400	5:53 PM	2 x 200 on 3:25 Desc	1:42
200	6:01 PM	1 x 200 on 4:00 Last one, fast one	2:00
100	6:06 PM	1 x 100 on 5:00 Loosen	5:00
	6:11 PM	3,000 Meters	



**Workout #866 - Monday, 17 June 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
500	5:00 PM	1 x 500 on 9:00 Mix swim & Drill	1:48
500	5:10 PM	1 x 500 on 9:00 Pull, mix speeds	1:48
400	5:20 PM	4 x 100 on 2:20 Kick, mix in a fast 25 on each ***** Group Up *****	2:20
100	5:31 PM	4 x 25 on :40 Speedy!	2:40
400	5:35 PM	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	5:45 PM	1 x 200 on 4:00 Loosen, Get Ready	2:00
600	5:50 PM	6 x 100 on 3:00 Test Yourself!!	3:00
300	6:09 PM	1 x 300 on 6:00 Cool down	2:00
	6:15 PM	3,000 Meters	

**Workout #863 - Tuesday, 18 June 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim and drill	1:55
400	5:13 PM	8 x 50 on 1:00 Pull, Desc	2:00
400	5:22 PM	8 x 50 on 1:15 Kick, mix efforts +++++ Group Up +++++	2:30
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,200	5:37 PM	2x{2 x 200 on 3:45 Both fast/strong swims {4 x 50 on 1:10 Desc, #1 Easy	1:52 2:20
200	6:03 PM	1 x 200 on 4:00 Last one, fast one	2:00
100	6:08 PM	1 x 100 on 5:00 Loosen	5:00
	6:13 PM	3,000 Meters	

**Workout #859 - Wednesday, 19 June 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Mix swim and drill	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, desc	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Evens Faster %%%% Group Up %%%%	2:10
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
400	5:40 PM	4 x 100 on 1:50 Desc	1:50
400	5:49 PM	2 x 200 on 3:30 Desc	1:45
800	5:57 PM	2 x 400 on 6:45 Desc	1:41
400	6:12 PM	2 x 200 on 3:35 Desc	1:48
400	6:21 PM	4 x 100 on 1:55 Desc	1:55
100	6:30 PM	1 x 100 on 5:00 Loosen	5:00
	6:35 PM	4,100 Meters	

**Workout #856 - Thursday, 20 June 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 6:00 Swim and drill	2:00
400	5:13 PM	8 x 50 on 1:20 Kick, Neg Split Efforts	2:40
400	5:25 PM	4 x 100 on 1:50 Pull, MIx Efforts	1:50
		***** Group Up *****	
100	5:34 PM	4 x 25 on :40 Fast	2:40
200	5:38 PM	4 x 50 on 1:05 Desc	2:10
1,200	5:44 PM	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
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,000 Meters	

**Workout #854 - Monday, 24 June 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Drill & Swim	1:58
400	5:13 PM	4 x 100 on 2:15 Kick, evens faster	2:15
400	5:23 PM	4 x 100 on 1:50 Pull, Desc	1:50
		***** Group UP *****	
300	5:32 PM	6 x 50 on 1:10 Desc 1-3, 4-6	2:20
1,200	5:40 PM	4x{2 x 100 on 1:45 Desc	1:45
		{4 x 25 on :35 Alt 1 Easier, 1 Faster	2:20
100	6:05 PM	1 x 100 on 5:00 Loosen	5:00
	6:10 PM	3,000 Meters	

**Workout #851 - Tuesday, 25 June 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Drill and Swim	1:55
400	5:13 PM	8 x 50 on 1:05 Pull, Desc	2:10
400	5:23 PM	8 x 50 on 1:20 Kick, some faster	2:40
		----- Group Up -----	
100	5:35 PM	4 x 25 on :40 Fast	2:40
900	5:39 PM	6 x 150 on 2:45 Desc 1-3 / 4-6	1:50
600	5:57 PM	4 x 150 on 2:55 Desc 1-2 / 3-4	1:57
100	6:10 PM	1 x 100 on 5:00 Loosen	5:00
	6:15 PM	3,100 Meters	

**Workout #848 - Wednesday, 26 June 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Swim and Drill Mix	1:53
400	5:13 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Desc	2:10
		^^^^ Group Up ^^^^^	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
2,400	5:40 PM	2x{2 x 300 on 5:30 Neg Split Both	1:50
		{1 x 600 on 10:30 Build	1:45
100	6:24 PM	1 x 100 on 5:00 Loosen	5:00
	6:29 PM	4,100 Meters	

**Workout #844 - Thursday, 27 June 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Drill and swim	1:55
400	5:13 PM	8 x 50 on 1:20 Kick, faster evens	2:40
400	5:25 PM	4 x 100 on 1:55 Pull, Neg Split	1:55
		+++++ Group Up +++++	
100	5:34 PM	4 x 25 on :40 Fast	2:40
1,400	5:38 PM	4x{1 x 50 on 1:15 Easy	2:30
		{2 x 75 on 1:30 Desc	2:00
		{2 x 75 on 1:20 Best Effort	1:47
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,000 Meters	

**Workout #911 - Monday, 01 July 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Swim and Drill	1:52
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Desc	1:55
		)))) Group Up (((((	
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,500	5:37 PM	3x{5 x 100 on 1:50 Desc 1-4, #5 FAST!!	1:50
100	6:06 PM	1 x 100 on 5:00 Loosen	5:00
	6:11 PM	3,100 Meters	

**Workout #906 - Tuesday, 02 July 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 3:00 Mix drill & swim	2:00
400	5:13 PM	4 x 100 on 2:20 Kick, Mix effort	2:20
400	5:24 PM	8 x 50 on 1:00 Pull, alt easy and fast	2:00
		----- Group Up -----	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
400	5:39 PM	2 x 200 on 3:50 Desc	1:55
400	5:48 PM	2 x 200 on 3:40 Desc	1:50
400	5:57 PM	2 x 200 on 3:30 Desc	1:45
200	6:05 PM	1 x 200 on 3:20 Best effort	1:40
100	6:10 PM	1 x 100 on 5:00 Loosen	5:00
	6:15 PM	3,100 Meters	

**Workout #905 - Wednesday, 03 July 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim and drill	1:55
400	5:13 PM	8 x 50 on 1:20 Kick, Odds Faster	2:40
400	5:25 PM	8 x 50 on 1:05 Pull, Odds Faster	2:10
		@@@@@ Group Up @@@@@	
200	5:35 PM	4 x 50 on 1:05 Desc	2:10
2,400	5:41 PM	2x{1 x 400 on 6:50 Neg Split	1:42
		{2 x 200 on 3:40 Desc	1:50
		{4 x 100 on 1:45 Desc	1:45
100	6:25 PM	1 x 100 on 5:00 Loosen	5:00
	6:30 PM	4,100 Meters	

**Workout #902 - Thursday, 04 July 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Drill & Swim	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, faster last 25	2:20
400	5:24 PM	4 x 100 on 1:50 Pull, Neg Split	1:50
		===== Group Up =====	
100	5:33 PM	4 x 25 on :40 Fast	2:40
800	5:37 PM	8 x 100 on 1:40 Alt. 1 easier, 1 faster	1:40
400	5:52 PM	4 x 100 on 1:50 Alt. 1 easier, 1 faster	1:50
200	6:01 PM	2 x 100 on 2:00 1 easier, 1 faster	2:00
100	6:06 PM	1 x 100 on 5:00 Loosen	5:00
	6:11 PM	3,000 Meters	

**Workout #899 - Monday, 08 July 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Mix drill & swim	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, build each	2:20
400	5:24 PM	8 x 50 on 1:05 Pull, Desc	2:10
		***** Group Up *****	
100	5:34 PM	4 x 25 on :40 Fast	2:40
1,500	5:38 PM	3x{2 x 100 on 1:50 Desc	1:50
		{2 x 75 on 1:25 Desc	1:53
		{2 x 50 on 1:05 Desc	2:10
		{2 x 25 on :45 Desc	3:00
100	6:10 PM	1 x 100 on 5:00 Loosen	5:00
	6:15 PM	3,100 Meters	

**Workout #896 - Tuesday, 09 July 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Swim & Drill	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, mix efforts	2:30
400	5:24 PM	4 x 100 on 1:50 Pull, Desc	1:50
		///// Group Up \\\	
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,400	5:37 PM	2x{1 x 100 on 2:00 Easier	2:00
		{4 x 100 on 1:45 Desc, #4 FAST!	1:45
		{4 x 50 on 1:10 Desc, #4 FAST!	2:20
100	6:06 PM	1 x 100 on 5:00 Loosen	5:00
	6:11 PM	3,000 Meters	

**Workout #893 - Wednesday, 10 July 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 3:00 Swim & Drill Mix	2:00
400	5:13 PM	4 x 100 on 2:20 Kick, Desc	2:20
400	5:24 PM	4 x 100 on 1:55 Desc	1:55
		::::: Group Up :::::	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
1,200	5:39 PM	4 x 300 on 5:20 Desc, FAST last 50 on each	1:47
800	6:02 PM	4 x 200 on 3:30 Desc, FAST last 50 on each	1:45
400	6:17 PM	4 x 100 on 1:50 Desc, FAST last 50 on each	1:50
100	6:26 PM	1 x 100 on 5:00 Loosen	5:00
	6:31 PM	4,100 Meters	

**Workout #889 - Thursday, 11 July 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set	Description	PACE
600	5:00 PM	6 x 100	on 1:55 Drill & Swim Mix	1:55
400	5:13 PM	8 x 50	on 1:20 Kick, evens faster	2:40
400	5:25 PM	8 x 50	on 1:05 Pull, evens faster	2:10
		^^^^	Group Up ^^^^^	
200	5:35 PM	4 x 50	on 1:05 Desc	2:10
450	5:41 PM	6 x 75	on 1:25 Hold Even, Strong Pace	1:53
200	5:51 PM	2 x 100	on 2:00 Fast	2:00
300	5:56 PM	4 x 75	on 1:35 Alt 1 Easier, 1 Faster	2:07
200	6:04 PM	2 x 100	on 2:00 Fast	2:00
150	6:09 PM	2 x 75	on 1:45 FAST!	2:20
100	6:14 PM	1 x 100	on 5:00 Loosen	5:00
	6:19 PM		3,000 Meters	

**Workout #934 - Monday, 15 July 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set	Description	PACE
600	5:00 PM	2 x 300	on 5:50 Swim & Drill Mix	1:57
400	5:13 PM	8 x 50	on 1:15 Kick, Mix Effort	2:30
400	5:24 PM	8 x 50	on 1:00 Pull, Desc	2:00
		=====	Group Up =====	
100	5:33 PM	4 x 25	on :40 Fast!	2:40
600	5:37 PM	8 x 75	on 1:40 2 Fast, 1 Easier	2:13
50	5:52 PM	1 x 50	on 1:15 Easy	2:30
600	5:55 PM	8 x 75	on 1:30 2 Fast, 1 Easier	2:00
50	6:08 PM	1 x 50	on 1:15 Easy	2:30
150	6:11 PM	2 x 75	on 1:20 Best Effort	1:47
100	6:15 PM	1 x 100	on 5:00 Loosen	5:00
	6:20 PM		3,050 Meters	

**Workout #937 - Tuesday, 16 July 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set	Description	PACE
600	5:00 PM	3 x 200	on 3:50 Drill/Swim Mix	1:55
400	5:13 PM	8 x 50	on 1:00 Pull, Mix Effort	2:00
400	5:22 PM	4 x 100	on 2:20 Kick, last 25 fast	2:20
		#####	Group Up #####	
200	5:33 PM	4 x 50	on 1:05 Desc	2:10
450	5:39 PM	3 x 150	on 2:55 Desc	1:57
450	5:49 PM	3 x 150	on 2:45 Desc	1:50
450	5:59 PM	3 x 150	on 2:35 Desc	1:43
100	6:08 PM	1 x 100	on 5:00 Loosen	5:00
	6:13 PM		3,050 Meters	

**Workout #940 - Wednesday, 17 July 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Swim & Drill Mix	1:50
400	5:12 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:23 PM	4 x 100 on 1:55 Pull, Build	1:55
		+++++ Group Up +++++	
100	5:32 PM	4 x 25 on :40 Fast!	2:40
200	5:36 PM	4 x 50 on 1:05 Desc	2:10
2,200	5:42 PM	2x{6 x 100 on 1:45 Alt Stronger/ Easier {1 x 500 on 8:30 Build	1:45 1:42
100	6:21 PM	1 x 100 on 5:00 Loosen	5:00
	6:26 PM	4,000 Meters	

**Workout #943 - Thursday, 18 July 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Swim and Drill	1:57
400	5:13 PM	4 x 100 on 2:15 Kick, Faster in the Middle	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, Desc	2:10
		@@@@@ Group Up @@@@@	
1,600	5:33 PM	2x{4 x 50 on 1:10 Desc, #4 is very fast {3 x 200 on 3:30 Desc 1-3	2:20 1:45
100	6:05 PM	1 x 100 on 5:00 Loosen	5:00
	6:10 PM	3,100 Meters	

**Workout #946 - Monday, 22 July 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
500	5:00 PM	1 x 500 on 9:00 Mix swim & Drill	1:48
500	5:10 PM	1 x 500 on 9:00 Pull, mix speeds	1:48
400	5:20 PM	4 x 100 on 2:20 Kick, mix in a fast 25 on each	2:20
		***** Group Up *****	
100	5:31 PM	4 x 25 on :40 Speedy!	2:40
400	5:35 PM	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	5:45 PM	1 x 200 on 4:00 Loosen, Get Ready	2:00
600	5:50 PM	6 x 100 on 3:00 Test Yourself!!	3:00
300	6:09 PM	1 x 300 on 6:00 Cool down	2:00
	6:15 PM	3,000 Meters	

**Workout #949 - Tuesday, 23 July 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim/Drill Mix	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Mix Effort	2:10
		----- Group Up -----	
100	5:34 PM	4 x 25 on :40 Fast!	2:40
400	5:38 PM	2 x 200 on 3:30 Desc	1:45
400	5:46 PM	2 x 200 on 3:25 Desc	1:42
400	5:54 PM	2 x 200 on 3:20 Desc	1:40
200	6:02 PM	1 x 200 on 3:15 Best!	1:38
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,000 Meters	

**Workout #952 - Wednesday, 24 July 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
800	5:00 PM	4 x 200 on 3:40 Drill & Swim	1:50
400	5:16 PM	4 x 100 on 2:15 Kick, last 50 faster	2:15
400	5:26 PM	4 x 100 on 1:50 Pull, Desc	1:50
		>>>> Group Up <<<<<	
200	5:35 PM	4 x 50 on 1:05 Desc	2:10
1,200	5:41 PM	3 x 400 on 6:40 Desc & Neg Split	1:40
600	6:02 PM	3 x 200 on 3:20 Desc 7 Neg Split	1:40
300	6:13 PM	3 x 100 on 1:40 Desc	1:40
100	6:19 PM	1 x 100 on 5:00 Loosen	5:00
	6:24 PM	4,000 Meters	

**Workout #955 - Thursday, 25 July 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Swim & Drill	1:58
400	5:13 PM	8 x 50 on 1:15 Kick, Alt easier/stronger	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, mix efforts	2:10
		----- Group Up -----	
100	5:34 PM	4 x 25 on :40 Fast!	2:40
1,600	5:38 PM	4x{3 x 100 on 1:45 Desc	1:45
		{2 x 50 on 1:15 1 Max, 1 Easy	2:30
	6:09 PM	3,100 Meters	



**Workout #962 - Monday, 29 July 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Drill/swim mix	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Mix Effort	2:10
		===== Group Up =====	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
1,500	5:40 PM	2x{4 x 25 on :40 Fast!	2:40
		{1 x 50 on 1:30 Easy	3:00
		{4 x 50 on 1:10 Fast!	2:20
		{1 x 50 on 1:30 Easy	3:00
		{4 x 75 on 1:30 Fast!	2:00
		{1 x 50 on 1:30 Easy	3:00
	6:16 PM	3,100 Meters	

**Workout #965 - Tuesday, 30 July 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Drill & Swim mix	1:50
400	5:12 PM	4 x 100 on 2:15 Kick, Mix Efforts	2:15
400	5:22 PM	4 x 100 on 1:50 Pull, Desc	1:50
		----- Group Up -----	
100	5:31 PM	4 x 25 on :40 Fast!	2:40
450	5:35 PM	3 x 150 on 2:50 Desc	1:53
450	5:45 PM	3 x 150 on 2:40 Desc	1:47
450	5:54 PM	3 x 150 on 2:30 Desc	1:40
150	6:03 PM	1 x 150 on 3:00 Last one, fast one	2:00
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,100 Meters	

**Workout #968 - Wednesday, 31 July 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Swim & Drill	1:53
400	5:13 PM	4 x 100 on 1:55 Pull, Desc	1:55
400	5:22 PM	8 x 50 on 1:15 Kick, Odds Faster	2:30
		***** Group Up *****	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
600	5:39 PM	1 x 600 on 9:55 Neg Split	1:39
600	5:50 PM	2 x 300 on 5:00 Desc	1:40
1,200	6:01 PM	6 x 200 on 3:25 Desc	1:42
100	6:23 PM	1 x 100 on 5:00 Loosen	5:00
	6:28 PM	4,100 Meters	

**Workout #971 - Thursday, 01 August 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:45 Drill and Swim	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, mix efforts	2:20
400	5:24 PM	4 x 100 on 1:50 Pull, Neg Split	1:50
		%%%% Group Up %%%%	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
600	5:39 PM	6 x 100 on 1:45 Desc	1:45
450	5:51 PM	6 x 75 on 1:25 Desc	1:53
300	6:01 PM	6 x 50 on 1:05 Desc	2:10
100	6:09 PM	1 x 100 on 5:00 Loosen	5:00
	6:14 PM	3,050 Meters	

**Workout #974 - Monday, 05 August 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Swim / Drill Mix	1:53
400	5:13 PM	8 x 50 on 1:15 Kick, Evens Fast	2:30
400	5:24 PM	4 x 100 on 1:50 Pull, Desc	1:50
		@@@@ Group Up @@@@@	
100	5:33 PM	4 x 25 on :40 Fast!	2:40
200	5:37 PM	4 x 50 on 1:05 Desc to Moderate	2:10
400	5:43 PM	4 x 100 on 1:50 #1 Easy. Desc 2-4 to Fast	1:50
200	5:52 PM	4 x 50 on 1:15 #1 Easy, Desc 2-4 to Fast	2:30
100	5:58 PM	4 x 25 on :45 #1 Easy, Desc 2-4 to Fast	3:00
200	6:02 PM	4 x 50 on 1:15 #1 Easy. Desc 2-4 to Fast	2:30
400	6:08 PM	4 x 100 on 1:50 #1 Easy. Desc 2-4 to Fast	1:50
100	6:17 PM	1 x 100 on 5:00 Loosen	5:00
	6:22 PM	3,100 Meters	

**Workout #977 - Tuesday, 06 August 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Mix swim and drill	1:58
400	5:13 PM	8 x 50 on 1:05 Pull, Desc	2:10
400	5:23 PM	8 x 50 on 1:15 Kick, Desc	2:30
		***** Group Up *****	
100	5:34 PM	4 x 25 on :40 Fast	2:40
400	5:38 PM	2 x 200 on 3:30 Desc	1:45
400	5:46 PM	2 x 200 on 3:20 Desc	1:40
400	5:54 PM	2 x 200 on 3:10 Desc	1:35
50	6:02 PM	1 x 50 on 1:30 Loosen	3:00
200	6:05 PM	1 x 200 on 4:00 Last one, fast one	2:00
100	6:10 PM	1 x 100 on 5:00 Loosen	5:00
	6:15 PM	3,050 Meters	

**Workout #980 - Wednesday, 07 August 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set	Description	PACE
600	5:00 PM	6 x 100	on 1:50 Dril/Swim Mix	1:50
400	5:12 PM	4 x 100	on 2:20 Kick, Mix Efforts	2:20
400	5:23 PM	4 x 100	on 1:50 Pull, Mix Efforts	1:50
		=====	Group Up	=====
200	5:32 PM	4 x 50	on 1:05 Desc	2:10
800	5:38 PM	2 x 400	on 6:45 Desc	1:41
200	5:53 PM	4 x 50	on 1:05 Desc	2:10
800	5:59 PM	2 x 400	on 6:30 Desc	1:38
200	6:13 PM	4 x 50	on 1:05 Desc	2:10
400	6:19 PM	1 x 400	on 7:00 Last one, Best one	1:45
100	6:27 PM	1 x 100	on 5:00 Loosen	5:00
	6:32 PM		4,100 Meters	

**Workout #983 - Thursday, 08 August 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set	Description	PACE
600	5:00 PM	3 x 200	on 3:45 Swim and Drill	1:52
400	5:13 PM	4 x 100	on 2:20 Kick, some fast parts	2:20
400	5:24 PM	8 x 50	on 1:05 Pull, Desc	2:10
		~~~~~	Group Up	~~~~~
100	5:34 PM	4 x 25	on :40 Fast!	2:40
500	5:38 PM	5 x 100	on 1:40 Desc	1:40
500	5:48 PM	5 x 100	on 1:45 Desc	1:45
500	5:58 PM	5 x 100	on 1:50 Desc	1:50
100	6:09 PM	1 x 100	on 5:00 Loosen	5:00
	6:14 PM		3,100 Meters	

Workout #1006 - Monday, 12 August 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set	Description	PACE
600	5:00 PM	3 x 200	on 3:50 Swim & Drill	1:55
400	5:13 PM	8 x 50	on 1:15 Kick, Mix Efforts	2:30
400	5:24 PM	8 x 50	on 1:05 Pull, Desc	2:10
		%%%%%	Group UP	%%%%%
100	5:34 PM	4 x 25	on :40 Fast!	2:40
200	5:38 PM	2 x 100	on 1:45 Steady	1:45
300	5:43 PM	6 x 50	on 1:05 Desc	2:10
200	5:51 PM	2 x 100	on 1:45 Steady	1:45
300	5:56 PM	6 x 50	on 1:10 One Easy, One Fast	2:20
200	6:04 PM	2 x 100	on 1:45 Steady	1:45
300	6:09 PM	6 x 50	on 1:15 Best Pace You Can Hold	2:30
100	6:18 PM	1 x 100	on 5:00 Loosen	5:00
	6:23 PM		3,100 Meters	

Workout #1009 - Tuesday, 13 August 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Mix Swim & Drill	1:58
400	5:13 PM	4 x 100 on 2:15 Kick, Neg Split	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, Mix Efforts	2:10
		@@@@ Group Up @@@@	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
1,200	5:39 PM	1x{3 x 100 on 1:50 Steady	1:50
		{1 x 100 on 1:40 Fast Pace	1:40
		{2 x 100 on 1:50 Steady	1:50
		{2 x 100 on 1:40 Fast Pace	1:40
		{1 x 100 on 1:50 Steady	1:50
		{3 x 100 on 1:40 Fast Pace	1:40
100	6:01 PM	1 x 100 on 2:00 Easy	2:00
100	6:04 PM	1 x 100 on 2:00 Fast!	2:00
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,100 Meters	

Workout #1012 - Wednesday, 14 August 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Swim and Drill Mix	1:53
400	5:13 PM	8 x 50 on 1:15 Kick, Evens Faster	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Desc	1:55
		***** Group Up *****	
100	5:33 PM	4 x 25 on :40 Fast!	2:40
600	5:37 PM	2 x 300 on 5:30 Desc	1:50
600	5:49 PM	2 x 300 on 5:20 Desc	1:47
600	6:01 PM	2 x 300 on 5:10 Desc	1:43
600	6:13 PM	2 x 300 on 5:00 Desc	1:40
100	6:24 PM	1 x 100 on :50 Loosen	0:50
	6:25 PM	4,000 Meters	

Workout #1015 - Thursday, 15 August 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Drill and Swim Mix	1:50
400	5:12 PM	4 x 100 on 2:15 Kick, Faster Middle	2:15
400	5:22 PM	4 x 100 on 1:55 Pull, Neg Split	1:55
		#### Group Up ####	
1,600	5:31 PM	2x{6 x 50 on 1:05 Desc	2:10
		{4 x 75 on 1:35 Desc	2:07
		{2 x 100 on 2:05 Desc	2:05
100	6:06 PM	1 x 100 on 5:00 Loosen	5:00
	6:11 PM	3,100 Meters	

Workout #1018 - Monday, 19 August 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:45 Drill / Swim Mix	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	4 x 100 on 1:50 Pull, Mix Efforts	1:50
		----- Group Up -----	
100	5:33 PM	4 x 25 on :40 Fast!	2:40
300	5:37 PM	3 x 100 on 1:50 Desc 1-2, #3 Easy	1:50
450	5:44 PM	6 x 75 on 2:00 Hold Best Speed	2:40
300	5:57 PM	3 x 100 on 1:50 Desc 1-2, #3 Easy	1:50
450	6:04 PM	6 x 75 on 2:00 Hold Best Speed	2:40
100	6:17 PM	1 x 100 on 5:00 Loosen	5:00
	6:22 PM	3,100 Meters	

Workout #1021 - Tuesday, 20 August 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Swim and Drill	1:52
400	5:13 PM	4 x 100 on 1:50 Pull, Desc	1:50
400	5:22 PM	4 x 100 on 2:15 Kick, Some Faster	2:15
		///// Group Up \\\	
100	5:32 PM	4 x 25 on :40 Fast!	2:40
600	5:36 PM	4 x 150 on 2:55 Desc	1:57
450	5:49 PM	3 x 150 on 2:45 Desc	1:50
300	5:59 PM	2 x 150 on 2:35 Desc	1:43
150	6:06 PM	1 x 150 on 3:00 Best Effort	2:00
100	6:10 PM	1 x 100 on 5:00 Loosen	5:00
	6:15 PM	3,100 Meters	

Workout #1024 - Wednesday, 21 August 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Swim and Drill	1:53
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Desc	2:10
		+++++ Group Up +++++	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
2,500	5:40 PM	2x{1 x 500 on 8:15 Neg Split	1:39
		{3 x 250 on 4:15 Desc	1:42
100	6:23 PM	1 x 100 on 5:00 Loosen	5:00
	6:28 PM	4,200 Meters	

Workout #1027 - Thursday, 22 August 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Drill/Swim Mix	1:50
400	5:12 PM	4 x 100 on 2:15 Kick, Build Each	2:15
400	5:22 PM	8 x 50 on 1:05 Pull, Odds Faster	2:10
		--* Group Up *-*-*	
100	5:32 PM	4 x 25 on :40 Fast!	2:40
1,400	5:36 PM	1x{2 x 200 on 3:45 Steady	1:52
		{2 x 200 on 3:35 Steady	1:48
		{2 x 200 on 3:25 Fast!	1:42
		{1 x 200 on 3:15 best	1:38
100	6:02 PM	1 x 100 on 5:00 Loosen	5:00
	6:07 PM	3,000 Meters	

Workout #1030 - Monday, 26 August 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
500	5:00 PM	1 x 500 on 9:00 Mix swim & Drill	1:48
500	5:10 PM	1 x 500 on 9:00 Pull, mix speeds	1:48
400	5:20 PM	4 x 100 on 2:20 Kick, mix in a fast 25 on each	2:20
		***** Group Up *****	
100	5:31 PM	4 x 25 on :40 Speedy!	2:40
400	5:35 PM	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	5:45 PM	1 x 200 on 4:00 Loosen, Get Ready	2:00
600	5:50 PM	6 x 100 on 3:00 Test Yourself!!	3:00
300	6:09 PM	1 x 300 on 6:00 Cool down	2:00
	6:15 PM	3,000 Meters	

Workout #1033 - Tuesday, 27 August 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Drill & Swim	1:50
400	5:12 PM	4 x 100 on 2:20 Kick, Neg Split	2:20
400	5:23 PM	8 x 50 on 1:05 Pull, Desc	2:10
		==== Group Up =====	
1,600	5:33 PM	2x{4 x 50 on 1:05 Desc	2:10
		{2 x 100 on 1:50 Desc	1:50
		{2 x 200 on 3:30 Desc	1:45
100	6:04 PM	1 x 100 on 5:00 Loosen	5:00
	6:09 PM	3,100 Meters	

Workout #1036 - Wednesday, 28 August 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Drill & Swim Mix	1:52
400	5:13 PM	8 x 50 on 1:15 Kick, Odds Faster	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Build Each	1:55
		***** Group Up *****	
100	5:33 PM	4 x 25 on :40 Fast!	2:40
1,200	5:37 PM	3 x 400 on 6:45 Desc, Strong Last 100 on Each	1:41
800	5:59 PM	4 x 200 on 3:30 Desc & Neg Split	1:45
400	6:14 PM	4 x 100 on 1:50 Faster 2nd 50 (Neg Split)	1:50
100	6:23 PM	1 x 100 on 5:00 Loosen	5:00
	6:28 PM	4,000 Meters	

Workout #1039 - Thursday, 29 August 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:45 Swim and Drill	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, mix efforts	2:20
400	5:24 PM	8 x 50 on 1:05 Odds Faster	2:10
		+++++ Group Up +++++	
100	5:34 PM	4 x 25 on :40 Fast!	2:40
200	5:38 PM	4 x 50 on 1:05 Desc	2:10
300	5:44 PM	3 x 100 on 1:55 Desc	1:55
300	5:51 PM	3 x 100 on 1:50 Desc	1:50
300	5:58 PM	3 x 100 on 1:45 Desc	1:45
300	6:05 PM	3 x 100 on 1:40 Desc	1:40
100	6:11 PM	1 x 100 on 5:00 Loosen	5:00
	6:16 PM	3,000 Meters	

Workout #1042 - Monday, 02 September 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Swim & Drill	1:58
400	5:13 PM	4 x 100 on 2:20 Kick, Build Each	2:20
400	5:24 PM	4 x 100 on 1:50 Pull, Desc	1:50
		----- Group Up -----	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
1,500	5:39 PM	2x{2 x 25 on :40 Fast!	2:40
		{4 x 50 on 1:05 Desc	2:10
		{2 x 25 on :40 Fast!	2:40
		{4 x 75 on 1:30 Desc	2:00
		{2 x 25 on :40 Fast!	2:40
		{1 x 100 on 3:00 Loosen	3:00
	6:14 PM	3,100 Meters	

Workout #1045 - Tuesday, 03 September 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Drill/Swim Mix	1:52
400	5:13 PM	8 x 50 on 1:15 Kick, Mix Efforts	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Mix Efforts	2:10
		===== Group Up =====	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
600	5:40 PM	4 x 150 on 2:30 Desc	1:40
200	5:51 PM	4 x 50 on 1:05 Desc	2:10
600	5:57 PM	4 x 150 on 2:40 Desc	1:47
100	6:09 PM	1 x 100 on 5:00 Loosen	5:00
	6:14 PM	3,100 Meters	

Workout #1048 - Wednesday, 04 September 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Swim, Drill Mix	1:50
400	5:12 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:23 PM	8 x 50 on 1:05 Pull, Desc	2:10
		+++++ Group Up +++++	
100	5:33 PM	4 x 25 on :40 Fast!	2:40
200	5:37 PM	4 x 50 on 1:05 Desc	2:10
100	5:43 PM	1 x 100 on 2:00 Easy	2:00
600	5:46 PM	1 x 600 on 10:10 Neg Split	1:42
500	5:58 PM	1 x 500 on 8:30 Neg Split	1:42
400	6:08 PM	1 x 400 on 6:50 Neg Split	1:42
300	6:16 PM	1 x 300 on 5:05 Neg Split	1:42
200	6:23 PM	1 x 200 on 3:25 Neg Split	1:42
100	6:28 PM	1 x 100 on 1:45 Neg Split	1:45
100	6:31 PM	1 x 100 on 5:00 Loosen	5:00
	6:36 PM	4,000 Meters	

Workout #1051 - Thursday, 05 September 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Drill and Swim Mix	1:53
400	5:13 PM	4 x 100 on 2:20 Kick, last 25 fast	2:20
400	5:24 PM	4 x 100 on 1:50 Pull, Neg Split	1:50
		&&&& Group Up &&&&	
1,800	5:33 PM	2x{4 x 100 on 1:45 Desc	1:45
		{4 x 75 on 1:25 Desc	1:53
		{4 x 50 on 1:05 Desc	2:10
100	6:08 PM	1 x 100 on 5:00 Loosen	5:00
	6:13 PM	3,300 Meters	

Workout #1116 - Monday, 09 September 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:45 Mix drill & swim	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	4 x 100 on 1:50 Pull, Desc	1:50
		##### Group Up #####	
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,500	5:37 PM	3x{2 x 100 on 2:00 Fast	2:00
		{2 x 75 on 1:35 Fast	2:07
		{2 x 50 on 1:10 Fast	2:20
		{1 x 50 on 1:30 Loosen	3:00
	6:10 PM	3,000 Meters	

Workout #1113 - Tuesday, 10 September 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Swim & Drill Mix	1:52
400	5:13 PM	4 x 100 on 1:50 Pull, Mix Efforts	1:50
400	5:22 PM	4 x 100 on 2:15 Kick, last 25 faster	2:15
		##### Group Up #####	
100	5:32 PM	4 x 25 on :40 Fast	2:40
200	5:36 PM	4 x 50 on 1:05 Desc	2:10
600	5:42 PM	3 x 200 on 3:30 Desc	1:45
400	5:54 PM	2 x 200 on 3:40 Desc	1:50
200	6:03 PM	1 x 200 on 3:50 Best!	1:55
100	6:08 PM	1 x 100 on 5:00 Loosen	5:00
	6:13 PM	3,000 Meters	

Workout #1112 - Wednesday, 11 September 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Drill & Swim Mix	1:50
400	5:12 PM	8 x 50 on 1:15 Kick, Odds Faster	2:30
400	5:23 PM	8 x 50 on 1:05 Pull, Evens Faster	2:10
		##### Group Up #####	
1,200	5:33 PM	3 x 400 on 6:40 Neg Split & Desc	1:40
800	5:54 PM	4 x 200 on 3:30 Neg Split & Desc	1:45
600	6:09 PM	6 x 100 on 1:50 Neg Split & Desc	1:50
100	6:21 PM	1 x 100 on 5:00 Loosen	5:00
	6:26 PM	4,100 Meters	

Workout #1109 - Thursday, 12 September 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
300	5:00 PM	2 x 150 on 2:50 Drill and Swim Mix	1:53
400	5:07 PM	4 x 100 on 2:15 Kick, Mix Efforts	2:15
300	5:17 PM	2 x 150 on 2:50 Mix Swim and Drill	1:53
400	5:24 PM	8 x 50 on 1:05 Pull, Desc	2:10
		----- Group Up -----	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
400	5:40 PM	4 x 100 on 1:50 Desc	1:50
400	5:49 PM	4 x 100 on 1:45 Desc	1:45
400	5:57 PM	4 x 100 on 1:40 Desc	1:40
50	6:05 PM	1 x 50 on 1:30 Loosen	3:00
100	6:08 PM	1 x 100 on 2:00 Best	2:00
100	6:11 PM	1 x 100 on 5:00 Loosen	5:00
	6:16 PM	3,050 Meters	

Workout #1106 - Monday, 16 September 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 3:00 Swim & Drill	2:00
400	5:13 PM	8 x 50 on 1:15 Kick, 2, 4, 6 Faster	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Neg Split	2:10
		^^^^^ Group Up ^^^^^	
100	5:34 PM	4 x 25 on :40 Fast	2:40
200	5:38 PM	2 x 100 on 1:50 Desc	1:50
300	5:43 PM	6 x 50 on 1:10 Evens Faster	2:20
200	5:51 PM	2 x 100 on 1:50 Desc	1:50
300	5:56 PM	6 x 50 on 1:15 Evens Faster	2:30
200	6:05 PM	2 x 100 on 1:50 Desc	1:50
300	6:10 PM	6 x 50 on 1:20 Evens Faster	2:40
100	6:19 PM	1 x 100 on 5:00 Loosen	5:00
	6:24 PM	3,100 Meters	

Workout #1103 - Tuesday, 17 September 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Swim & Drill	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, Odds Faster	2:30
400	5:24 PM	4 x 100 on 1:50 Pull, Build	1:50
		VVVVV Group Up VVVVV	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
1,400	5:39 PM	2x{2 x 100 on 2:00 Desc (#1 is easy)	2:00
		{2 x 100 on 1:50 Desc	1:50
		{2 x 100 on 1:40 Desc	1:40
		{1 x 100 on 2:10 Best (may start round 2 early)	2:10
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,100 Meters	

Workout #1100 - Wednesday, 18 September 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Drill and Swim	1:50
400	5:12 PM	4 x 100 on 2:15 Kick as desired	2:15
400	5:22 PM	8 x 50 on 1:05 Pull, #3, #6 FAST!	2:10
		Group Up	
100	5:32 PM	4 x 25 on :40 Fast	2:40
800	5:36 PM	8 x 100 on 1:50 Desc	1:50
800	5:52 PM	4 x 200 on 3:35 Desc	1:48
900	6:08 PM	3 x 300 on 5:10 Desc	1:43
100	6:25 PM	1 x 100 on 5:00 Loosen	5:00
	6:30 PM	4,100 Meters	

Workout #1096 - Thursday, 19 September 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Swim & Drill	1:58
400	5:13 PM	4 x 100 on 2:15 Kick, mix efforts	2:15
400	5:23 PM	4 x 100 on 1:50 Pull, mix efforts	1:50
		@@@@ Group Up @@@@	
200	5:32 PM	4 x 50 on 1:05 Desc	2:10
1,400	5:38 PM	4x{1 x 50 on 1:30 Easy	3:00
		{2 x 75 on 1:30 Fast	2:00
		{2 x 50 on 1:05 Fast	2:10
		{2 x 25 on :40 Fast	2:40
100	6:11 PM	1 x 100 on 5:00 Loosen	5:00
	6:16 PM	3,100 Meters	

Workout #1093 - Monday, 23 September 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Drill & Swim	1:55
400	5:13 PM	4 x 100 on 2:20 Kick, faster in the middle	2:20
400	5:24 PM	4 x 100 on 1:50 Pull, Mix Efforts	1:50
		V^V^V Group Up V^V^V	
100	5:33 PM	4 x 25 on :40 Fast	2:40
450	5:37 PM	6 x 75 on 2:00 All Great Efforts	2:40
100	5:50 PM	1 x 100 on 2:30 Loosen	2:30
450	5:54 PM	6 x 75 on 1:50 Can you hold the same speed?	2:27
100	6:06 PM	1 x 100 on 2:30 Loosen	2:30
450	6:10 PM	6 x 75 on 1:40 How about now?	2:13
100	6:21 PM	1 x 100 on 5:00 Loosen	5:00
	6:26 PM	3,150 Meters	

Workout #1091 - Tuesday, 24 September 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Mix drill and swim	1:53
400	5:13 PM	4 x 100 on 2:15 Kick, last 25 faster	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, Desc	2:10
		==== Group Up =====	
200	5:33 PM	4 x 50 on 1:05 Alt Easier and Faster	2:10
1,400	5:39 PM	2x{1 x 100 on 2:30 EZ	2:30
		{3 x 150 on 2:50 50 mod; 50 fast; 50 faster	1:53
		{3 x 50 on 1:10 Fast	2:20
100	6:09 PM	1 x 100 on 5:00 Loosen	5:00
	6:14 PM	3,100 Meters	

Workout #1088 - Wednesday, 25 September 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:50 Swim and drill	1:57
400	5:13 PM	8 x 50 on 1:15 Kick, Evens FAST!	2:30
400	5:24 PM	4 x 100 on 1:50 Pull, mix efforts	1:50
		***** Group Up *****	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
2,400	5:39 PM	2x{1 x 500 on 8:30 Neg Split	1:42
		{10 x 50 on 1:00 Hold pace - EVEN!	2:00
		{2 x 100 on 2:00 Fast	2:00
100	6:25 PM	1 x 100 on 5:00 Loosen	5:00
	6:30 PM	4,100 Meters	

Workout #1084 - Thursday, 26 September 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Drill & Swim Mix	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, Odds Faster	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Desc	2:10
		+++++ Group Up +++++	
100	5:34 PM	4 x 25 on :40 Fast	2:40
1,600	5:38 PM	8 x 200 on 3:30 Desc 1-4, 5-8	1:45
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,200 Meters	

Workout #1170 - Monday, 30 September 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
500	5:00 PM	1 x 500 on 9:00 Mix swim & Drill	1:48
500	5:10 PM	1 x 500 on 9:00 Pull, mix speeds	1:48
400	5:20 PM	4 x 100 on 2:20 Kick, mix in a fast 25 on each ***** Group Up *****	2:20
100	5:31 PM	4 x 25 on :40 Speedy!	2:40
400	5:35 PM	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	5:45 PM	1 x 200 on 4:00 Loosen, Get Ready	2:00
600	5:50 PM	6 x 100 on 3:00 Test Yourself!!	3:00
300	6:09 PM	1 x 300 on 6:00 Cool down	2:00
	6:15 PM	3,000 Meters	

Workout #1165 - Tuesday, 01 October 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Drill/Swim	1:50
400	5:12 PM	8 x 50 on 1:15 Kick, mix efforts	2:30
400	5:23 PM	8 x 50 on 1:00 Pull, Desc ///// Group UP \\\\)	2:00
200	5:32 PM	4 x 50 on 1:05 Desc	2:10
600	5:38 PM	3 x 200 on 3:35 Desc	1:48
450	5:50 PM	3 x 150 on 2:35 Desc	1:43
300	5:59 PM	3 x 100 on 1:40 Desc	1:40
100	6:05 PM	1 x 100 on 5:00 Loosen	5:00
	6:10 PM	3,050 Meters	

Workout #1164 - Wednesday, 02 October 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Drill & Swim Mix	1:52
400	5:13 PM	4 x 100 on 2:15 Kick, Build Each	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, Neg Split ***** Group Up *****	2:10
100	5:33 PM	4 x 25 on :40 Fast	2:40
400	5:37 PM	4 x 100 on 1:45 Desc	1:45
800	5:45 PM	2 x 400 on 6:30 Neg Split	1:38
400	5:59 PM	4 x 100 on 1:45 Desc	1:45
800	6:07 PM	2 x 400 on 6:40 Neg Split	1:40
100	6:22 PM	1 x 100 on 5:00 Loosen	5:00
	6:27 PM	4,000 Meters	

Workout #1161 - Thursday, 03 October 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:45 Swim and Drill	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, Evens Fast	2:30
400	5:24 PM	4 x 100 on 1:50 Pull, Evens Faster	1:50
		%%%% Group Up %%%%	
100	5:33 PM	4 x 25 on :40 Fast	2:40
600	5:37 PM	6 x 100 on 1:50 Desc	1:50
100	5:49 PM	2 x 50 on 1:05 # 1 Fast, #2 Easy	2:10
400	5:53 PM	4 x 100 on 1:45 Desc	1:45
100	6:01 PM	2 x 50 on 1:10 # 1 Fast, #2 Easy	2:20
200	6:05 PM	2 x 100 on 1:40 Desc	1:40
100	6:10 PM	1 x 100 on 5:00 Loosen	5:00
	6:15 PM	3,000 Meters	

Workout #1158 - Monday, 07 October 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 3:00 drill/swim	2:00
400	5:13 PM	4 x 100 on 2:15 Kick, Build	2:15
400	5:23 PM	4 x 100 on 2:00 Pull, mix efforts	2:00
		~~~~ Group Up ~~~~~	
200	5:32 PM	4 x 50 on 1:05 Desc	2:10
1,400	5:38 PM	2x{4 x 100 on 1:50 Desc, # 4 Max Effort	1:50
		{4 x 50 on 1:05 Desc, # 4 Max Effort	2:10
		{4 x 25 on :40 #1 Easy, 2, 3, 4 Max Effort	2:40
100	6:08 PM	1 x 100 on 5:00 Loosen	5:00
	6:13 PM	3,100 Meters	

**Workout #1155 - Tuesday, 08 October 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Swim & Drill	1:52
400	5:13 PM	8 x 50 on 1:10 Kick, some fast	2:20
400	5:24 PM	8 x 50 on 1:00 Pull, Desc	2:00
		===== Group Up =====	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
900	5:39 PM	6 x 150 on 2:30 Desc	1:40
600	5:55 PM	4 x 150 on 2:40 Desc	1:47
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,200 Meters	

**Workout #1150 - Wednesday, 09 October 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Swim and drill	1:50
400	5:12 PM	4 x 100 on 2:15 Kick, Desc	2:15
400	5:22 PM	8 x 50 on 1:05 Pull, Evens Fast!	2:10
		!!!! Group Up !!!!	
100	5:32 PM	4 x 25 on :40 Fast	2:40
200	5:36 PM	4 x 50 on 1:05 Desc	2:10
600	5:42 PM	1 x 600 on 9:30 Neg Split	1:35
1,200	5:53 PM	4 x 300 on 5:00 Desc	1:40
400	6:14 PM	4 x 100 on 1:45 Desc 1-4, #4 is FAST	1:45
100	6:22 PM	1 x 100 on 5:00 Loosen	5:00
	6:27 PM	4,000 Meters	

**Workout #1147 - Thursday, 10 October 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 6:00 Drill & Swim	2:00
400	5:13 PM	8 x 50 on 1:15 Kick, evens fast	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Desc	1:55
		<<<<< Group Up >>>>>	
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,500	5:37 PM	2x{6 x 75 on 1:45 Strong!	2:20
		{6 x 50 on 1:10 Stronger!	2:20
100	6:13 PM	1 x 100 on 5:00 Loosen	5:00
	6:18 PM	3,100 Meters	

**Workout #1145 - Monday, 14 October 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Drill & Swim	1:50
400	5:12 PM	4 x 100 on 2:15 Kick, fast last 25	2:15
400	5:22 PM	4 x 100 on 1:50 Pull, Neg Split Effort	1:50
		----- Group Up -----	
1,650	5:31 PM	3x{2 x 100 on 1:50 Fast	1:50
		{2 x 75 on 1:30 Fast	2:00
		{2 x 50 on 1:10 Fast	2:20
		{2 x 25 on :50 Fast	3:20
		{1 x 50 on 1:30 Loosen	3:00
	6:08 PM	3,050 Meters	

**Workout #1142 - Tuesday, 15 October 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Swim & Drill	1:58
400	5:13 PM	8 x 50 on 1:15 Kick, mix speeds	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, mix speeds	2:10
		%% Group Up %%	
100	5:34 PM	4 x 25 on :40 Fast	2:40
1,600	5:38 PM	2x{2 x 200 on 3:30 Desc	1:45
		{4 x 100 on 1:50 Desc	1:50
100	6:08 PM	1 x 100 on 5:00 Loosen	5:00
	6:13 PM	3,200 Meters	

**Workout #1140 - Wednesday, 16 October 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Drill and swim	1:52
400	5:13 PM	4 x 100 on 2:15 Kick, evens faster	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, 1 easy, 2 fast	2:10
		++++ Group Up ++++	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
1,200	5:39 PM	3 x 400 on 6:45 Desc and last 100 always faster	1:41
800	6:01 PM	2 x 400 on 6:30 Keep Desc	1:38
400	6:15 PM	1 x 400 on 7:00 Last one, fast one	1:45
100	6:23 PM	1 x 100 on 5:00 Loosen	5:00
	6:28 PM	4,100 Meters	

**Workout #1136 - Thursday, 17 October 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 dril/swim	1:53
400	5:13 PM	4 x 100 on 2:15 Kick, as desired	2:15
400	5:23 PM	4 x 100 on 1:50 Pull, faster in the middle	1:50
		VVVVV Group Up VVVVV	
100	5:32 PM	4 x 25 on :40 Fast	2:40
400	5:36 PM	4 x 100 on 1:50 Desc	1:50
400	5:45 PM	4 x 100 on 1:45 Desc	1:45
400	5:53 PM	4 x 100 on 1:40 Desc	1:40
400	6:01 PM	4 x 100 on 1:35 Desc	1:35
100	6:09 PM	1 x 100 on 5:00 Loosen	5:00
	6:14 PM	3,200 Meters	



**Workout #1202 - Monday, 21 October 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Drill/Swim	1:50
400	5:12 PM	4 x 100 on 2:15 Kick, Desc	2:15
400	5:22 PM	4 x 100 on 1:55 Pull, Desc	1:55
		***** Group Up *****	
400	5:31 PM	8 x 50 on 1:10 Evens Fast	2:20
400	5:42 PM	4 x 100 on 1:50 Evens Still Fast	1:50
400	5:51 PM	8 x 50 on 1:05 Evens are still Fast!	2:10
400	6:01 PM	4 x 100 on 2:00 Yes, fast on the even ones!!	2:00
100	6:10 PM	1 x 100 on 5:00 Loosen	5:00
	6:15 PM	3,100 Meters	

**Workout #1199 - Tuesday, 22 October 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Mix swim & drill	1:50
400	5:12 PM	8 x 50 on 1:15 Kick, mix efforts	2:30
400	5:23 PM	8 x 50 on 1:05 Pull, Desc	2:10
		##### Group Up #####	
100	5:33 PM	4 x 25 on :40 Fast	2:40
500	5:37 PM	5 x 100 on 2:00 Desc. #5 FAST	2:00
500	5:48 PM	5 x 100 on 1:50 Desc. #5 FAST	1:50
500	5:59 PM	5 x 100 on 1:40 Desc. #5 FAST	1:40
100	6:09 PM	1 x 100 on 5:00 Loosen	5:00
	6:14 PM	3,100 Meters	

**Workout #1196 - Wednesday, 23 October 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Swim and drill	1:55
400	5:13 PM	4 x 100 on 2:15 Kick, last 25 faster	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, Alt EZ and Moderate	2:10
		===== Group Up =====	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
1,200	5:39 PM	4 x 300 on 5:00 Desc, last 100 strong	1:40
1,200	6:00 PM	12 x 100 on 1:45 Desc 1-3/4-6/7-9	1:45
100	6:22 PM	1 x 100 on 5:00 Loosen	5:00
	6:27 PM	4,100 Meters	

**Workout #1191 - Thursday, 24 October 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Drill and swim mix	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, some faster efforts	2:30
400	5:24 PM	4 x 100 on 1:50 Pull, Steady and smooth	1:50
		----- Group Up -----	
100	5:33 PM	4 x 25 on :40 Fast	2:40
200	5:37 PM	4 x 50 on 1:05 Desc	2:10
1,350	5:43 PM	3x{1 x 75 on 2:00 Easy	2:40
		{3 x 75 on 1:45 Fast	2:20
		{2 x 75 on 2:00 Best Effort	2:40
100	6:18 PM	1 x 100 on 5:00 Loosen	5:00
	6:23 PM	3,150 Meters	

**Workout #1188 - Monday, 28 October 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
500	5:00 PM	1 x 500 on 9:00 Mix swim & Drill	1:48
500	5:10 PM	1 x 500 on 9:00 Pull, mix speeds	1:48
400	5:20 PM	4 x 100 on 2:20 Kick, mix in a fast 25 on each	2:20
		***** Group Up *****	
100	5:31 PM	4 x 25 on :40 Speedy!	2:40
400	5:35 PM	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	5:45 PM	1 x 200 on 4:00 Loosen, Get Ready	2:00
600	5:50 PM	6 x 100 on 3:00 Test Yourself!!	3:00
300	6:09 PM	1 x 300 on 6:00 Cool down	2:00
	6:15 PM	3,000 Meters	

**Workout #1187 - Tuesday, 29 October 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Mix up drill and swim	1:53
400	5:13 PM	4 x 100 on 2:15 Kick as desired	2:15
400	5:23 PM	4 x 100 on 1:50 Pull as desired	1:50
		///// Group Up \\\	
100	5:32 PM	4 x 25 on :40 Speedy!	2:40
400	5:36 PM	2 x 200 on 3:40 Desc	1:50
400	5:45 PM	2 x 200 on 3:30 Desc	1:45
400	5:53 PM	2 x 200 on 3:20 Desc	1:40
200	6:01 PM	1 x 200 on 4:00 Strongest effort of the workout	2:00
100	6:06 PM	1 x 100 on 5:00 Loosen	5:00
	6:11 PM	3,000 Meters	

**Workout #1184 - Wednesday, 30 October 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Drill/swim	1:50
400	5:12 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:23 PM	8 x 50 on 1:05 Pull, Desc	2:10
		+++++ Group Up +++++	
100	5:33 PM	4 x 25 on :40 Fast	2:40
2,400	5:37 PM	2x{2 x 400 on 6:45 Neg Split	1:41
		{4 x 100 on 1:45 Desc, make #4 great	1:45
100	6:19 PM	1 x 100 on 5:00 Loosen	5:00
	6:24 PM	4,000 Meters	

**Workout #1180 - Thursday, 31 October 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Mix up swim and drill	1:52
400	5:13 PM	4 x 100 on 2:15 Kick, last 50 faster	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, desc	2:10
		^^^^ Group Up ^^^^^	
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,500	5:37 PM	3x{3 x 100 on 1:55 Desc	1:55
		{2 x 100 on 1:45 Hold best pace	1:45
100	6:06 PM	1 x 100 on 5:00 Loosen	5:00
	6:11 PM	3,100 Meters	

**Workout #1218 - Monday, 04 November 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:45 Drill/swim mix	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, some fast	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Desc	2:10
		***** Group Up *****	
100	5:34 PM	4 x 25 on :40 Fast	2:40
200	5:38 PM	4 x 50 on 1:00 Desc	2:00
200	5:43 PM	2 x 100 on 2:00 Desc	2:00
100	5:48 PM	4 x 25 on :35 Fast	2:20
200	5:52 PM	4 x 50 on 1:05 Desc	2:10
200	5:58 PM	2 x 100 on 1:50 Desc	1:50
100	6:03 PM	4 x 25 on :30 Fast	2:00
200	6:06 PM	4 x 50 on 1:10 Desc	2:20
200	6:12 PM	2 x 100 on 1:40 Desc	1:40
100	6:17 PM	1 x 100 on 5:00 Loosen	5:00
	6:22 PM	3,000 Meters	

**Workout #1215 - Tuesday, 05 November 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Swim and drill	1:55
400	5:13 PM	4 x 100 on 2:15 Kick, faster in the middle	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, evens faster	2:10
		===== Group Up =====	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
450	5:39 PM	3 x 150 on 2:45 Desc	1:50
450	5:49 PM	3 x 150 on 2:35 Desc	1:43
450	5:58 PM	3 x 150 on 2:25 Desc	1:37
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,050 Meters	

**Workout #1212 - Wednesday, 06 November 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Drill and swim mix	1:50
400	5:12 PM	8 x 50 on 1:15 Kick, last 25 faster	2:30
400	5:23 PM	4 x 100 on 1:55 Pull, build	1:55
		----- Group Up -----	
200	5:32 PM	4 x 50 on 1:05 Desc	2:10
1,200	5:38 PM	2 x 600 on 10:30 Desc	1:45
600	6:00 PM	6 x 100 on 1:50 Desc	1:50
600	6:12 PM	12 x 50 on 1:00 Desc	2:00
100	6:25 PM	1 x 100 on 5:00 Loosen	5:00
	6:30 PM	4,100 Meters	

**Workout #1208 - Thursday, 07 November 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Swim & Drill	1:57
400	5:13 PM	4 x 100 on 2:15 Kick, mix efforts	2:15
400	5:23 PM	4 x 100 on 1:50 Pull, Desc	1:50
		+++++ Group Up +++++	
100	5:32 PM	4 x 25 on :40 Fast	2:40
200	5:36 PM	2 x 100 on 1:50 1 Easy, 1 Fast	1:50
450	5:41 PM	6 x 75 on 1:40 Desc	2:13
200	5:52 PM	2 x 100 on 1:50 1 Easy, 1 Fast	1:50
300	5:57 PM	4 x 75 on 1:30 Desc	2:00
200	6:04 PM	2 x 100 on 1:50 1 Easy, 1 Fast	1:50
150	6:09 PM	2 x 75 on 1:20 Desc	1:47
100	6:13 PM	1 x 100 on 5:00 Loosen	5:00
	6:18 PM	3,100 Meters	

**Workout #1254 - Monday, 11 November 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Drill & Swim	1:53
400	5:13 PM	4 x 100 on 2:15 Kick, Desc	2:15
400	5:23 PM	4 x 100 on 1:55 Pull, Desc	1:55
		----- Group Up -----	
100	5:32 PM	4 x 25 on :40 Fast	2:40
1,400	5:36 PM	2x{4 x 100 on 2:00 Last 50 of each Fast	2:00
		{4 x 50 on 1:10 #1 Steady, #2 Fast	2:20
		{4 x 25 on :40 #1 Steady, #2 Fast	2:40
100	6:08 PM	1 x 100 on 5:00 Loosen	5:00
	6:13 PM	3,000 Meters	

**Workout #1251 - Tuesday, 12 November 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Mix drill and swim	1:55
400	5:13 PM	4 x 100 on 2:15 Kick, last 25 faster	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, mix efforts	2:10
		+++++ Group Up +++++	
100	5:33 PM	4 x 25 on :40 Fast	2:40
200	5:37 PM	4 x 50 on 1:05 Desc	2:10
1,200	5:43 PM	2x{2 x 200 on 3:30 Desc	1:45
		{1 x 200 on 3:15 Fast	1:38
100	6:05 PM	1 x 100 on 5:00 Loosen	5:00
	6:10 PM	3,000 Meters	

**Workout #1248 - Wednesday, 13 November 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 6:00 Drill & Swim	2:00
400	5:13 PM	8 x 50 on 1:15 Kick, Evens Faster	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Desc	1:55
		===== Group Up =====	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
1,200	5:39 PM	3 x 400 on 6:45 Neg Split	1:41
800	6:01 PM	4 x 200 on 3:45 Neg Split	1:52
400	6:17 PM	4 x 100 on 1:55 Neg Split	1:55
100	6:26 PM	1 x 100 on 5:00 Loosen	5:00
	6:31 PM	4,100 Meters	

**Workout #1245 - Thursday, 14 November 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 drill and swim	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, Odds Faster	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Evens Faster	2:10
		%%%% Group Up %%%	
100	5:34 PM	4 x 25 on :40 Fast	2:40
1,500	5:38 PM	1x{5 x 100 on 1:40 Desc	1:40
		{4 x 100 on 1:45 Desc	1:45
		{3 x 100 on 1:50 Desc	1:50
		{2 x 100 on 1:55 Desc	1:55
		{1 x 100 on 2:00 Last one, fast one!	2:00
100	6:06 PM	1 x 100 on 5:00 Loosen	5:00
	6:11 PM	3,100 Meters	

**Workout #1242 - Monday, 18 November 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim & Drill Mix	1:55
400	5:13 PM	4 x 100 on 2:15 Kick as desired	2:15
400	5:23 PM	4 x 100 on 1:55 Pull, Evens stronger	1:55
		<<<< Group Up >>>>	
100	5:32 PM	4 x 25 on :40 Fast	2:40
1,400	5:36 PM	2x{1 x 100 on 2:15 Easy	2:15
		{4 x 50 on 1:10 Desc to Best Effort	2:20
		{4 x 50 on 1:05 Desc to Best Effort	2:10
		{4 x 50 on 1:00 Desc to Best Effort	2:00
100	6:08 PM	1 x 100 on 5:00 Loosen	5:00
	6:13 PM	3,000 Meters	

**Workout #1239 - Tuesday, 19 November 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Drill & Swim	1:52
400	5:13 PM	8 x 50 on 1:15 Kick, mix efforts	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Desc	1:55
		OoOo Group Up OoOo	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
600	5:39 PM	6 x 100 on 1:45 Desc 1-3, 4-6	1:45
200	5:51 PM	4 x 50 on 1:05 Desc	2:10
600	5:57 PM	6 x 100 on 1:50 Desc 1-3, 4-6	1:50
100	6:09 PM	1 x 100 on 5:00 Loosen	5:00
	6:14 PM	3,100 Meters	

**Workout #1236 - Wednesday, 20 November 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:50 Mix swim and drill	1:57
400	5:13 PM	4 x 100 on 2:15 Kick, neg split each	2:15
400	5:23 PM	8 x 50 on 1:05 Steady Pace	2:10
		XxXxX Group Up XxXxX	
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
900	5:39 PM	3 x 300 on 5:20 Desc	1:47
600	5:56 PM	1 x 600 on 10:25 Neg Split	1:44
900	6:08 PM	3 x 300 on 5:00 Desc	1:40
100	6:24 PM	1 x 100 on 5:00 Loosen	5:00
	6:29 PM	4,100 Meters	

**Workout #1232 - Thursday, 21 November 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Drill & Swim	1:53
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, mixed efforts	2:10
		==== Group Up =====	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
450	5:40 PM	3 x 150 on 2:50 Desc	1:53
150	5:50 PM	1 x 150 on 2:35 Faster Pace	1:43
300	5:54 PM	2 x 150 on 2:50 Desc	1:53
150	6:01 PM	1 x 150 on 2:35 Faster Pace	1:43
150	6:05 PM	1 x 150 on 2:50 Steady	1:53
150	6:09 PM	1 x 150 on 2:35 Faster Pace	1:43
100	6:13 PM	1 x 100 on 5:00 Loosen	5:00
	6:18 PM	3,050 Meters	

**Workout #1229 - Monday, 25 November 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Drill/swim mix	1:58
400	5:13 PM	8 x 50 on 1:05 Pull, Desc	2:10
400	5:23 PM	8 x 50 on 1:15 Kick, Desc	2:30
		)))) Group Up (((((	
100	5:34 PM	4 x 25 on :40 Fast	2:40
300	5:38 PM	4 x 75 on 1:25 Desc to fast	1:53
200	5:45 PM	2 x 100 on 2:00 1 Easy, 1 Fast	2:00
300	5:50 PM	4 x 75 on 1:35 Desc to fast	2:07
200	5:58 PM	2 x 100 on 2:00 1 Easy, 1 Fast	2:00
300	6:03 PM	4 x 75 on 1:45 Desc to fast	2:20
200	6:11 PM	2 x 100 on 2:00 1 Easy, 1 Fast	2:00
100	6:16 PM	1 x 100 on 5:00 Loosen	5:00
	6:21 PM	3,100 Meters	

**Workout #1226 - Tuesday, 26 November 2019**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Swim & Drill Mix	1:55
400	5:13 PM	4 x 100 on 2:15 Kick, last 25 fast	2:15
400	5:23 PM	4 x 100 on 1:55 Pull, Build	1:55
		~~~~~ Group Up ~~~~~	
200	5:32 PM	4 x 50 on 1:05 Desc	2:10
1,350	5:38 PM	9 x 150 on 2:30 Desc 1-3	1:40
100	6:02 PM	1 x 100 on 5:00 Loosen	5:00
	6:07 PM	3,050 Meters	

Workout #1224 - Wednesday, 27 November 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Drill, Swim Mix	1:53
400	5:13 PM	8 x 50 on 1:05 Pull, MIx Efforts	2:10
400	5:23 PM	8 x 50 on 1:15 Kick, Desc	2:30
		***** Group Up *****	
200	5:34 PM	4 x 50 on 1:05 Desc	2:10
1,000	5:40 PM	2 x 500 on 8:45 Build Each	1:45
800	5:59 PM	2 x 400 on 7:10 Build	1:48
600	6:15 PM	2 x 300 on 5:30 Build	1:50
100	6:27 PM	1 x 100 on 5:00 Loosen	5:00
	6:32 PM	4,100 Meters	

Workout #1220 - Thursday, 28 November 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Swim and Drill	1:55
400	5:13 PM	4 x 100 on 2:15 Kick, Build	2:15
400	5:23 PM	4 x 100 on 1:55 Pull, Desc	1:55
		##### Group Up #####	
100	5:32 PM	4 x 25 on :40 Fast	2:40
1,600	5:36 PM	2x{3 x 200 on 3:30 Desc	1:45
		{1 x 200 on 3:45 Faster	1:52
100	6:06 PM	1 x 100 on 5:00 Loosen	5:00
	6:11 PM	3,200 Meters	

Workout #1294 - Monday, 02 December 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
500	5:00 PM	1 x 500 on 9:00 Mix swim & Drill	1:48
500	5:10 PM	1 x 500 on 9:00 Pull, mix speeds	1:48
400	5:20 PM	4 x 100 on 2:20 Kick, mix in a fast 25 on each ***** Group Up *****	2:20
100	5:31 PM	4 x 25 on :40 Speedy!	2:40
400	5:35 PM	8 x 50 on 1:05 Desc 1-4, 5-8	2:10
200	5:45 PM	1 x 200 on 4:00 Loosen, Get Ready	2:00
600	5:50 PM	6 x 100 on 3:00 Test Yourself!!	3:00
300	6:09 PM	1 x 300 on 6:00 Cool down	2:00
	6:15 PM	3,000 Meters	

Workout #1291 - Tuesday, 03 December 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Drill and swim	1:50
400	5:12 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:23 PM	4 x 100 on 1:55 Pull, Desc ***** Group Up *****	1:55
100	5:32 PM	4 x 25 on :40 Fast	2:40
1,400	5:36 PM	2x{2 x 200 on 3:30 Desc {2 x 100 on 1:50 Desc {2 x 50 on 1:05 1 easier, 1 faster	1:45 1:50 2:10
100	6:03 PM	1 x 100 on 5:00 Loosen	5:00
	6:08 PM	3,000 Meters	

Workout #1290 - Wednesday, 04 December 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Swim and Drill	1:53
400	5:13 PM	8 x 50 on 1:05 Pull, Mix Efforts	2:10
400	5:23 PM	4 x 100 on 2:15 Kick, last 25 faster %%%% Group Up %%%%	2:15
200	5:33 PM	4 x 50 on 1:05 Desc	2:10
800	5:39 PM	4 x 200 on 3:30 Desc	1:45
900	5:54 PM	3 x 300 on 5:15 Desc	1:45
800	6:11 PM	2 x 400 on 7:00 Desc	1:45
100	6:26 PM	1 x 100 on 5:00 Loosen	5:00
	6:31 PM	4,200 Meters	

Workout #1286 - Thursday, 05 December 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Drill and swim	1:52
400	5:13 PM	4 x 100 on 2:15 Kick, mix efforts	2:15
400	5:23 PM	4 x 100 on 1:50 Pull, neg split	1:50
		///// Group Up \\\	
100	5:32 PM	4 x 25 on :40 Fast	2:40
400	5:36 PM	4 x 100 on 1:45 Desc	1:45
400	5:44 PM	4 x 100 on 1:50 Desc	1:50
400	5:53 PM	4 x 100 on 1:55 Desc	1:55
400	6:02 PM	4 x 100 on 2:00 Desc	2:00
100	6:11 PM	1 x 100 on 5:00 Loosen	5:00
	6:16 PM	3,200 Meters	

Workout #1308 - Monday, 09 December 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:45 Drill & Swim	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, Mix Efforts	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Desc	1:55
		==== Group Up =====	
100	5:33 PM	4 x 25 on :40 Fast	2:40
400	5:37 PM	4 x 100 on 1:50 Desc	1:50
300	5:46 PM	4 x 75 on 1:30 Desc	2:00
200	5:53 PM	4 x 50 on 1:05 Desc	2:10
100	5:59 PM	4 x 25 on :35 Fast	2:20
100	6:03 PM	2 x 50 on 1:05 Hold Strong	2:10
150	6:07 PM	2 x 75 on 1:30 Stay Strong	2:00
200	6:11 PM	2 x 100 on 1:50 Keep at it	1:50
100	6:16 PM	1 x 100 on 5:00 Loosen	5:00
	6:21 PM	3,050 Meters	

Workout #1305 - Tuesday, 10 December 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Swim and Drill Mix	1:50
400	5:12 PM	4 x 100 on 2:15 Kick, Last 25 Faster	2:15
400	5:22 PM	4 x 100 on 1:55 Pull, Neg Split	1:55
		----- Group Up -----	
1,600	5:31 PM	2x{4 x 150 on 2:40 Desc	1:47
		{3 x 50 on 1:05 Desc to FAST!	2:10
		{1 x 50 on 1:30 Easy, start early	3:00
	6:02 PM	3,000 Meters	

Workout #1302 - Wednesday, 11 December 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Drill and swim	1:50
400	5:12 PM	8 x 50 on 1:05 Pull, Build	2:10
400	5:22 PM	4 x 100 on 2:15 Kick, last 50 faster	2:15
		ooooo Group Up ooooo	
200	5:32 PM	4 x 50 on 1:05 Desc	2:10
600	5:38 PM	1 x 600 on 10:45 Neg Split	1:48
600	5:50 PM	2 x 300 on 5:20 Desc	1:47
600	6:02 PM	1 x 600 on 10:15 Neg Split	1:42
600	6:14 PM	2 x 300 on 5:10 Desc	1:43
100	6:26 PM	1 x 100 on 5:00 Loosen	5:00
	6:31 PM	4,100 Meters	

Workout #1298 - Thursday, 12 December 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:55 Swim and Drill	1:57
400	5:13 PM	4 x 100 on 2:15 Kick as desired	2:15
400	5:23 PM	8 x 50 on 1:05 Pull, mix efforts	2:10
		##### Group Up #####	
1,600	5:33 PM	2x{4 x 50 on 1:15 #1 Easy, Desc 2-4	2:30
		{8 x 75 on 1:40 Best Effort	2:13
100	6:11 PM	1 x 100 on 5:00 Loosen	5:00
	6:16 PM	3,100 Meters	

Workout #1320 - Monday, 16 December 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Swimm/Drill Mix	1:50
400	5:12 PM	4 x 100 on 2:15 Kick, Desc	2:15
400	5:22 PM	8 x 50 on 1:05 Pull, Desc	2:10
		+++++ Group Up +++++	
100	5:32 PM	4 x 25 on :40 Fast	2:40
600	5:36 PM	6 x 100 on 2:00 Last 50 of each fast	2:00
450	5:49 PM	6 x 75 on 1:40 Last 50 of each fast	2:13
300	6:00 PM	6 x 50 on 1:20 Best Effort	2:40
150	6:09 PM	6 x 25 on 1:00 Max Effort	4:00
100	6:16 PM	1 x 100 on 5:00 Loosen	5:00
	6:21 PM	3,100 Meters	

Workout #1317 - Tuesday, 17 December 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:50 Drill and Swim Mix	1:53
400	5:13 PM	8 x 50 on 1:15 Kick, Last 25 Faster	2:30
400	5:24 PM	4 x 100 on 1:50 Pull, build)))) Group Up (((((1:50
300	5:33 PM	6 x 50 on 1:05 Desc 1-3/4-6	2:10
1,200	5:41 PM	1x{3 x 200 on 3:30 Desc {2 x 200 on 3:35 Desc {1 x 200 on 3:40 Best	1:45 1:48 1:50
100	6:04 PM	1 x 100 on 5:00 Loosen	5:00
	6:09 PM	3,000 Meters	

Workout #1314 - Wednesday, 18 December 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:50 Swim & Drill	1:55
400	5:13 PM	4 x 100 on 2:15 Kick, faster in the middle	2:15
400	5:23 PM	8 x 50 on 1:05 1 easy, 2 fast ~~~~~ Group Up ~~~~~	2:10
1,200	5:33 PM	3 x 400 on 6:30 Desc	1:38
800	5:54 PM	4 x 200 on 3:30 Desc	1:45
600	6:09 PM	6 x 100 on 1:50 Desc	1:50
100	6:21 PM	1 x 100 on 5:00 Loosen	5:00
	6:26 PM	4,100 Meters	

Workout #1310 - Thursday, 19 December 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:55 Drill and swim	1:58
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	4 x 100 on 1:50 Pull, last 25 faster Group Up	1:50
100	5:33 PM	4 x 25 on :40 Fast	2:40
1,500	5:37 PM	3x{1 x 50 on 1:10 Easy {3 x 100 on 1:45 Desc {3 x 50 on 1:05 Desc	2:20 1:45 2:10
100	6:07 PM	1 x 100 on 5:00 Loosen	5:00
	6:12 PM	3,100 Meters	

Workout #1331 - Monday, 23 December 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:45 Drill and Swim	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, Mix it up	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, as desired	1:55
		vvvvv Group Up vvvvv	
100	5:33 PM	4 x 25 on :45 Fast	3:00
1,650	5:37 PM	3x{4 x 75 on 1:25 Last 25 Fast	1:53
		{4 x 50 on 1:05 Desc	2:10
		{1 x 50 on 1:15 Easy	2:30
	6:11 PM	3,150 Meters	

Workout #1329 - Tuesday, 24 December 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Swim and drill	1:52
400	5:13 PM	4 x 100 on 1:50 Pull, Desc	1:50
400	5:22 PM	4 x 100 on 2:15 Kick, Odds Faster	2:15
		^^^^ Group Up ^^^^^	
200	5:32 PM	4 x 50 on 1:05 Desc	2:10
500	5:38 PM	5 x 100 on 1:50 Desc	1:50
500	5:49 PM	5 x 100 on 1:45 Desc	1:45
500	5:59 PM	5 x 100 on 1:40 Desc	1:40
100	6:09 PM	1 x 100 on 5:00 Loosen	5:00
	6:14 PM	3,200 Meters	

Workout #1326 - Wednesday, 25 December 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Drill/Swim Mix	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Desc	2:10
		***** Group Up *****	
100	5:34 PM	4 x 25 on :40 Fast	2:40
2,400	5:38 PM	4x{1 x 300 on 5:30 Build	1:50
		{1 x 200 on 3:30 Neg Split	1:45
		{1 x 100 on 1:40 Last 50 fast	1:40
100	6:22 PM	1 x 100 on 5:00 Loosen	5:00
	6:27 PM	4,000 Meters	

Workout #1322 - Thursday, 26 December 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:50 Swim and drill	1:50
400	5:12 PM	4 x 100 on 2:15 Kick, last 25 fast	2:15
400	5:22 PM	8 x 50 on 1:05 Pull, odds faster	2:10
		===== Group Up =====	
100	5:32 PM	4 x 25 on :40 Fast	2:40
600	5:36 PM	6x{1 x 75 on 1:30 Fast	2:00
		{1 x 25 on :50 Best Effort	3:20
50	5:51 PM	1 x 50 on 1:30 Easy	3:00
800	5:54 PM	8 x 100 on 1:50 Hold Best Average Pace	1:50
100	6:10 PM	1 x 100 on 5:00 Loosen	5:00
	6:15 PM	3,050 Meters	

Workout #1388 - Monday, 30 December 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	2 x 300 on 5:45 Swim and drill	1:55
400	5:13 PM	8 x 50 on 1:15 Kick, mix efforts	2:30
400	5:24 PM	4 x 100 on 1:55 Pull, Desc	1:55
		===== Group Up =====	
100	5:33 PM	4 x 25 on :40 Fast	2:40
300	5:37 PM	6 x 50 on 1:05 Desc	2:10
200	5:45 PM	2 x 100 on 1:50 Strong and Fast	1:50
300	5:50 PM	6 x 50 on 1:10 Desc	2:20
200	5:58 PM	2 x 100 on 1:50 Strong and Fast	1:50
300	6:03 PM	6 x 50 on 1:15 Desc	2:30
200	6:12 PM	2 x 100 on 1:50 Strong and Fast	1:50
100	6:17 PM	1 x 100 on 5:00 Loosen	5:00
	6:22 PM	3,100 Meters	

Workout #1391 - Tuesday, 31 December 2019
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	3 x 200 on 3:45 Swim and Drill	1:52
400	5:13 PM	8 x 50 on 1:15 Kick, Desc	2:30
400	5:24 PM	8 x 50 on 1:05 Pull, Odds Stronger	2:10
		===== Group Up =====	
300	5:34 PM	6 x 50 on 1:05 Desc	2:10
1,200	5:42 PM	2x{3 x 100 on 1:50 Desc	1:50
		{2 x 100 on 1:45 Desc	1:45
		{1 x 100 on 1:40 Fast	1:40
100	6:05 PM	1 x 100 on 5:00 Loosen	5:00
	6:10 PM	3,000 Meters	

Workout #1394 - Wednesday, 01 January 2020
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	6 x 100 on 1:55 Mix drill and swim	1:55
400	5:13 PM	4 x 100 on 2:15 Kick, last 25 faster	2:15
400	5:23 PM	4 x 100 on 1:55 Pull, Build	1:55
		===== Group Up =====	
100	5:32 PM	4 x 25 on :40 Fast	2:40
1,200	5:36 PM	4 x 300 on 5:15 Desc	1:45
800	5:58 PM	4 x 200 on 3:25 Desc	1:42
400	6:13 PM	4 x 100 on 1:40 Desc	1:40
100	6:21 PM	1 x 100 on 5:00 Loosen	5:00
	6:26 PM	4,000 Meters	

Workout #1397 - Thursday, 02 January 2020
Masters - Blue Masters
1 minute rest between sets

Meters	Time	Set Description	PACE
600	5:00 PM	4 x 150 on 2:45 Mix drill and swim	1:50
400	5:12 PM	4 x 100 on 2:15 Kick, mix efforts	2:15
400	5:22 PM	8 x 50 on 1:05 Pull, Desc	2:10
		===== Group Up =====	
100	5:32 PM	4 x 25 on :40 Fast	2:40
1,500	5:36 PM	2x{4 x 75 on 1:30 Build	2:00
		{4 x 75 on 1:40 Hold best speed	2:13
		{1 x 50 on 1:15 Easy, start early	2:30
		{1 x 100 on 2:15 Fast	2:15
100	6:10 PM	1 x 100 on 5:00 Loosen	5:00
	6:15 PM	3,100 Meters	