

Workout #2237 - Monday, 04 January 2021
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 #2272 - Tuesday, 05 January 2021
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	4 x 150 on 2:50 Swim & Drill Mix	1:53
400	8 x 50 on 1:05 Pull, Desc	2:10
400	4 x 100 on 2:20 Kick, Desc	2:20
	***** Group Up *****	
100	4 x 25 on :40 Speedy!	2:40
1,400	4x{1 x 150 on 2:45 Steady	1:50
	{3 x 50 on 1:05 Desc	2:10
	{1 x 50 on 1:15 Best Effort	2:30
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,000 Meters	

Workout #2275 - Wednesday, 06 January 2021
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 1:20 Kick, last 25 fast	2:40
400	4 x 100 on 1:55 Pull, Neg Split	1:55
	***** Group Up *****	
200	4 x 50 on 1:05 Desc	2:10
600	2 x 300 on 5:10 Desc	1:43
600	1 x 600 on 10:30 Neg Split	1:45
600	2 x 300 on 5:20 Desc	1:47
600	6 x 100 on 1:50 Desc	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:33 PM 4,100 Meters	

Workout #2278 - Thursday, 07 January 2021
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 Mix	1:55
400	8 x 50 on 1:20 Kick, Mix Efforts	2:40
400	8 x 50 on 1:05 Pull, Desc	2:10
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
1,500	2x{2 x 75 on 1:20 Desc	1:47
	{2 x 100 on 1:45 Desc	1:45
	{2 x 150 on 2:35 Fast!	1:43
	{1 x 100 on 2:30 Loosen	2:30
	6:07 PM 3,000 Meters	

Workout #2281 - Monday, 11 January 2021
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:55 Swim & Drill Mix	1:58
400	8 x 50 on 1:20 Kick, last 25 faster	2:40
400	4 x 100 on 1:55 Pull, Desc	1:55
	***** Group Up *****	
200	4 x 50 on 1:05 Desc	2:10
450	6 x 75 on 1:20 2 Fast, 1 Easy	1:47
450	6 x 75 on 1:25 2 Fast, 1 Easy	1:53
450	6 x 75 on 1:30 2 Fast, 1 Easy	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:14 PM 3,050 Meters	

Workout #2284 - Tuesday, 12 January 2021
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:55 Swim & Drill Mix	1:58
400	8 x 50 on 1:20 Kick, Desc	2:40
400	4 x 100 on 1:55 Pull, Neg Split	1:55
	***** 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 4:00 last one, fast one	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:14 PM 3,000 Meters	

Workout #2287 - Wednesday, 13 January 2021
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	4 x 150 on 2:55 Swim & Drill Mix	1:57
400	4 x 100 on 2:20 Kick, faster in the middle	2:20
400	8 x 50 on 1:05 Pull, faster 1st 25	2:10
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
200	4 x 50 on 1:05 Desc	2:10
800	2 x 400 on 6:45 Desc & Neg Split	1:41
200	4 x 50 on 1:05 Desc	2:10
600	2 x 300 on 5:15 Desc & Neg Split	1:45
200	4 x 50 on 1:05 Desc	2:10
400	2 x 200 on 3:35 Desc & Neg Split	1:48
100	1 x 100 on 5:00 Loosen	5:00
	6:37 PM 4,000 Meters	

Workout #2290 - Thursday, 14 January 2021
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 Mix	1:55
400	4 x 100 on 2:20 Kick, as desired	2:20
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 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	1 x 100 on 5:00 loosen	5:00
	6:11 PM 3,100 Meters	

Workout #2294 - Monday, 18 January 2021
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	4 x 150 on 2:55 Swim & Drill Mix	1:57
400	8 x 50 on 1:15 Kick, Desc	2:30
400	8 x 50 on 1:05 Pull, Desc	2:10
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
1,400	2x{4 x 100 on 1:40 Strong & Steady	1:40
	{4 x 50 on 1:05 Desc	2:10
	{4 x 25 on :40 1 Fast, 1 Easy	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,000 Meters	

Workout #2297 - Tuesday, 19 January 2021
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:55 Swim & Drill Mix	1:58
400	4 x 100 on 2:20 Kick, faster in the middle	2:20
400	8 x 50 on 1:05 Pull, Alt easy, fast	2:10
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
400	4 x 100 on 1:55 Desc	1:55
100	2 x 50 on 1:10 FAST!	2:20
400	4 x 100 on 1:50 Desc	1:50
100	2 x 50 on 1:10 FAST!	2:20
400	4 x 100 on 1:45 Desc	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:17 PM 3,000 Meters	

Workout #2300 - Wednesday, 20 January 2021
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:55 Swim & Drill Mix	1:58
400	8 x 50 on 1:15 Kick, neg split	2:30
400	4 x 100 on 1:55 Pull, Desc	1:55
	***** Group Up *****	
200	4 x 50 on 1:05 Desc	2:10
2,400	2x{2 x 300 on 5:25 Neg Split Each	1:48
	{6 x 100 on 1:42 Desc	1:42
100	1 x 100 on 5:00 Loosen	5:00
	6:28 PM 4,100 Meters	

Workout #2303 - Thursday, 21 January 2021
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 Mix	1:55
400	4 x 100 on 2:20 Kick, as desired	2:20
400	4 x 100 on 1:55 Pull, as desired	1:55
	***** Group Up *****	
200	4 x 50 on 1:05 Desc	2:10
100	4 x 25 on :40 Fast!	2:40
1,200	4x{1 x 50 on 1:30 Easy	3:00
	{1 x 100 on 1:45 Last 25 FAST	1:45
	{1 x 75 on 1:20 Last 25 FAST	1:47
	{1 x 50 on 1:00 Last 25 FAST	2:00
	{1 x 25 on :35 FAST	2:20
100	1 x 100 on 5:00 Loosen	5:00
	6:14 PM 3,000 Meters	

Workout #2306 - Monday, 25 January 2021
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 Mix	1:55
400	4 x 100 on 2:20 Kick, as desired	2:20
400	8 x 50 on 1:05 Pull, Desc	2:10
	***** Group Up *****	
1,500	3x{2 x 100 on 1:55 Each as 50% Cruise, 50% Race	1:55
	{2 x 75 on 1:30 Last 25 Race	2:00
	{2 x 50 on 1:05 Last 25 Race	2:10
	{2 x 25 on :40 1 Cruise, 1 Race	2:40
100	1 x 100 on 5:00 Loosen	5:00

6:11 PM 3,000 Meters

Workout #2309 - Tuesday, 26 January 2021
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	4 x 150 on 2:55 Swim & Drill Mix	1:57
400	8 x 50 on 1:20 Kick, 2nd 25 fast!	2:40
400	4 x 100 on 1:55 Pull, Neg Split	1:55
	***** Group Up *****	
200	4 x 50 on 1:05 Desc	2:10
1,350	1x{3 x 150 on 2:45 Steady	1:50
	{1 x 150 on 2:30 Fast Pace	1:40
	{2 x 150 on 2:45 Steady	1:50
	{1 x 150 on 2:30 Fast Pace	1:40
	{1 x 150 on 2:45 Steady	1:50
	{1 x 150 on 2:30 Fast Pace	1:40
100	1 x 100 on 5:00 Loosen	5:00

6:10 PM 3,050 Meters

Workout #2312 - Wednesday, 27 January 2021
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:55 Swim & Drill Mix	1:58
400	4 x 100 on 2:20 Kick, Mixed Efforts	2:20
400	8 x 50 on 1:05 Pull, Odds Faster	2:10
	***** Group Up *****	
200	4 x 50 on 1:05 Desc	2:10
500	1 x 500 on 9:05 Neg Split	1:49
500	2 x 250 on 4:30 Desc + Last 50 Fast	1:48
500	1 x 500 on 8:50 Neg Split	1:46
500	2 x 250 on 4:15 Desc + Last 100 Fast	1:42
500	1 x 500 on 8:30 Neg Split	1:42
100	1 x 100 on 5:00 Loosen	5:00

6:36 PM 4,200 Meters

Workout #2315 - Thursday, 28 January 2021
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:55 Swim & Drill Mix	1:58
400	4 x 100 on 2:20 Kick, faster in the middle	2:20
400	8 x 50 on 1:05 Pull, Evens Faster	2:10
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
1,200	6 x 200 on 3:30 Desc 1-3, 4-6	1:45
400	2 x 200 on 3:45 1 Steady, 1 Race	1:52
100	1 x 100 on 5:00 Loosen	5:00
	6:14 PM 3,200 Meters	

Workout #2318 - Monday, 01 February 2021
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 #2321 - Tuesday, 02 February 2021
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 Mix	1:55
400	8 x 50 on 1:15 Kick, Evens Faster	2:30
400	8 x 50 on 1:05 Pull, Desc	2:10
	***** Group Up *****	
1,600	4x{4 x 50 on 1:05 Desc	2:10
	{1 x 200 on 3:40 Strong & Fast	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,100 Meters	

Workout #2324 - Wednesday, 03 February 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
600	3 x 200 on 3:55 Swim & Drill Mix	1:58
400	4 x 100 on 2:20 Kick, Fast 1st 25	2:20
400	8 x 50 on 1:05 Pull, Odds Faster	2:10
	***** Group Up *****	
200	4 x 50 on 1:05 Desc	2:10
800	2 x 400 on 6:40 Desc	1:40
100	2 x 50 on 1:05 Desc	2:10
600	2 x 300 on 5:05 Desc	1:42
100	2 x 50 on 1:05 Desc	2:10
400	2 x 200 on 3:30 Desc	1:45
100	2 x 50 on 1:05 Desc	2:10
200	2 x 100 on 1:50 Desc	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:37 PM 4,000 Meters	

Workout #2327 - Thursday, 04 February 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
600	4 x 150 on 3:00 Swim & Drill Mix	2:00
400	8 x 50 on 1:15 Kick, Mix Efforts	2:30
400	4 x 100 on 1:55 Pull, As Desired	1:55
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
500	5 x 100 on 1:55 Alt Mod & Fast	1:55
500	5 x 100 on 1:45 2 Fast, 1 Mod, 2 Fast	1:45
50	1 x 50 on 1:30 Loosen	3:00
500	5 x 100 on 1:35 Hold Best Pace	1:35
100	1 x 100 on 5:00 Loosen	5:00
	6:15 PM 3,150 Meters	

Workout #2342 - Monday, 08 February 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
600	2 x 300 on 5:55 Swim & Drill Mix	1:58
400	4 x 100 on 2:20 Kick, Desc	2:20
400	4 x 100 on 1:55 Pull, Build Each	1:55
	***** Group Up *****	
1,500	3x{2 x 100 on 1:50 Desc	1:50
	{2 x 75 on 1:30 Desc	2:00
	{2 x 50 on 1:05 Desc	2:10
	{2 x 25 on :40 Fast!	2:40
100	1 x 100 on 5:00 Loosen	5:00
	6:10 PM 3,000 Meters	

Workout #2345 - Tuesday, 09 February 2021
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	4 x 150 on 2:55 Swim & Drill Mix	1:57
400	4 x 100 on 2:20 Kick, faster in the middle	2:20
400	8 x 50 on 1:05 Pull, Odds faster	2:10
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
1,500	2x{4 x 150 on 2:50 Build	1:53
	{2 x 75 on 1:20 Desc	1:47
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,100 Meters		

Workout #2348 - Wednesday, 10 February 2021
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:55 Swim & Drill Mix	1:58
400	8 x 50 on 1:20 Kick, Evens faster	2:40
400	4 x 100 on 1:55 Pull, Desc	1:55
	***** Group Up *****	
200	4 x 50 on 1:05 Desc	2:10
600	1 x 600 on 10:00 Neg Split	1:40
600	2 x 300 on 5:10 Desc	1:43
600	1 x 600 on 10:30 Neg Split	1:45
600	3 x 200 on 3:30 Desc	1:45
100	1 x 100 on 5:00 Loosen	5:00
6:32 PM 4,100 Meters		

Workout #2351 - Thursday, 11 February 2021
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 Mix	1:55
400	8 x 50 on 1:20 Kick, Desc	2:40
400	8 x 50 on 1:05 Pull, Evens faster	2:10
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
600	8 x 75 on 1:20 Alt Mod/Fast	1:47
450	6 x 75 on 1:25 2 Fast, 1 Mod	1:53
300	4 x 75 on 1:30 3 Fast, 1 Mod	2:00
150	2 x 75 on 1:35 Fast!	2:07
100	1 x 100 on 5:00 Loosen	5:00
6:18 PM 3,100 Meters		

Workout #2354 - Monday, 15 February 2021
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 1:20 Kick, Desc	2:40
400	4 x 100 on 1:55 Pull, Build	1:55
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
1,600	4x{1 x 100 on 2:15 Easy, Start Early	2:15
	{4 x 75 on 2:00 Best effort	2:40
100	1 x 100 on 5:00 Loosen	5:00

6:25 PM 3,200 Meters

Workout #2357 - Tuesday, 16 February 2021
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:55 Swim & Drill Mix	1:58
400	8 x 50 on 1:20 Kick, 2nd 25 faster	2:40
400	4 x 100 on 1:55 Pull, Desc	1:55
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
1,200	1x{2 x 200 on 3:30 Steady	1:45
	{2 x 200 on 3:20 Steady	1:40
	{2 x 200 on 3:10 Steady	1:35
100	1 x 100 on 2:15 Easy	2:15
200	1 x 200 on 4:00 Best Effort	2:00
100	1 x 100 on 5:00 Loosen	5:00

6:13 PM 3,100 Meters

Workout #2360 - Wednesday, 17 February 2021
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	4 x 150 on 2:55 Swim & Drill Mix	1:57
400	4 x 100 on 2:20 Kick, Mix speeds	2:20
400	8 x 50 on 1:05 Pull, Mix speeds	2:10
	***** Group Up *****	
500	10 x 50 on 1:05 Desc	2:10
800	2 x 400 on 6:30 Desc	1:38
600	2 x 300 on 5:05 Desc	1:42
400	2 x 200 on 3:30 Desc	1:45
200	2 x 100 on 1:50 Desc	1:50
100	1 x 100 on 5:00 Loosen	5:00

6:30 PM 4,000 Meters

Workout #2363 - Thursday, 18 February 2021
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 Mix	1:55
400	4 x 100 on 2:20 Kick, Desc	2:20
400	8 x 50 on 1:05 Pull, Alt easy/fast	2:10
	***** 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
6:12 PM 3,000 Meters		

Workout #2330 - Monday, 22 February 2021
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	8 x 50 on 1:15 Kick, Desc	2:30
400	8 x 50 on 1:05 Pull, Mix Efforts	2:10
	~Group Up~	
100	4 x 25 on :40 Fast	2:40
600	4 x 150 on 2:50 Desc	1:53
400	4 x 100 on 1:45 Desc	1:45
400	8 x 50 on :55 Desc 1-4, 5-8	1:50
100	1 x 100 on 5:00 Loosen	5:00
6:13 PM 3,000 Meters		

Workout #2333 - Tuesday, 23 February 2021
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 & Drill	1:55
400	4 x 100 on 2:30 Kick, Desc	2:30
400	8 x 50 on 1:05 Pull Mix Efforts	2:10
	~~Group Up~~	
200	4 x 50 on :55 Desc 1-4	1:50
1,500	2x{1 x 200 on 3:40 Steady	1:50
	{1 x 150 on 2:40 Steady	1:47
	{4 x 100 on 1:45 Desc 1-4	1:45
100	1 x 100 on 5:00 Cool Down	5:00
6:12 PM 3,200 Meters		

Workout #2336 - Wednesday, 24 February 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
600	2 x 300 on 5:50 Mix Swim & Drill	1:57
400	8 x 50 on 1:15 Kick, Desc	2:30
400	4 x 100 on 2:10 Pull, Mix Efforts	2:10
	~~Group Up~~	
200	2 x 100 on 2:00 Steady	2:00
600	2 x 300 on 5:20 Desc	1:47
400	1 x 400 on 7:00 Steady	1:45
600	2 x 300 on 5:15 Desc	1:45
400	1 x 400 on 7:00 Steady	1:45
300	1 x 300 on 5:10 Best Time	1:43
100	1 x 100 on 5:00 Cool Down	5:00
	6:31 PM 4,000 Meters	

Workout #2339 - Thursday, 25 February 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
600	6 x 100 on 1:55 Mix Swim & Drill	1:55
400	4 x 100 on 2:20 Kick, Desc	2:20
400	4 x 100 on 1:55 Pull, Mix Efforts	1:55
	~~Group Up~~	
1,800	2x{2 x 150 on 2:55 Steady	1:57
	{2 x 75 on 1:20 Fast, Faster	1:47
	{1 x 100 on 1:55 Steady	1:55
	{2 x 75 on 1:15 Fast, Faster	1:40
	{1 x 50 on 1:30 Loosen	3:00
	{2 x 75 on 1:10 Best, Neg Split	1:33
100	1 x 100 on 5:00 Cool Down	5:00
	6:13 PM 3,300 Meters	

Workout #2432 - Monday, 01 March 2021
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
=====	=====	=====
	5:00 PM Start	
600	6 x 100 on 1:55 Drill & Swim	1:55
400	4 x 100 on 2:20 Kick, Mixed Efforts	2:20
400	8 x 50 on 1:05 Pull, Desc	2:10
	***** Group Up *****	
100	4 x 25 on :40 Fast!	2:40
1,500	3x{3 x 100 on 1:45 Desc	1:45
	{1 x 100 on 1:50 Steady	1:50
	{1 x 100 on 2:00 Fast!	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,100 Meters	

Workout #2435 - Tuesday, 02 March 2021
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	4 x 150 on 2:55 Drill & Swim	1:57
400	8 x 50 on 1:20 Kick, Desc	2:40
400	4 x 100 on 1:55 Pull, Neg Split	1:55
	***** Group Up *****	
200	4 x 50 on 1:05 Desc	2:10
1,400	2x{4 x 150 on 2:35 Desc	1:43
	{2 x 50 on 1:05 #1 Easier (start early) #2 FAST	2:10
100	1 x 100 on 5:00 Loosen	5:00

6:11 PM 3,100 Meters

Workout #2438 - Wednesday, 03 March 2021
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 2:20 Kick, last 25 faster	2:20
400	8 x 50 on 1:05 Pull, odds faster	2:10
	***** Group Up *****	
200	4 x 50 on 1:05 Desc	2:10
500	1 x 500 on 8:30 Neg Split	1:42
500	2 x 250 on 4:20 Neg Split	1:44
500	4 x 125 on 2:15 Neg Split	1:48
500	2 x 250 on 4:15 Neg Split	1:42
500	1 x 500 on 8:20 Neg Split	1:40
100	1 x 100 on 5:00 Loosen	5:00

6:35 PM 4,200 Meters

Workout #2441 - Thursday, 04 March 2021
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:55 Drill & Swim	1:58
400	8 x 50 on 1:20 Kick, evens faster	2:40
400	4 x 100 on 1:55 Pull, mixed efforts	1:55
	***** Group Up *****	
100	4 x 25 on :40 Fast	2:40
1,200	1x{2 x 200 on 3:30 Steady	1:45
	{2 x 200 on 3:20 Steady	1:40
	{2 x 200 on 3:10 Fast!	1:35
50	1 x 50 on 1:30 Loosen	3:00
200	1 x 200 on 4:00 Best Effort	2:00
100	1 x 100 on 5:00 Loosen	5:00

6:12 PM 3,050 Meters

Workout #2378 - Monday, 08 March 2021
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 #2381 - Tuesday, 09 March 2021
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:55 Mix Swim & Drill	1:55
400	8 x 50 on 1:15 Kick, Desc	2:30
400	8 x 50 on 1:05 Pull, Mix Efforts	2:10
	~~Group Up~~	
100	4 x 25 on :40 Fast!	2:40
1,400	2x{2 x 150 on 2:40 Desc	1:47
	{2 x 200 on 3:20 Fast, Faster	1:40
100	1 x 100 on 5:00 Cool Down	5:00
	6:08 PM 3,000 Meters	

Workout #2384 - Wednesday, 10 March 2021
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 & Drill	1:55
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~~	
400	1 x 400 on 7:20 Steady	1:50
300	1 x 300 on 5:20 Steady	1:47
800	2 x 400 on 7:00 Desc	1:45
600	2 x 300 on 5:10 Desc	1:43
400	1 x 400 on 7:10 Best Effort	1:48
100	1 x 100 on 5:00 Cool Down	5:00
	6:30 PM 4,000 Meters	

Workout #2387 - Thursday, 11 March 2021
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	8 x 50 on 1:15 Kick, Desc	2:30
400	4 x 100 on 2:05 Pull, Mix Efforts	2:05
	~~Group Up~~	
400	8 x 50 on 1:05 Desc	2:10
1,000	2x{1 x 200 on 3:30 Steady	1:45
	{3 x 100 on 1:45 Desc	1:45
100	1 x 100 on 1:40 Best Effort	1:40
100	1 x 100 on 5:00 Cool Down	5:00

6:11 PM 3,000 Meters

Workout #2452 - Monday, 15 March 2021
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	2 x 300 on 5:55 Drill & Swim	1:58
400	4 x 100 on 2:20 Kick, Desc	2:20
400	4 x 100 on 1:55 Pull, Neg Split	1:55
	***** Group Up *****	
1,650	3x{2 x 25 on :40 Super Fast!	2:40
	{2 x 50 on 1:00 Desc, #2 FAST	2:00
	{2 x 75 on 1:25 Desc, #2 FAST	1:53
	{2 x 100 on 1:50 Desc, #2 FAST	1:50
	{1 x 50 on 1:30 Easy	3:00

6:07 PM 3,050 Meters

Workout #2455 - Tuesday, 16 March 2021
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 2:20 Kick, Last 25 Faster	2:20
400	8 x 50 on 1:05 Pull, Desc	2:10
	***** Group Up *****	
200	4 x 50 on 1:05 Desc	2:10
1,200	2x{3 x 150 on 2:30 Desc	1:40
	{3 x 50 on 1:00 Desc	2:00
50	1 x 50 on 1:30 Loosen	3:00
150	1 x 150 on 3:00 Last one, fast one	2:00
100	1 x 100 on 5:00 Loosen	5:00

6:14 PM 3,100 Meters

Workout #2458 - Wednesday, 17 March 2021
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	8 x 50 on 1:15 Kick, Mix efforts	2:30
400	4 x 100 on 1:55 Pull, Neg Split	1:55
	***** Group Up *****	
200	4 x 50 on 1:05 Desc	2:10
600	1 x 600 on 10:35 Neg Split	1:46
600	2 x 300 on 5:15 Neg Split or Desc	1:45
600	3 x 200 on 3:30 Desc	1:45
600	6 x 100 on 1:45 Desc	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:32 PM 4,100 Meters	

Workout #2461 - Thursday, 18 March 2021
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:55 Drill & Swim	1:55
400	8 x 50 on 1:15 Kick, Desc	2:30
400	8 x 50 on 1:05 Pull, Evens Faster	2:10
	***** Group Up *****	
100	4 x 25 on :40 Fast	2:40
600	8 x 75 on 1:50 Desc	2:27
450	6 x 75 on 1:40 Desc	2:13
300	4 x 75 on 1:30 Desc	2:00
150	2 x 75 on 1:20 Desc	1:47
100	1 x 100 on 5:00 Loosen	5:00
	6:21 PM 3,100 Meters	

Workout #2390 - Monday, 22 March 2021
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	3 x 200 on 3:30 Mix Swim & Drill	1:45
400	8 x 50 on 1:15 Kick, Desc	2:30
400	4 x 100 on 2:10 Pull, Mixed Efforts	2:10
	+++ Group Up +++	
100	4 x 25 on :40 Fast!	2:40
200	4 x 50 on 1:05 Desc	2:10
600	8 x 75 on 1:20 Desc 1-3, 4-6	1:47
400	4 x 100 on 1:45 Desc	1:45
50	1 x 50 on 1:10 Easy	2:20
150	2 x 75 on 1:15 Neg Split Fast	1:40
100	1 x 100 on 5:00 Cool Down	5:00
	6:15 PM 3,000 Meters	

Workout #2393 - Tuesday, 23 March 2021
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Mix Swim & Drill	1:50
400	8 x 50 on 1:15 Kick, Desc	2:30
400	4 x 100 on 2:10 Pull, Mixed Efforts	2:10
	+++ Group Up +++	
200	4 x 50 on 1:05 Desc	2:10
1,300	2x{2 x 100 on 1:50 Last 50 Fast	1:50
	{1 x 200 on 3:35 Last 100 Fast	1:48
	{1 x 50 on 1:10 Loosen	2:20
	{1 x 200 on 3:30 Best Effort	1:45
100	1 x 100 on 5:00 Cool Down	5:00
6:09 PM 3,000 Meters		

Workout #2396 - Wednesday, 24 March 2021
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 2:30 Kick, Desc	2:30
400	8 x 50 on 1:05 Pull, Desc	2:10
	+++ Group Up +++	
900	3 x 300 on 5:15 Steady	1:45
800	2 x 400 on 6:50 Neg Split	1:42
500	1 x 500 on 8:20 Steady	1:40
400	1 x 400 on 6:30 Best Effort	1:38
100	1 x 100 on 5:00 Cool Down	5:00
6:28 PM 4,100 Meters		

Workout #2399 - Thursday, 25 March 2021
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 & Drill	1:50
400	4 x 100 on 2:30 Kick, Desc	2:30
400	8 x 50 on 1:05 Drill, Mixed Efforts	2:10
	+++ Group Up +++	
1,400	2x{1 x 300 on 5:15 Steady	1:45
	{1 x 200 on 3:20 Steady	1:40
	{2 x 100 on 1:35 Fast	1:35
100	1 x 100 on 1:30 Best Effort!	1:30
100	1 x 100 on 5:00 Cool Down	5:00
6:06 PM 3,000 Meters		