

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

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Swim & Drill	1:50
400	4 x 100 on 2:15 Kick, Desc	2:15
400	4 x 100 on 1:55 Pull, Neg Split Efforts	1:55
	##### Group Up #####	
600	4x{4 x 25 on :35 Best Effort	2:20
	{1 x 50 on 1:20 Easy	2:40
1,000	4x{4 x 50 on 1:10 Best Effort	2:20
	{1 x 50 on 1:20 Easy	2:40
	6:11 PM 3,000 Meters	

Workout #411 - Tuesday, 01 January 2019
Masters - Blue Masters
1 minute rest between sets

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

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

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

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

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

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

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

5:00 PM Start		
Meters	Set Description	PACE
600	3 x 200 on 3:40 Mix swim & drill	1:50
400	4 x 100 on 2:20 Kick, some fast!	2:20
450	6 x 75 on 1:30 Pull, build	2:00
	***** Group Up *****	
100	4 x 25 on :40 Fast	2:40
1,500	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

5:00 PM Start

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

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:50 Swim & drill	1:50
400	8 x 50 on 1:15 Kick, Evens Fast	2:30
400	4 x 100 on 1:50 Pull as desired	1:50
	===== Group Up =====	
100	4 x 25 on :40 Fast	2:40
1,600	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

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:50 Drill & swim	1:50
400	4 x 100 on 1:50 Pull, Mixture Efforts	1:50
400	8 x 50 on 1:15 Kick, Mix Efforts	2:30
	##### Group Up #####	
100	4 x 25 on :40 Fast	2:40
	No matter what, #10 always MAX!!	
500	10 x 50 on 1:10 1 Easier, 1 Faster	2:20
500	10 x 50 on 1:10 1 Easier, 2 Faster	2:20
500	10 x 50 on 1:10 1 Easier, 3 Faster	2:20
100	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

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

5:00 PM Start		
Meters	Set Description	PACE
600	3 x 200 on 3:45 Swim & drill	1:52
450	6 x 75 on 1:45 Kick, Build	2:20
400	4 x 100 on 1:50 Pull, Desc	1:50
	+++++ Group Up +++++	
500	10 x 50 on 1:05 Desc 1-5 & 6-10	2:10
500	1 x 500 on 8:30 Neg Split	1:42
500	5 x 100 on 1:40 Desc	1:40
500	5 x 100 on 1:45 Desc	1:45
500	5 x 100 on 1:50 Desc	1:50
100	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

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

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

5:00 PM Start		
Meters	Set Description	PACE
600	6 x 100 on 1:50 Swim & Drill	1:50
400	4 x 100 on 2:15 Kick, last 25 faster	2:15
400	4 x 100 on 1:55 Pull, Desc	1:55
	///// Group Up \\\	
100	4 x 25 on :40 Fast	2:40
500	4 x 125 on 2:20 Desc	1:52
400	4 x 100 on 1:55 Desc	1:55
300	4 x 75 on 1:30 Desc	2:00
200	4 x 50 on 1:05 Desc	2:10
100	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**

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

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

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

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:50 Swim and drill mix	1:57
400	8 x 50 on 1:15 Kick, mix efforts	2:30
400	4 x 100 on 1:50 Pull, Desc	1:50
	\$\$\$\$\$ Group Up \$\$\$\$\$	
100	4 x 25 on :40 Fast	2:40
1,200	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	2 x 100 on 2:00 #1 Moderate, #2 Best	2:00
100	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**

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

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

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

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

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:50 Drill and swim	1:55
400	4 x 100 on 2:20 Kick, mix it up	2:20
450	6 x 75 on 1:25 Pull, last 25 faster	1:53
	===== Group Up =====	
600	2 x 300 on 5:15 Desc	1:45
400	2 x 200 on 3:30 Desc	1:45
200	2 x 100 on 1:45 Desc	1:45
100	2 x 50 on 1:00 Desc	2:00
200	2 x 100 on 1:50 Desc	1:50
400	2 x 200 on 3:40 Desc	1:50
600	2 x 300 on 5:30 Desc	1:50
100	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**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Swim and drill	1:50
400	8 x 50 on 1:15 Kick, Desc	2:30
400	8 x 50 on 1:00 Pull, mix it up	2:00
	^^^^^ Group Up ^^^^^	
100	4 x 25 on :40 Fast	2:40
1,500	3x{2 x 200 on 3:30 Desc	1:45
	{2 x 50 on 1:15 Very Fast	2:30
100	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**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:50 Mix swim and drill	1:57
400	8 x 50 on 1:15 Kick, Desc	2:30
400	4 x 100 on 1:50 Pull, Build	1:50
	----- Group Up -----	
100	4 x 25 on :40 Fast	2:40
1,500	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	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**

5:00 PM Start		
Meters	Set Description	PACE
600	3 x 200 on 3:45 Mix swim and drill	1:52
400	4 x 100 on 2:20 Kick, mix efforts	2:20
400	4 x 100 on 1:50 Pull Desc	1:50
===== Group Up =====		
100	4 x 25 on :40 Fast	2:40
800	4 x 200 on 3:30 Desc	1:45
50	1 x 50 on 1:20 Easy	2:40
800	4 x 200 on 3:30 Desc	1:45
100	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**

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

5:00 PM Start		
Meters	Set Description	PACE
600	4 x 150 on 2:45 Mix swim and drill	1:50
400	8 x 50 on 1:05 Pull, Neg Split	2:10
400	8 x 50 on 1:10 Kick as desired	2:20
~~~~~ Group Up ~~~~~		
100	4 x 25 on :40 Fast	2:40
1,500	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

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

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

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

5:00 PM Start

Meters	Set Description	PACE
600	4 x 150 on 2:50 Swim and drill	1:53
400	8 x 50 on 1:05 Pull, Build	2:10
400	8 x 50 on 1:15 Kick, Evens FAST!	2:30
	%%%% Group Up %%%%	
100	4 x 25 on :40 Fast	2:40
900	6 x 150 on 2:45 Desc 1-3/4-6	1:50
600	4 x 150 on 2:55 Desc 1-4	1:57
100	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

5:00 PM Start

Meters	Set Description	PACE
600	4 x 150 on 2:50 Swim & Drill Mix	1:53
400	4 x 100 on 2:20 Kick, part of each one fast	2:20
400	4 x 100 on 1:50 Pull, build	1:50
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
600	12 x 50 on 1:05 1 Fast, 1 Easy	2:10
500	10 x 50 on 1:10 2 Fast, 1 Easy	2:20
400	8 x 50 on 1:15 3 Fast, 1 Easy	2:30
100	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

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:45 Swim and Drill Mix	1:52
400	8 x 50 on 1:10 Kick, evens faster	2:20
400	8 x 50 on 1:00 Pull, mix efforts	2:00
	----- Group Up -----	
200	4 x 50 on 1:05 Desc, #4 FAST	2:10
1,300	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	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	Set Description	PACE
5:00 PM Start		
600	2 x 300 on 5:45 Mix swim and drill	1:55
400	8 x 50 on 1:15 Kick, alt easy/fast	2:30
400	4 x 100 on 1:50 Pull, Desc	1:50
	%%%% Group Up %%%%	
100	4 x 25 on :40 Fast!	2:40
500	1 x 500 on 8:30 Build or Neg Split	1:42
2,000	2x{5 x 100 on 1:50 Desc	1:50
	{1 x 500 on 8:30 Build or Neg Split	1:42
100	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	Set Description	PACE
5:00 PM Start		
600	6 x 100 on 1:55 Swim and drill	1:55
400	4 x 100 on 2:15 Kick, Build	2:15
400	8 x 50 on 1:05 Pull, Desc	2:10
	==== Group Up =====	
100	4 x 25 on :40 Fast!	2:40
400	2 x 200 on 3:50 Desc	1:55
400	2 x 200 on 3:40 Desc	1:50
400	2 x 200 on 3:30 Desc	1:45
200	1 x 200 on 4:00 Last one, fast one	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:13 PM 3,000 Meters		

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

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

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

5:00 PM Start		
Meters	Set Description	PACE
600	4 x 150 on 2:45 Drill/Swim Mix	1:50
400	4 x 100 on 2:15 Kick, faster last 25	2:15
400	8 x 50 on 1:00 Pull, faster evens	2:00
	===== group Up =====	
100	4 x 25 on :40 Fast!	2:40
2,400	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	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

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

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

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

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

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

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:50 Mix swim & drill	1:57
400	8 x 50 on 1:15 Kick, Mix Efforts	2:30
400	4 x 100 on 1:50 Pull, Mix Efforts	1:50
	----- Group Up -----	
200	4 x 50 on 1:00 Desc	2:00
300	4 x 75 on 1:20 Desc	1:47
200	4 x 50 on 1:05 Desc	2:10
300	4 x 75 on 1:25 Desc	1:53
200	4 x 50 on 1:10 Desc	2:20
300	4 x 75 on 1:30 Desc	2:00
100	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

5:00 PM Start		
Meters	Set Description	PACE
600	6 x 100 on 1:50 Drill & Swim	1:50
400	8 x 50 on 1:15 Kick, Desc	2:30
400	4 x 100 on 1:50 Pull, Desc	1:50
	***** Group Up *****	
100	4 x 25 on :40 Desc	2:40
400	8 x 50 on 1:05 Evens Faster	2:10
100	4 x 25 on :35 Desc	2:20
400	8 x 50 on 1:05 Evens Faster	2:10
100	4 x 25 on :30 Desc	2:00
400	8 x 50 on 1:05 Evens Faster	2:10
100	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

5:00 PM Start		
Meters	Set Description	PACE
600	4 x 150 on 2:50 Mix Drill & Swim	1:53
400	4 x 100 on 1:50 Pull, Mix Efforts	1:50
400	4 x 100 on 2:20 Kick, last 25 fast	2:20
	===== Group Up =====	
200	4 x 50 on 1:05 Desc	2:10
450	3 x 150 on 2:45 Desc	1:50
450	3 x 150 on 2:40 Desc	1:47
450	3 x 150 on 2:35 Desc	1:43
100	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

5:00 PM Start		
Meters	Set Description	PACE
600	3 x 200 on 3:45 Swim & Drill Mix	1:52
400	8 x 50 on 1:15 Kick, Mix up efforts	2:30
400	8 x 50 on 1:05 Pull, Desc	2:10
	----- Group Up -----	
100	4 x 25 on :40 Fast	2:40
900	3 x 300 on 5:15 Desc	1:45
300	3 x 100 on 1:50 Desc	1:50
600	2 x 300 on 5:25 Desc	1:48
300	3 x 100 on 1:50 Desc	1:50
300	1 x 300 on 5:35 Fast	1:52
100	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

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:55 Swim and Drill	1:58
400	4 x 100 on 2:15 Kick, Desc	2:15
400	8 x 50 on 1:05 Pull, Desc	2:10
	+++++ Group Up +++++	
100	4 x 25 on :40 Fast!	2:40
1,500	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	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

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:50 Drill & Swim	1:57
400	4 x 100 on 2:20 Kick, Desc	2:20
400	8 x 50 on 1:00 Pull, Desc	2:00
	///// Group Up \\\生	
100	4 x 25 on :40 Fast!	2:40
300	6 x 50 on 1:05 Desc	2:10
800	8 x 100 on 1:50 Desc	1:50
300	6 x 50 on 1:10 Desc to Max	2:20
100	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

5:00 PM Start

Meters	Set Description	PACE
600	4 x 150 on 2:50 Swim and Drill	1:53
400	8 x 50 on 1:15 Kick, Evens Fast	2:30
400	4 x 100 on 1:50 Pull, Neg Split	1:50
	\\/\ Group Up \/\	
100	4 x 25 on :40 Fast!	2:40
400	2 x 200 on 3:45 Desc	1:52
400	2 x 200 on 3:35 Desc	1:48
400	2 x 200 on 3:25 Desc	1:42
200	1 x 200 on 5:00 Last one, fast one	2:30
100	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

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:50 Swim & Drill	1:50
400	4 x 100 on 2:20 Kick, Mix Efforts	2:20
400	8 x 50 on 1:00 Pull, Mix Efforts	2:00
	%%%% Group Up %%%%	
100	4 x 25 on :40 FAST	2:40
800	2 x 400 on 7:00 Desc 7 Neg Split	1:45
800	4 x 200 on 3:35 Desc & Neg Split	1:48
800	8 x 100 on 1:50 Desc	1:50
100	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

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:50 Swim and Drill	1:55
400	8 x 50 on 1:15 Kick, Some of it fast	2:30
400	4 x 100 on 1:50 Pull, Desc	1:50
	~~~~~ Group Up ~~~~~	
100	4 x 25 on :40 Fast!	2:40
500	5 x 100 on 1:50 Last 25 Faster	1:50
500	5 x 100 on 1:50 Last 50 Faster	1:50
500	5 x 100 on 1:50 Last 75 Faster	1:50
100	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**

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

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 6:00 Mix swim and drill	2:00
400	8 x 50 on 1:10 Kick, Desc	2:20
400	8 x 50 on 1:05 Mix Efforts	2:10
	*-**-* Group Up *-**-*	
200	4 x 50 on 1:05 Desc	2:10
50	2 x 25 on :40 Fast!	2:40
400	4 x 100 on 1:55 Desc	1:55
50	2 x 25 on :40 Fast!	2:40
400	4 x 100 on 1:50 Desc	1:50
50	2 x 25 on :40 Fast!	2:40
400	4 x 100 on 1:45 Desc	1:45
100	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**

5:00 PM Start		
Meters	Set Description	PACE
600	3 x 200 on 3:50 Swim & Drill	1:55
400	4 x 100 on 1:50 Pull, Desc	1:50
400	4 x 100 on 2:15 Kick, last 25 fast	2:15
	==== Group Up =====	
200	4 x 50 on 1:05 Desc	2:10
200	2 x 100 on 1:50 Steady	1:50
600	2 x 300 on 5:35 Desc	1:52
200	2 x 100 on 1:45 Steady	1:45
600	2 x 300 on 5:25 Desc	1:48
200	2 x 100 on 1:40 Steady	1:40
600	2 x 300 on 5:15 Desc	1:45
100	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**

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

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:45 Mix swim and drill	1:55
400	8 x 50 on 1:15 Kick, mix efforts	2:30
400	4 x 100 on 1:50 Pull, desc	1:50
	===== Group Up =====	
200	4 x 50 on 1:05 Desc	2:10
1,400	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	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**

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

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

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

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

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

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

5:00 PM Start		
Meters	Set Description	PACE
600	6 x 100 on 1:50 Mix swim and drill	1:50
400	8 x 50 on 1:15 Kick, Desc	2:30
400	4 x 100 on 1:50 Pull, Mix it up	1:50
	===== Group Up =====	
1,600	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	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**

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

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

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

Meters	Set Description	PACE
5:00 PM Start		
600	2 x 300 on 5:50 Drill & Swim	1:57
400	4 x 100 on 2:15 Kick, Build each	2:15
400	4 x 100 on 1:50 Pull, Desc	1:50
	***** Group Up *****	
200	4 x 50 on 1:10 Desc	2:20
1,400	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	Set Description	PACE
5:00 PM Start		
600	3 x 200 on 3:50 Mix swim and drill	1:55
400	8 x 50 on 1:00 Pull, Desc	2:00
400	8 x 50 on 1:15 Kick, Mix Efforts	2:30
	===== Group Up =====	
200	4 x 50 on 1:05 Desc	2:10
600	4 x 150 on 2:40 Desc 1-4	1:47
100	2 x 50 on 1:05 Desc	2:10
600	4 x 150 on 2:45 Desc 1-4	1:50
100	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	Set Description	PACE
5:00 PM Start		
600	4 x 150 on 2:55 Swim and Drill Mix	1:57
400	4 x 100 on 2:15 Kick, Desc	2:15
400	8 x 50 on 1:00 Steady and strong	2:00
	##### Group Up #####	
100	4 x 25 on :40 Fast!	2:40
600	2 x 300 on 5:25 Desc	1:48
600	1 x 600 on 10:20 Neg Split	1:43
600	2 x 300 on 5:00 Desc	1:40
600	1 x 600 on 10:00 Neg Split	1:40
100	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**

5:00 PM Start		
Meters	Set Description	PACE
600	6 x 100 on 1:50 Mix drill & swim	1:50
400	4 x 100 on 1:50 Pull, desc	1:50
400	8 x 50 on 1:15 Kick, evens faster	2:30
	~~~~~ Group Up ~~~~~	
100	4 x 25 on :40 Fast!	2:40
1,500	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	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

5:00 PM Start		
Meters	Set Description	PACE
600	4 x 150 on 3:00 Drill and Swim	2:00
400	8 x 50 on 1:15 Kick, some fast, some easy	2:30
400	8 x 50 on 1:00 Pull, Build	2:00
	///// Group Up \\\	
100	4 x 25 on :40 Fast!	2:40
200	4 x 50 on 1:10 Desc	2:20
1,200	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	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

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

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

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

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:50 Swim and Drill Mix	1:57
400	4 x 100 on 2:15 Kick as desired	2:15
400	8 x 50 on 1:00 Pull as desired	2:00
	%%%% Group Up %%%%	
100	4 x 25 on :40 Fast!	2:40
400	4 x 100 on 1:50 Desc	1:50
100	2 x 50 on 1:10 1 Fast, 1 Easy	2:20
400	4 x 100 on 1:45 Desc	1:45
100	2 x 50 on 1:15 1 Fast, 1 Easy	2:30
400	4 x 100 on 1:40 Desc	1:40
100	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

5:00 PM Start		
Meters	Set Description	PACE
600	6 x 100 on 1:50 Drill & Swim	1:50
400	8 x 50 on 1:15 Kick, Odds Faster	2:30
400	8 x 50 on 1:00 Pull, Desc	2:00
	^^^^ Group Up ^^^^^	
100	4 x 25 on :40 Fast!	2:40
200	2 x 100 on 2:00 Desc	2:00
300	6 x 50 on :55 Desc	1:50
200	2 x 100 on 2:00 Desc	2:00
300	6 x 50 on 1:00 Desc	2:00
200	2 x 100 on 2:00 Desc	2:00
300	6 x 50 on 1:05 Desc	2:10
100	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

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

5:00 PM Start		
Meters	Set Description	PACE
800	4 x 200 on 3:45 swim and drill mix	1:52
400	8 x 50 on 1:15 Kick, mix efforts	2:30
400	4 x 100 on 1:50 Pull, Desc	1:50
***** Group Up *****		
200	4 x 50 on 1:05 Desc	2:10
1,200	4 x 300 on 5:15 Desc	1:45
600	3 x 200 on 3:35 Desc	1:48
300	2 x 150 on 2:45 Desc	1:50
100	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

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:55 Mix drill and swim	1:58
400	4 x 100 on 2:15 Kick, Build or Desc	2:15
400	4 x 100 on 1:55 Pull, Build Each	1:55
/\ /\ /\ Group Up /\ /\ /\		
100	4 x 25 on :40 Fast!	2:40
1,500	2x{6 x 75 on 2:00 Hold Best Pace	2:40
	{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 #723 - Monday, 06 May 2019
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

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

Workout #726 - Tuesday, 07 May 2019
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:55 Swim & Drill	1:55
400	8 x 50 on 1:00 Pull, Desc	2:00
400	8 x 50 on 1:15 Kick, Desc	2:30
	***** Group Up *****	
100	4 x 25 on :40 Fast	2:40
50	1 x 50 on 1:15 Easy	2:30
1,500	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 #729 - Wednesday, 08 May 2019
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

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

Workout #732 - Thursday, 09 May 2019
Masters - Blue Masters
1 minute rest between sets

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

Workout #735 - Monday, 13 May 2019
Masters - Blue Masters
1 minute rest between sets

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

Workout #738 - Tuesday, 14 May 2019
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
600	3 x 200 on 3:50 Drill & Swim	1:55
400	4 x 100 on 1:55 Pull, Desc	1:55
400	4 x 100 on 2:15 Kick as desired	2:15
	##### Group Up #####	
100	4 x 25 on :40 Fast	2:40
1,200	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	1 x 200 on 4:00 Last one, Fast one	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:08	PM 3,000 Meters	

Workout #741 - Wednesday, 15 May 2019
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

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

Workout #744 - Thursday, 16 May 2019
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

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