

Workout #294 - Monday, 03 January 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	4 x 150 on 2:55 Swim & Drill	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 \\\	
200	4 x 50 on 1:05 Desc	2:10
450	6 x 75 on 1:25 Desc	1:53
300	4 x 75 on 1:45 FAST	2:20
50	1 x 50 on 1:30 Loosen	3:00
300	6 x 50 on 1:00 Desc	2:00
200	4 x 50 on 1:10 FAST!	2:20
100	1 x 100 on 5:00 Loosen	5:00
6:19 PM 3,000 Meters		

Workout #291 - Tuesday, 04 January 2022
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	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
1,400	1x{3 x 100 on 1:55 Steady	1:55
	{1 x 100 on 1:40 Fast Pace	1:40
	{2 x 50 on 1:05 Desc	2:10
	{2 x 100 on 1:55 Steady	1:55
	{2 x 100 on 1:40 Fast Pace	1:40
	{2 x 50 on 1:05 Desc	2:10
	{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
6:10 PM 3,000 Meters		

Workout #287 - Wednesday, 05 January 2022
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	1:58
400	8 x 50 on 1:15 Kick, Odds Faster	2:30
400	4 x 100 on 1:55 Pull, Odds Faster	1:55
	///// Group Up \\\	
200	4 x 50 on 1:05 Desc	2:10
1,200	4 x 300 on 5:15 Desc	1:45
800	4 x 200 on 3:20 Desc	1:40
400	4 x 100 on 1:35 Desc	1:35
100	1 x 100 on 5:00 Loosen	5:00
6:29 PM 4,100 Meters		

Workout #284 - Thursday, 06 January 2022
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	4 x 100 on 2:15 Kick, As desired	2:15
400	4 x 100 on 1:55 Pull, As desired	1:55
	///// Group Up \\\	
100	4 x 25 on :40 Fast	2:40
1,500	2x{2 x 75 on 1:50 Fast	2:27
	{2 x 75 on 1:40 Fast	2:13
	{2 x 75 on 1:30 Fast	2:00
	{2 x 75 on 1:20 Fast	1:47
	{2 x 75 on 1:10 Fast	1:33
100	1 x 100 on 5:00 Loosen	5:00

6:12 PM 3,100 Meters

Workout #279 - Monday, 10 January 2022
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 2:00 Mix Swim and Drill	2:00
400	4 x 100 on 2:15 Kick	2:15
400	8 x 50 on 1:05 Pull	2:10
	~~~~~ group up! ~~~~~	
100	4 x 25 on :40 Fast!	2:40
600	6 x 100 on 1:50 Steady	1:50
100	2 x 50 on 1:00 Best effort!	2:00
100	1 x 100 on 2:00 Easy	2:00
600	6 x 100 on 1:45 Desc	1:45
100	1 x 100 on 2:00 Best Effort!	2:00
100	1 x 100 on 5:00 Cool Down	5:00

6:15 PM 3,100 Meters

**Workout #277 - Tuesday, 11 January 2022**  
**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	2:30
400	4 x 100 on 1:50 Pull	1:50
	~~~~~ group up! ~~~~~	
100	4 x 25 on :40 Fast!	2:40
1,500	2x{3 x 50 on 1:00 Desc	2:00
	{4 x 150 on 2:35 last 50 very fast!	1:43
100	1 x 100 on 5:00 Cool Down	5:00

6:10 PM 3,100 Meters

Workout #273 - Wednesday, 12 January 2022
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 2:00 Kick	2:00
400	8 x 50 on 1:15 Pull	2:30
	+==+==+ group up! +==+==+	
200	4 x 50 on 1:05 Desc	2:10
500	1 x 500 on 8:45 Strong and Steady	1:45
500	5 x 100 on 1:45 Desc	1:45
500	1 x 500 on 8:15 Strong and Steady	1:39
500	2 x 250 on 4:10 build each	1:40
500	1 x 500 on 8:10 Strong and Steady again	1:38
100	1 x 100 on 5:00 Cool Down	5:00
	6:34 PM 4,200 Meters	

Workout #267 - Thursday, 13 January 2022
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 Mix	1:55
400	8 x 50 on 1:15 Kick, as desired	2:30
400	4 x 100 on 1:55 Pull, build	1:55
	***** Group Up *****	
100	4 x 25 on :40 Fast	2:40
1,600	2x{4 x 50 on 1:05 Loosen	2:10
	{2 x 100 on 1:45 Desc	1:45
	{2 x 200 on 3:30 Strong and Steady	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,200 Meters	

Workout #265 - Monday, 17 January 2022
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 #260 - Tuesday, 18 January 2022
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, Desc	2:30
400	8 x 50 on 1:05 Pull, Build	2:10
	***** Group Up *****	
200	4 x 50 on 1:05 Desc	2:10
1,400	2x{2 x 200 on 3:30 Desc	1:45
	{2 x 100 on 1:45 Desc	1:45
	{2 x 50 on 1:05 Desc	2:10
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,100 Meters		

Workout #256 - Wednesday, 19 January 2022
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 2:15 Kick, Neg Split Efforts	2:15
400	8 x 50 on 1:05 Pull, Desc	2:10
	***** Group Up *****	
200	4 x 50 on 1:05 Desc	2:10
1,600	4 x 400 on 6:30 Move a faster 200 around	1:38
800	4 x 200 on 3:30 Move a faster 100 around	1:45
100	1 x 100 on 5:00 Loosen	5:00
6:26 PM 4,100 Meters		

Workout #252 - Thursday, 20 January 2022
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, as desired	2:30
400	4 x 100 on 1:55 Pull, build	1:55
	***** Group Up *****	
100	4 x 25 on :40 Fast	2:40
1,400	4x{1 x 50 on 1:30 Loosen	3:00
	{3 x 100 on 1:40 Fast	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:09 PM 3,000 Meters		

Workout #250 - Monday, 24 January 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	2 x 300 on 5:45 Swim & Drill Mix	1:55
400	4 x 100 on 2:00 Kick, as desired	2:00
400	4 x 100 on 1:50 Pull, build	1:50
	%%% Group Up %%%	
200	4 x 50 on 1:05 Desc	2:10
1,200	3x{6 x 25 on :40 Best Effort	2:40
	{1 x 50 on 1:10 recover	2:20
	{6 x 25 on :40 Best Effort	2:40
	{1 x 50 on 1:10 recover	2:20
100	1 x 100 on 5:00 Loosen	5:00
6:14 PM 2,900 Meters		

Workout #245 - Tuesday, 25 January 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	4 x 150 on 2:45 Swim & Drill Mix	1:50
400	4 x 100 on 2:10 Kick, as desired	2:10
400	8 x 50 on 1:10 Pull, build	2:20
	%%% Group Up %%%	
100	4 x 25 on :40 Desc	2:40
1,500	2x{3 x 50 on 1:00 Steady	2:00
	{2 x 75 on 1:20 Build Each	1:47
	{3 x 150 on 2:35 Push last 50	1:43
100	1 x 100 on 5:00 Loosen	5:00
6:10 PM 3,100 Meters		

Workout #240 - Wednesday, 26 January 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	3 x 200 on 3:45 Swim & Drill Mix	1:52
400	8 x 50 on 1:15 Kick, as desired	2:30
400	4 x 100 on 2:00 Pull, build	2:00
	%%% Group Up %%%	
100	4 x 25 on :40 Desc	2:40
600	2 x 300 on 5:20 Build Each	1:47
600	1 x 600 on 10:30	1:45
600	2 x 300 on 5:10 build each	1:43
600	1 x 600 on 10:00	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:29 PM 4,000 Meters		

Workout #238 - Thursday, 27 January 2022
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	6 x 100 on 1:50 Swim & Drill Mix	1:50
400	8 x 50 on 1:15 Kick, as desired	2:30
400	8 x 50 on 1:05 Pull, build	2:10
	%%% Group Up %%%	
100	4 x 25 on :40 Fast	2:40
1,400	2x{2 x 150 on 2:40 last 50 very fast	1:47
	{4 x 75 on 1:20 last 25 very fast	1:47
	{2 x 50 on 1:05 Fast	2:10
100	1 x 100 on 5:00 Loosen	5:00
6:09 PM 3,000 Meters		

Workout #232 - Monday, 31 January 2022
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 1:15 Kick, Mix Efforts	2:30
400	4 x 100 on 1:55 Pull, Mix Efforts	1:55
	***** Group Up *****	
100	4 x 25 on :40 Fast	2:40
1,500	2x{2 x 150 on 2:40 Desc	1:47
	{6 x 75 on 1:30 Alt 1 Faster, 1 Easier	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,100 Meters		

Workout #228 - Tuesday, 01 February 2022
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, Desc	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
800	4 x 200 on 3:30 Desc	1:45
200	2 x 100 on 1:50 Desc, #1 Semi-Easy	1:50
400	2 x 200 on 3:30 Desc	1:45
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,100 Meters		

Workout #226 - Wednesday, 02 February 2022
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, Desc	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
2,400	3x{1 x 400 on 6:45 Neg Split, faster each round	1:41
	{4 x 100 on 1:50 Desc	1:50
100	1 x 100 on 5:00 Loosen	5:00
6:29 PM 4,100 Meters		

Workout #220 - Thursday, 03 February 2022
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, Fast last 25	2:20
400	8 x 50 on 1:05 Pull, Neg SPLIT	2:10
	***** Group Up *****	
100	4 x 25 on :40 FAST	2:40
400	4 x 100 on 1:35 Desc	1:35
100	1 x 100 on 2:30 Loosen	2:30
400	4 x 100 on 1:45 Desc	1:45
100	1 x 100 on 2:30 Loosen	2:30
400	4 x 100 on 1:55 Desc	1:55
100	1 x 100 on 5:00 Loosen	5:00
6:16 PM 3,000 Meters		

Workout #217 - Monday, 07 February 2022
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	4 x 150 on 2:45 Swim & Drill Mix	1:50
400	8 x 50 on 1:20 Kick, as desired	2:40
400	8 x 50 on 1:05 Pull, build	2:10
	%%% Group Up %%%	
100	4 x 25 on :40 fast!!!	2:40
1,500	2x{3 x 50 on 1:05 Desc 1-3	2:10
	{3 x 50 on 1:00 Desc 1-3	2:00
	{3 x 50 on :55 Desc 1-3	1:50
	{3 x 50 on :50 desc 1-3	1:40
	{3 x 50 on :45 each one fast	1:30
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,100 Meters		

Workout #214 - Tuesday, 08 February 2022
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	4 x 100 on 2:00 Kick, as desired	2:00
400	8 x 50 on 1:10 Pull, build	2:20
	%%% Group Up %%%	
100	4 x 25 on :40 fast!!!	2:40
600	6 x 100 on 1:45 Desc 1-3, 4-6	1:45
500	5 x 100 on 1:40 very fast last 25	1:40
400	4 x 100 on 1:35 steady and fast	1:35
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,100 Meters		

Workout #208 - Wednesday, 09 February 2022
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
600	2 x 300 on 5:30 Swim & Drill Mix	1:50
400	8 x 50 on 1:20 Kick, as desired	2:40
400	4 x 100 on 2:00 Pull, build	2:00
	%%% Group Up %%%	
200	4 x 50 on 1:05	2:10
2,400	2x{3 x 100 on 1:40 desc 1-3	1:40
	{3 x 300 on 5:15 Steady pace	1:45
100	1 x 100 on 5:00 Loosen	5:00
6:27 PM 4,100 Meters		

Workout #204 - Thursday, 10 February 2022
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
600	6 x 100 on 1:50 Swim & Drill Mix	1:50
400	4 x 100 on 2:00 Kick, as desired	2:00
400	4 x 100 on 1:50 Pull, build	1:50
	%%% Group Up %%%	
200	4 x 50 on 1:05	2:10
600	8 x 75 on 1:20 desc 1-4, 5-8	1:47
75	3 x 25 on :40 fast!!!!	2:40
600	8 x 75 on 1:15 faster, desc 1-4, 5-8	1:40
75	3 x 25 on :40 fast!!!!	2:40
100	1 x 100 on 5:00 Loosen	5:00
6:10 PM 3,050 Meters		

Workout #202 - Monday, 14 February 2022
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, Fast last 25	2:20
400	8 x 50 on 1:05 Pull, Alt Easier / Faster	2:10
	***** Group Up *****	
100	4 x 25 on :40 FAST	2:40
1,500	3x{1 x 100 on 1:55 Steady	1:55
	{1 x 100 on 1:50 Steady	1:50
	{1 x 100 on 1:45 Steady	1:45
	{1 x 100 on 1:40 Steady	1:40
	{1 x 100 on 1:35 Steady	1:35
100	1 x 100 on 5:00 Loosen	5:00

6:11 PM 3,100 Meters

Workout #196 - Tuesday, 15 February 2022
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, Mix Speeds	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
1,400	4x{1 x 50 on 1:20 Easy, OK to start early	2:40
	{1 x 150 on 2:40 Strong	1:47
	{3 x 50 on 1:05 Best Speed	2:10
100	1 x 100 on 5:00 Loosen	5:00

6:14 PM 3,100 Meters

Workout #192 - Wednesday, 16 February 2022
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, Desc	2:20
400	8 x 50 on 1:05 Pull, Desc	2:10
	***** Group Up *****	
100	4 x 25 on :40 Fast	2:40
1,500	3 x 500 on 8:45 Desc & Neg Split!	1:45
1,000	10 x 100 on 1:50 Desc 1-5, 6-10	1:50
100	1 x 100 on 5:00 Loosen	5:00

6:31 PM 4,100 Meters

Workout #189 - Monday, 21 February 2022
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 #185 - Tuesday, 22 February 2022
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, Mix Efforts	2:30
400	8 x 50 on 1:05 Pull, Desc	2:10
	----- Group Up -----	
200	4 x 50 on 1:05 Desc	2:10
400	2 x 200 on 3:35 Desc	1:48
200	2 x 100 on 1:50 Desc	1:50
200	4 x 50 on 1:05 Desc	2:10
400	2 x 200 on 3:25 Desc	1:42
200	2 x 100 on 1:40 Desc	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:18 PM 3,100 Meters	

Workout #179 - Wednesday, 23 February 2022
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 2:15 Kick, Neg Split	2:15
400	8 x 50 on 1:05 Pull, Evens Fast	2:10
	----- Group Up -----	
200	4 x 50 on 1:05 Desc	2:10
2,400	2x{1 x 400 on 6:40 Neg Split	1:40
	{2 x 200 on 3:30 Desc	1:45
	{4 x 100 on 1:50 Desc	1:50
	6:21 PM 4,000 Meters	

Workout #176 - Thursday, 24 February 2022
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 as desired	2:30
400	4 x 100 on 1:55 Pull, Desc	1:55
	----- Group Up -----	
100	4 x 25 on :40 Fast	2:40
1,500	1x{5 x 100 on 1:45 Desc	1:45
	{4 x 100 on 1:50 Desc	1:50
	{3 x 100 on 1:55 Desc	1:55
	{2 x 100 on 2:00 Desc	2:00
	{1 x 100 on 3:00 Last one fast one	3:00
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,100 Meters		

Workout #173 - Monday, 28 February 2022
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	2 x 300 on 5:30 Swim & Drill Mix	1:50
400	4 x 100 on 1:15 Kick as desired	1:15
400	4 x 100 on 1:55 Pull, Desc	1:55
	~~~~ Group Up ~~~~	
100	4 x 25 on :40 Desc	2:40
500	5 x 100 on 1:45	1:45
450	6 x 75 on 1:20	1:47
350	7 x 50 on 1:00	2:00
200	8 x 25 on :35 fast!!!!	2:20
100	1 x 100 on 5:00 Loosen	5:00
6:09 PM 3,100 Meters		

**Workout #170 - Tuesday, 01 March 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
=====	=====	=====
600	4 x 150 on 2:45 Swim & Drill Mix	1:50
400	4 x 100 on 2:00 Kick as desired	2:00
400	8 x 50 on 1:15 Pull, Desc	2:30
	~~~~ Group Up ~~~~	
200	4 x 50 on 1:05 Desc	2:10
1,350	3x{1 x 150 on 2:30 last 50 faster	1:40
	{2 x 75 on 1:20	1:47
	{3 x 50 on :55 fast and steady	1:50
100	1 x 100 on 5:00 Loosen	5:00
6:08 PM 3,050 Meters		

Workout #166 - Wednesday, 02 March 2022
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:30 Swim & Drill Mix	1:45
400	8 x 50 on 1:20 Kick as desired	2:40
400	4 x 100 on 1:50 Pull, Desc	1:50
	~~~~ Group Up ~~~~	
100	4 x 25 on :40 fast	2:40
600	1 x 600 on 10:00 Build	1:40
600	3 x 200 on 3:30 Desc 1-3	1:45
600	2 x 300 on 4:45	1:35
600	1 x 600 on 10:00 Build	1:40
100	1 x 100 on 5:00 Loosen	5:00
	6:27 PM 4,000 Meters	

**Workout #163 - Thursday, 03 March 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:45 Swim & Drill Mix	1:45
400	8 x 50 on 1:20 Kick as desired	2:40
400	8 x 50 on 1:10 Pull, Desc	2:20
	~~~~ Group Up ~~~~	
100	4 x 25 on :40 fast!	2:40
1,500	2x{2 x 150 on 2:30 strong and steady	1:40
	{6 x 75 on 1:25 last 25 faster	1:53
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,100 Meters	

Workout #162 - Monday, 07 March 2022
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	8 x 50 on 1:10 Kick, Mixed Efforts	2:20
400	4 x 100 on 2:00 Pull, Desc	2:00
	~~~ Group Up ~~~	
100	4 x 25 on :40 Fast!	2:40
1,500	2x{6 x 75 on 1:40 Desc, 1-3, 4-6	2:13
	{3 x 75 on 1:35 Desc	2:07
	{1 x 75 on 1:30 Fast!	2:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:15 PM 3,100 Meters	

**Workout #159 - Tuesday, 08 March 2022**  
**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 1:10 Kick, Mixed Efforts	2:20
400	4 x 100 on 2:00 Pull, Desc	2:00
	~~~ Group Up ~~~	
200	4 x 50 on 1:05 Desc	2:10
600	3 x 200 on 3:20 Desc	1:40
100	1 x 100 on 2:00 Steady	2:00
400	2 x 200 on 3:20 Desc	1:40
100	1 x 100 on 2:00 Steady	2:00
200	1 x 200 on 3:20 Fast!	1:40
100	1 x 100 on 5:00 Cool Down	5:00
	6:13 PM 3,100 Meters	

Workout #156 - Wednesday, 09 March 2022
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 2:20 Kick, Desc	2:20
400	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
	~~~ Group Up ~~~	
200	4 x 50 on 1:05 Desc	2:10
2,400	2x{4 x 100 on 1:50 Desc	1:50
	{2 x 200 on 3:30 Desc	1:45
	{1 x 400 on 6:30 Go!!	1:38
100	1 x 100 on 5:00 Cool Down	5:00
	6:26 PM 4,100 Meters	

**Workout #153 - Thursday, 10 March 2022**  
**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 2:20 Kick, Desc	2:20
400	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
	~~~ Group Up ~~~	
100	4 x 25 on :40 Fast!	2:40
400	4 x 100 on 1:50 Desc	1:50
400	4 x 100 on 1:45 Desc	1:45
300	3 x 100 on 1:42 Desc	1:42
200	2 x 100 on 1:40 Desc	1:40
50	1 x 50 on 1:30 Loosen	3:00
100	1 x 100 on 2:00 Fast!	2:00
100	1 x 100 on 5:00 Cool Down	5:00
	6:16 PM 3,050 Meters	

Workout #149 - Monday, 14 March 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	4 x 150 on 2:55 Swim & Drill	1:57
400	8 x 50 on 1:15 Kick, Desc	2:30
400	8 x 50 on 1:05 Pull, Mix Paces	2:10
	///// Group Up \\\	
100	4 x 25 on :40 Fast	2:40
300	6 x 50 on :55 Desc 1-3 / 4-6	1:50
300	4 x 75 on 1:25 Desc 1-2 / 3-4	1:53
200	2 x 100 on 1:55 Desc 1-2	1:55
300	4 x 75 on 1:30 Desc 1-2 / 3-4	2:00
300	6 x 50 on 1:05 Desc 1-3 / 4-6	2:10
100	1 x 100 on 5:00 Loosen	5:00
6:17 PM 3,000 Meters		

Workout #145 - Tuesday, 15 March 2022
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	1:58
400	4 x 100 on 2:15 Kick, Neg Split	2:15
400	8 x 50 on 1:05 Pull, Desc	2:10
	///// Group Up \\\	
200	4 x 50 on 1:05 Desc	2:10
1,350	3x{1 x 50 on 1:15 Easy	2:30
	{4 x 100 on 1:50 Desc	1:50
100	1 x 100 on 5:00 Loosen	5:00
6:11 PM 3,050 Meters		

Workout #141 - Wednesday, 16 March 2022
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	1:58
400	8 x 50 on 1:15 Kick, Odds Faster	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
1,200	4 x 300 on 5:00 Desc or Neg Split	1:40
100	2 x 50 on 1:05 Steady Pace	2:10
600	2 x 300 on 5:15 Faster than Fastest Prior Set	1:45
100	2 x 50 on 1:05 Steady	2:10
300	1 x 300 on 6:00 Faster!	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:32 PM 4,000 Meters		

Workout #138 - Thursday, 17 March 2022
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	4 x 100 on 2:20 Kick, Neg Split Efforts	2:20
400	4 x 100 on 1:55 Pull, Build	1:55
	///// Group Up \\\	
100	4 x 25 on :40 Fast	2:40
1,500	3x{2 x 100 on 1:45 Desc	1:45
	{2 x 75 on 1:25 Desc	1:53
	{2 x 50 on 1:00 Desc	2:00
	{2 x 25 on :35 Fast	2:20
100	1 x 100 on 5:00 Loosen	5:00
	6:12 PM 3,100 Meters	

Workout #132 - Monday, 21 March 2022
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	6 x 100 on 1:45 Swim & Drill Mix	1:45
400	4 x 100 on 2:00 Kick as desired	2:00
400	8 x 50 on 1:10 Pull, Desc	2:20
	oooo Group Up oooo	
200	4 x 50 on 1:05 desc	2:10
1,600	2x{4 x 25 on :40 fast!!!!	2:40
	{4 x 50 on 1:00 desc 1-4	2:00
	{4 x 100 on 1:40 strong and steady	1:40
	{1 x 100 on 2:30 recover	2:30
100	1 x 100 on 5:00 Loosen	5:00
	6:16 PM 3,300 Meters	

Workout #128 - Tuesday, 22 March 2022
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	4 x 150 on 2:45 Swim & Drill Mix	1:50
400	8 x 50 on 1:20 Kick as desired	2:40
400	4 x 100 on 1:50 Pull, Desc	1:50
	oooo Group Up oooo	
100	4 x 25 on :40 fast!	2:40
600	4 x 150 on 2:35 building each	1:43
150	2 x 75 on 1:15 fast	1:40
600	4 x 150 on 2:30 desc 1-4	1:40
150	2 x 75 on 1:10 fast!!!!	1:33
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,100 Meters	

Workout #124 - Wednesday, 23 March 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	3 x 200 on 3:30 Swim & Drill Mix	1:45
400	4 x 100 on 2:00 Kick as desired	2:00
400	8 x 50 on 1:15 Pull, Desc	2:30
	oooo Group Up oooo	
100	4 x 25 on :40 fast!	2:40
2,500	2x{5 x 100 on 1:45 desc 1-5	1:45
	{1 x 500 on 8:00 build	1:36
	{1 x 250 on 4:15	1:42
100	1 x 100 on 5:00 Loosen	5:00
6:24 PM 4,100 Meters		

Workout #120 - Thursday, 24 March 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	2 x 300 on 5:30 Drill & Swim	1:50
400	8 x 50 on 1:30 Kick, Desc	3:00
400	4 x 100 on 1:45 Pull, Mix Efforts	1:45
	%%%% Group Up %%%%	
100	4 x 25 on :40 Fast	2:40
600	3 x 200 on 3:30 build each	1:45
200	2 x 100 on 1:45 faster pace	1:45
400	2 x 200 on 3:25 build each	1:42
200	2 x 100 on 1:45 faster pace	1:45
200	1 x 200 on 3:20 strong effort	1:40
100	1 x 100 on 5:00 cool down	5:00
6:17 PM 3,200 Meters		

Workout #116 - Monday, 28 March 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
500	1 x 500 on 9:00 Mix swim & Drill	1:48
500	1 x 500 on 9:00 Pull, mix speeds	1:48
400	4 x 100 on 2:20 Kick, mix in a fast 25 on each	2:20
	***** Group Up *****	
100	4 x 25 on :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 #112 - Tuesday, 29 March 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	8 x 50 on 1:10 Kick, Desc	2:20
400	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
	~~~ Group Up ~~~	
100	4 x 25 on :40 Fast!	2:40
1,200	2x{4 x 50 on :55 Desc	1:50
	{2 x 100 on 1:45 Desc	1:45
	{1 x 200 on 3:30 Fast!	1:45
200	1 x 200 on 3:30 1 more!!	1:45
100	1 x 100 on 5:00 Cool Down	5:00
6:09 PM 3,000 Meters		

**Workout #109 - Wednesday, 30 March 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	3 x 200 on 3:40 Mix Swim & Drill	1:50
400	4 x 100 on 2:20 Kick, Desc	2:20
400	8 x 50 on 1:05 Pull, Mixed Efforts	2:10
	~~~ Group Up ~~~	
200	4 x 50 on 1:05 Desc	2:10
800	2 x 400 on 6:40 Fast!	1:40
50	1 x 50 on 1:30 Loosen	3:00
800	4 x 200 on 3:30 Desc	1:45
50	1 x 50 on 1:30 Loosen	3:00
600	6 x 100 on 1:45 Desc 1-3, 4-6	1:45
100	1 x 100 on 5:00 Cool Down	5:00
6:32 PM 4,000 Meters		

Workout #108 - Thursday, 31 March 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	8 x 50 on 1:10 Kick, Mixed Efforts	2:20
400	4 x 100 on 2:00 Pull, Desc	2:00
	~~~ Group Up ~~~	
200	4 x 50 on 1:05 Desc	2:10
1,300	2x{3 x 100 on 1:50 Desc	1:50
	{2 x 100 on 1:45 Fast!	1:45
	{1 x 50 on 1:30 Loosen	3:00
	{1 x 100 on 1:40 Fast!	1:40
100	1 x 100 on 5:00 Cool Down	5:00
6:09 PM 3,000 Meters		

**Workout #103 - Monday, 04 April 2022**  
**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 Mix	1:58
400	4 x 100 on 2:15 Kick, faster in hte middle	2:15
400	4 x 100 on 1:55 Pull, build	1:55
	+==+ Group Up +==+	
100	4 x 25 on :40 Fast	2:40
1,500	3x{1 x 200 on 3:30 Neg Split	1:45
	{2 x 100 on 1:50 Desc	1:50
	{4 x 25 on :35 Alt 1 Easier, 1 Faster	2:20
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,100 Meters	

**Workout #102 - Tuesday, 05 April 2022**  
**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 Mix	1:57
400	4 x 100 on 2:15 Kick, Neg Split	2:15
400	8 x 50 on 1:05 Pull, Desc	2:10
	+==+ Group Up +==+	
100	4 x 25 on :40 Fast	2:40
200	4 x 50 on 1:05 Desc (yup, 25s & 50s)	2:10
300	2 x 150 on 2:50 Desc	1:53
100	2 x 50 on 1:00 Desc	2:00
300	2 x 150 on 2:40 Desc	1:47
100	2 x 50 on 1:00 Desc	2:00
300	2 x 150 on 2:30 Desc	1:40
100	2 x 50 on 1:00 Fast	2:00
100	1 x 100 on 5:00 Loosen	5:00
	6:17 PM 3,000 Meters	

**Workout #98 - Wednesday, 06 April 2022**  
**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 Mix	1:58
400	8 x 50 on 1:20 Kick, Alt Easy, Fast	2:40
400	4 x 100 on 1:55 Pull As desired	1:55
	+==+ Group Up +==+	
200	4 x 50 on 1:05 Desc	2:10
2,400	2x{1 x 600 on 10:30 Neg Split	1:45
	{6 x 100 on 1:45 Desc	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:28 PM 4,100 Meters	

**Workout #95 - Thursday, 07 April 2022**  
**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 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 +++++	
200	4 x 50 on 1:05 Desc	2:10
600	8 x 75 on 1:20 Desc	1:47
450	6 x 75 on 1:30 Desc	2:00
300	4 x 75 on 1:40 Desc	2:13
100	1 x 100 on 5:00 Loosen	5:00
6:16 PM 3,050 Meters		

**Workout #91 - Monday, 11 April 2022**  
**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	8 x 50 on 1:20 Kick, Evens Faster	2:40
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 25 on :40 each one fast	2:40
	{4 x 75 on 1:40 Desc	2:13
	{3 x 25 on :40 fast!	2:40
	{4 x 75 on 1:30 Desc	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:17 PM 3,100 Meters		

**Workout #90 - Tuesday, 12 April 2022**  
**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 1:20 Kick, Evens Faster	2:40
400	4 x 100 on 1:50 Pull, Build	1:50
	) ( ) ( ) ( Group Up ) ( ) ( ) (	
200	4 x 50 on 1:05 Desc	2:10
200	4 x 50 on 1:00 Desc	2:00
800	4 x 200 on 3:30 build each	1:45
200	4 x 50 on 1:00 Desc	2:00
200	1 x 200 on 3:30 Best Effort!	1:45
100	1 x 100 on 5:00 Loosen	5:00
6:14 PM 3,100 Meters		

**Workout #85 - Wednesday, 13 April 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	4 x 100 on 2:00 Kick, Evens Faster	2:00
400	8 x 50 on 1:15 Pull, Build	2:30
	) () () () () ( Group Up ) () () () () (	
100	4 x 25 on :40 fast	2:40
2,400	2x{ 2 x 200 on 3:30 build each	1:45
	{ 1 x 400 on 7:00 strong and steady	1:45
	{ 4 x 100 on 1:50 Desc	1:50
100	1 x 100 on 5:00 Loosen	5:00
6:25 PM 4,000 Meters		

**Workout #84 - Thursday, 14 April 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	4 x 100 on 2:00 Kick, Evens Faster	2:00
400	8 x 50 on 1:15 Pull, Build	2:30
	) () () () () ( Group Up ) () () () () (	
100	4 x 25 on :40 fast	2:40
600	6 x 100 on 1:45 desc 1-3, 4-6	1:45
200	4 x 50 on 1:00 last 25 faster	2:00
600	6 x 100 on 1:40 Desc 1-3, 4-6	1:40
100	2 x 50 on 1:00 fast!!!!	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM 3,100 Meters		

**Workout #80 - Monday, 18 April 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	8 x 50 on 1:10 Kick, Desc	2:20
400	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
	+++ Group Up +++	
100	4 x 25 on :40 Fast!	2:40
400	8 x 50 on 1:15 Desc 1-4 5-8	2:30
100	4 x 25 on :35 Fast!	2:20
300	6 x 50 on 1:10 Desc 1-3, 4-6	2:20
100	4 x 25 on :35 Fast!	2:20
200	4 x 50 on 1:05 Desc	2:10
100	4 x 25 on :35 Fast!	2:20
100	2 x 50 on 1:00 Desc	2:00
100	4 x 25 on :35 Fast!	2:20
100	1 x 100 on 5:00 Cool Down	5:00
6:25 PM 3,000 Meters		

**Workout #78 - Tuesday, 19 April 2022**  
**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, Desc	2:20
400	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
	+++ Group Up +++	
100	4 x 25 on :40 Fast!	2:40
1,400	2x{4 x 50 on 1:00 Desc	2:00
	{3 x 100 on 1:45 Desc	1:45
	{2 x 100 on 1:40 Desc	1:40
100	1 x 100 on 5:00 Cool Down	5:00
6:08 PM 3,000 Meters		

**Workout #73 - Wednesday, 20 April 2022**  
**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 1:10 Kick, Mixed Efforts	2:20
400	4 x 100 on 2:00 Pull, Desc	2:00
	+++ Group Up +++	
200	4 x 50 on 1:05 Desc	2:10
900	3 x 300 on 5:10 Fast!	1:43
300	3 x 100 on 1:45 Desc	1:45
600	2 x 300 on 5:00 Fast!	1:40
300	3 x 100 on 1:50 Desc	1:50
300	1 x 300 on 4:50 Fast!	1:37
100	1 x 100 on 5:00 Cool Down	5:00
6:31 PM 4,100 Meters		

**Workout #72 - Thursday, 21 April 2022**  
**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 2:20 Kick, Desc	2:20
400	4 x 100 on 2:00 Pull, Mixed Efforts	2:00
	+++ Group Up +++	
100	4 x 25 on :40 Fast!	2:40
1,500	2x{6 x 75 on 1:20 Desc 1-3; 4-6	1:47
	{2 x 150 on 2:30 Desc	1:40
100	1 x 100 on 5:00 Cool Down	5:00
6:08 PM 3,100 Meters		

**Workout #69 - Monday, 25 April 2022**  
**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	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
1,600	4x{3 x 100 on 1:50 Desc to best effort	1:50
	{1 x 100 on 2:00 Easy, start early	2:00
	6:07 PM 3,100 Meters	

**Workout #64 - Tuesday, 26 April 2022**  
**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 1:15 Kick, Odds Faster	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
1,300	2x{2 x 150 on 2:30 Desc	1:40
	{2 x 100 on 1:50 Desc	1:50
	{2 x 50 on 1:00 Desc	2:00
	{2 x 25 on :35 Fast	2:20
100	1 x 100 on 5:00 Loosen	5:00
	6:09 PM 3,000 Meters	

**Workout #61 - Wednesday, 27 April 2022**  
**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 2:20 Kick, Build Each	2:20
400	8 x 50 on 1:05 Pull, Evens 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
200	4 x 50 on 1:00 Desc	2:00
400	1 x 400 on 6:50 Neg Split	1:42
200	4 x 50 on :55 Desc	1:50
300	1 x 300 on 5:15 Neg Split	1:45
200	4 x 50 on :55 Desc	1:50
200	1 x 200 on 3:30 Neg Split	1:45
200	4 x 50 on :50 Desc	1:40
100	1 x 100 on 3:00 Last one, fast one!!!!	3:00
100	1 x 100 on 5:00 Loosen	5:00
	6:39 PM 4,000 Meters	

**Workout #59 - Thursday, 28 April 2022**  
**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, as desired	2:40
400	4 x 100 on 1:55 Pull, as desired	1:55
	%%%%% Group Up %%%%%	
100	4 x 25 on :40 Fast	2:40
1,500	1x{3 x 150 on 2:45 Steady	1:50
	{1 x 200 on 3:20 Fast Pace	1:40
	{2 x 150 on 2:45 Steady	1:50
	{1 x 200 on 3:20 Fast Pace	1:40
	{1 x 150 on 2:45 Steady	1:50
	{1 x 200 on 3:20 Fast Pace	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:11 PM 3,100 Meters		

**Workout #57 - Monday, 02 May 2022**  
**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 #54 - Tuesday, 03 May 2022**  
**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	8 x 50 on 1:10 Pull, mix speeds	2:20
400	8 x 50 on 1:15 Kick	2:30
	<><><> Group Up <><><>	
100	4 x 25 on :40 Speedy!	2:40
1,500	3x{4 x 50 on 1:00 Desc 1-4	2:00
	{1 x 200 on 3:25 Strong and steady	1:42
	{1 x 100 on 2:00 recover	2:00
100	1 x 100 on 5:00 Cool down	5:00
6:13 PM 3,100 Meters		

**Workout #51 - Wednesday, 04 May 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

5:00 PM Start		
Meters	Set Description	PACE
600	3 x 200 on 3:35 Mix Swim & Drill	1:48
400	8 x 50 on 1:20 Kick, Evens Faster	2:40
400	4 x 100 on 1:55 Pull, Build	1:55
	<><><> Group Up <><><>	
400	8 x 50 on 1:05 Desc 1-4. 5-8	2:10
200	1 x 200 on 3:30	1:45
800	2 x 400 on 7:15	1:49
200	1 x 200 on 3:30	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:14 PM 3,100 Meters	

**Workout #306 - Thursday, 05 May 2022**  
**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	8 x 50 on 1:20 Kick, Mixed Efforts	2:40
400	4 x 100 on 1:50 Pull, Desc	1:50
	Group Up	
100	4 x 25 on :40 Desc	2:40
1,400	2x{2 x 100 on 1:45	1:45
	{1 x 50 on 1:05 Neg Split	2:10
	{2 x 100 on 1:40	1:40
	{1 x 50 on 1:05	2:10
	{2 x 100 on 1:35 fast!!!!	1:35
100	1 x 100 on 5:00 Cool Down	5:00
	6:08 PM 3,000 Meters	

**Workout #48 - Monday, 09 May 2022**  
**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	4 x 100 on 2:10 Kick, Desc	2:10
400	4 x 100 on 2:00 Pull, Mixed Efforts	2:00
	*** Group Up ***	
1,600	2x{4 x 25 on :40 Fast!	2:40
	{4 x 50 on 1:05 Desc	2:10
	{4 x 75 on 1:30 Desc	2:00
	{2 x 100 on 1:50 Desc	1:50
100	1 x 100 on 5:00 Cool Down	5:00
	6:11 PM 3,100 Meters	



**Workout #43 - Tuesday, 10 May 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	4 x 150 on 2:45 Mix Swim & Drill	1:50
400	4 x 100 on 2:10 Kick, Desc	2:10
400	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
	\$\$\$ Group Up \$\$\$	
100	4 x 25 on :40 Fast!	2:40
600	4 x 150 on 2:25 Fast!	1:37
400	4 x 100 on 1:40 Desc	1:40
300	4 x 75 on 1:20 Desc	1:47
100	2 x 50 on 1:00 Fast!	2:00
100	1 x 100 on 5:00 Cool Down	5:00
6:09 PM 3,000 Meters		

**Workout #40 - Wednesday, 11 May 2022**  
**Masters - Blue Masters**  
**1 minute rest between sets**

Meters	Set Description	PACE
5:00 PM Start		
600	3 x 200 on 3:40 Mix Swim & Drill	1:50
400	8 x 50 on 1:10 Kick, Mixed Efforts	2:20
400	4 x 100 on 2:00 Pull, Desc	2:00
	~~~ Group Up ~~~	
200	4 x 50 on 1:05 Desc	2:10
2,400	2x{1 x 600 on 9:30 Fast!	1:35
	{2 x 300 on 5:00 Desc	1:40
100	1 x 100 on 5:00 Cool Down	5:00
6:23 PM 4,100 Meters		

Workout #37 - Thursday, 12 May 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	6 x 100 on 1:50 Mix Swim & Drill	1:50
400	8 x 50 on 1:10 Kick, Desc	2:20
400	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
	&&& Group Up &&&	
100	4 x 25 on :40 Fast!	2:40
225	3 x 75 on 1:20 Desc	1:47
150	1 x 150 on 2:25 Fast	1:37
150	2 x 75 on 1:15 Desc	1:40
300	2 x 150 on 2:30 Desc	1:40
75	1 x 75 on 1:10 Desc	1:33
450	3 x 150 on 2:35 Desc	1:43
150	1 x 150 on 5:00 Cool Down	3:20
6:12 PM 3,000 Meters		

Workout #35 - Monday, 16 May 2022
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 Mix	1:58
400	8 x 50 on 1:15 Kick, Evens Faster	2:30
400	4 x 100 on 1:55 Pull, Mix Efforts	1:55
	^^^ Group Up ^^	
1,650	3x{4 x 50 on 1:10 Fast	2:20
	{4 x 75 on 1:40 Fast	2:13
	{1 x 50 on 1:30 EZ	3:00
6:12 PM	3,050 Meters	

Workout #33 - Tuesday, 17 May 2022
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 Mix	1:58
400	8 x 50 on 1:15 Kick, Desc	2:30
400	4 x 100 on 1:55 Pull, Desc	1:55
	^^^ Group Up ^^	
100	4 x 25 on :40 Fast	2:40
400	2 x 200 on 3:40 Desc	1:50
400	2 x 200 on 3:30 Desc	1:45
400	2 x 200 on 3:20 Desc	1:40
200	1 x 200 on 4:00 Last one, fast one	2:00
100	1 x 100 on 5:00 Loosen	5:00
6:12 PM	3,000 Meters	

Workout #28 - Wednesday, 18 May 2022
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 Mix	1:57
400	4 x 100 on 2:20 Kick, Neg Split	2:20
400	8 x 50 on 1:05 Pull, Evens Faster	2:10
	^^^ Group Up ^^	
200	4 x 50 on 1:05 Desc	2:10
800	2 x 400 on 6:35 Neg Split	1:39
400	2 x 200 on 3:35 Desc	1:48
800	2 x 400 on 6:40 Neg Split	1:40
400	2 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 #25 - Thursday, 19 May 2022
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 Mix	1:55
400	4 x 100 on 2:20 Kick, Desc	2:20
400	8 x 50 on 1:05 Pull, Desc	2:10
	^^^ Group Up ^^	
100	4 x 25 on :40 Fast	2:40
1,500	1x{3 x 100 on 1:50 Steady	1:50
	{1 x 100 on 1:40 Fast Pace	1:40
	{3 x 100 on 1:50 Steady	1:50
	{2 x 100 on 1:40 Fast Pace	1:40
	{3 x 100 on 1:50 Steady	1:50
	{3 x 100 on 1:40 Fast Pace	1:40
100	1 x 100 on 5:00 Loosen	5:00

6:11 PM 3,100 Meters

Workout #335 - Monday, 23 May 2022
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	4 x 150 on 2:40 Mix Swim & Drill	1:47
400	8 x 50 on 1:20 Kick, Mixed Efforts	2:40
400	8 x 50 on 1:10 Pull, Desc	2:20
	Group Up	
100	4 x 25 on :40 Desc	2:40
1,400	2x{6 x 50 on 1:05 desc 1-3, 4-6	2:10
	{1 x 100 on 1:45 fast!	1:45
	{4 x 50 on 1:00 desc	2:00
	{1 x 100 on 1:45 fast!!!!	1:45
100	1 x 100 on 5:00 Cool Down	5:00

6:13 PM 3,000 Meters

Workout #338 - Tuesday, 24 May 2022
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 & Drill	1:52
400	4 x 100 on 2:00 Kick, Mixed Efforts	2:00
400	8 x 50 on 1:10 Pull, Desc	2:20
	Group Up	
200	4 x 50 on 1:05 Desc	2:10
600	3 x 200 on 3:30 build each	1:45
200	2 x 100 on 1:40	1:40
400	2 x 200 on 3:30 steady and strong	1:45
200	4 x 50 on 1:05 desc	2:10
100	1 x 100 on 5:00 Cool Down	5:00

6:15 PM 3,100 Meters

Workout #341 - Wednesday, 25 May 2022
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 1:20 Kick, Mixed Efforts	2:40
400	4 x 100 on 1:45 Pull, Desc	1:45
	Group Up	
100	4 x 25 on :40 fast	2:40
2,400	2x{2 x 300 on 5:15	1:45
	{3 x 100 on 1:45 desc	1:45
	{2 x 150 on 2:30	1:40
100	1 x 100 on 5:00 Cool Down	5:00
6:24 PM 4,000 Meters		

Workout #344 - Thursday, 26 May 2022
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 2:00 Kick, Mixed Efforts	2:00
400	4 x 100 on 1:50 Pull, Desc	1:50
	Group Up	
200	4 x 50 on 1:05 desc	2:10
375	5 x 75 on 1:25	1:53
150	1 x 150 on 2:50 strong and steady	1:53
375	5 x 75 on 1:20	1:47
150	1 x 150 on 2:50 strong and steady	1:53
375	5 x 75 on 1:15	1:40
100	1 x 100 on 5:00 Cool Down	5:00
6:14 PM 3,125 Meters		

Workout #24 - Monday, 30 May 2022
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 2:10 Kick, Desc	2:10
400	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
	*** Group Up ***	
100	4 x 25 on :40 Fast!	2:40
200	2 x 100 on 1:45 Fast!	1:45
300	3 x 100 on 1:50 Desc	1:50
400	4 x 100 on 1:55 Desc	1:55
500	5 x 100 on 2:00 Desc	2:00
100	1 x 100 on 5:00 Cool Down	5:00
6:12 PM 3,000 Meters		

Workout #19 - Tuesday, 31 May 2022
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	8 x 50 on 1:10 Kick, Mixed Efforts	2:20
400	4 x 100 on 2:00 Pull, Desc	2:00
	%%% Group Up %%%	
200	4 x 50 on 1:05 Desc	2:10
1,300	2x{2 x 150 on 2:30 Desc	1:40
	{2 x 100 on 1:50 Desc	1:50
	{2 x 50 on 1:00 Desc	2:00
	{2 x 25 on :35 Fast!	2:20
100	1 x 100 on 5:00 Cool Down	5:00

6:08 PM 3,000 Meters

Workout #16 - Wednesday, 01 June 2022
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 2:10 Kick, Desc	2:10
400	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
	*** Group Up ***	
200	4 x 50 on 1:05 Desc	2:10
2,000	2x{1 x 500 on 8:00 Fast!	1:36
	{2 x 250 on 4:10 Neg Split	1:40
500	5 x 100 on 1:45 Desc	1:45
100	1 x 100 on 5:00 Cool Down	5:00

6:26 PM 4,200 Meters

Workout #15 - Thursday, 02 June 2022
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 1:10 Kick, Mixed Efforts	2:20
400	4 x 100 on 2:00 Pull, Desc	2:00
	*** Group Up ***	
100	4 x 25 on :40 Fast!	2:40
800	4 x 200 on 3:20 Desc	1:40
400	4 x 100 on 1:45 Desc	1:45
200	4 x 50 on 1:00 Desc	2:00
100	4 x 25 on :35 Fast!	2:20
100	1 x 100 on 5:00 Cool Down	5:00

6:13 PM 3,100 Meters

Workout #11 - Monday, 06 June 2022
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 #7 - Tuesday, 07 June 2022
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 1:20 Kick, Desc	2:40
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 3:30 FAST	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:13 PM 3,100 Meters	

Workout #5 - Wednesday, 08 June 2022
Masters - Blue Masters
1 minute rest between sets

5:00 PM Start

Meters	Set Description	PACE
600	3 x 200 on 3:55 Mix Swim & Drill	1:58
400	4 x 100 on 2:20 Kick, Neg Split	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
2,400	2x{1 x 400 on 6:45 Neg Split	1:41
	{2 x 200 on 3:30 Desc	1:45
	{4 x 100 on 1:45 Desc	1:45
100	1 x 100 on 5:00 Loosen	5:00
	6:28 PM 4,100 Meters	

Workout #1 - Thursday, 09 June 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	4 x 150 on 2:55 Mix Swim & Drill	1:57
400	8 x 50 on 1:20 Kick, Evens Faster	2:40
400	4 x 100 on 1:55 Pull, Build	1:55
	***** Group Up *****	
200	4 x 50 on 1:05 Desc	2:10
300	3 x 100 on 1:55 Desc	1:55
300	3 x 100 on 1:50 Desc	1:50
300	3 x 100 on 1:45 Desc	1:45
300	3 x 100 on 1:40 Desc	1:40
50	1 x 50 on 1:15 EZ	2:30
100	1 x 100 on 3:00 BEST EFFORT	3:00
100	1 x 100 on 5:00 Loosen	5:00
6:19 PM 3,050 Meters		

Workout #365 - Monday, 13 June 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	2 x 300 on 5:30 Swim \ Drill Mix	1:50
400	4 x 100 on 2:00 Kick, Mix Efforts	2:00
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{4 x 25 on :35 desc to best effort	2:20
	{2 x 50 on 1:05 fast!!!!	2:10
	{4 x 25 on :35 desc to best effort	2:20
	{1 x 50 on 1:15 loosen	2:30
100	1 x 100 on 5:00 Loosen	5:00
6:15 PM 3,100 Meters		

Workout #368 - Tuesday, 14 June 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	4 x 150 on 2:45 Swim \ Drill Mix	1:50
400	4 x 100 on 2:15 Kick, Mix Efforts	2:15
400	8 x 50 on 1:10 Pull, Desc	2:20
	:::::: Group Up :::::	
100	4 x 25 on :40 fast!!!!	2:40
450	3 x 150 on 2:40 desc	1:47
150	3 x 50 on 1:00 fast	2:00
450	3 x 150 on 2:35 desc	1:43
150	3 x 50 on 1:00 fast	2:00
450	3 x 150 on 2:30 desc	1:40
100	1 x 100 on 5:00 Cool Down	5:00
6:17 PM 3,250 Meters		

Workout #371 - Wednesday, 15 June 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	3 x 200 on 3:45 Swim \ Drill 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
2,400	2x{1 x 300 on 5:15 build	1:45
	{1 x 600 on 10:30 strong and steady	1:45
	{1 x 300 on 5:00	1:40
100	1 x 100 on 5:00 Cool Down	5:00
6:27 PM 4,100 Meters		

Workout #374 - Thursday, 16 June 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	6 x 100 on 1:50 Swim \ Drill Mix	1:50
400	8 x 50 on 1:15 Kick, Mix Efforts	2:30
400	8 x 50 on 1:10 Pull, Desc	2:20
	:::::: Group Up :::::	
200	4 x 50 on 1:05 desc	2:10
375	5 x 75 on 1:15	1:40
300	2 x 150 on 2:30 build each	1:40
375	5 x 75 on 1:15 desc	1:40
300	2 x 150 on 2:30 build each	1:40
100	1 x 100 on 5:00 Cool Down	5:00
6:13 PM 3,050 Meters		

Workout #300 - Monday, 20 June 2022
Masters - Blue Masters
1 minute rest between sets

Meters	Set Description	PACE
5:00 PM Start		
600	3 x 200 on 3:40 Mix Swim & Drill	1:50
400	8 x 50 on 1:10 Kick, Mixed Efforts	2:20
400	4 x 100 on 2:00 Pull, Desc	2:00
	### Group Up ###	
100	4 x 25 on :40 Fast!	2:40
300	6 x 50 on 1:05 Fast!	2:10
600	8 x 75 on 1:40 Fast!	2:13
100	1 x 100 on 3:00 Easy	3:00
300	6 x 50 on 1:10 Fast!	2:20
100	4 x 25 on :40 Fast!	2:40
100	1 x 100 on 5:00 Cool Down	5:00
6:20 PM 3,000 Meters		

Workout #303 - Tuesday, 21 June 2022
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 1:10 Kick, Mixed Efforts	2:20
400	4 x 100 on 2:00 Pull, Desc	2:00
	v^v Group Up ^v^	
200	4 x 50 on 1:05 Desc	2:10
1,500	3x{2 x 100 on 1:40 Neg Split	1:40
	{1 x 200 on 3:20 Neg Split	1:40
	{1 x 100 on 2:30 1&2 Lengthen, 3 Cool Down	2:30
6:06 PM	3,100 Meters	

Workout #310 - Wednesday, 22 June 2022
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 2:20 Kick, Desc	2:20
400	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
	### Group Up ###	
200	4 x 50 on 1:05 Desc	2:10
400	1 x 400 on 6:30 Fast and Steady	1:38
800	4 x 200 on 3:30 Desc	1:45
800	2 x 400 on 6:40 Neg Split	1:40
400	2 x 200 on 3:20 Neg Split	1:40
100	1 x 100 on 5:00 Cool Down	5:00
6:29 PM	4,100 Meters	

Workout #318 - Thursday, 23 June 2022
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 2:20 Kick, Desc	2:20
400	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
	*** Group Up ***	
100	4 x 25 on :40 Fast!	2:40
1,400	2x{4 x 100 on 1:40 Desc	1:40
	{2 x 100 on 1:45 Neg Split	1:45
	{1 x 100 on 2:30 Lengthen	2:30
100	1 x 100 on 5:00 Cool Down	5:00
6:08 PM	3,000 Meters	

Workout #349 - Monday, 27 June 2022
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 } { } { }	
1,600	2x{6 x 50 on 1:00 Desc	2:00
	{4 x 75 on 1:25 Desc	1:53
	{2 x 100 on 1:50 Desc	1:50
100	1 x 100 on 5:00 Loosen	5:00
	6:11 PM 3,100 Meters	

Workout #352 - Tuesday, 28 June 2022
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 2:15 Kick, Neg Split	2:15
400	8 x 50 on 1:05 Pull Odds Faster	2:10
	{ } { } { Group Up } { } { }	
200	4 x 50 on 1:05 Fast	2:10
200	2 x 100 on 1:35 Fast	1:35
400	4 x 100 on 1:45 Desc	1:45
200	2 x 100 on 1:35 Fast	1:35
400	4 x 100 on 1:55 Desc	1:55
200	2 x 100 on 1:35 Fast	1:35
100	1 x 100 on 5:00 Loosen	5:00
	6:16 PM 3,100 Meters	

Workout #355 - Wednesday, 29 June 2022
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, Odds Faster	2:30
400	4 x 100 on 1:55 Pull, Build	1:55
	{ } { } { Group Up } { } { }	
100	4 x 25 on :40 Fast	2:40
2,400	2x{6 x 50 on 1:05 Desc 1-3, 4-6	2:10
	{1 x 300 on 5:20 Neg Split	1:47
	{1 x 300 on 5:05 Neg Split	1:42
	{1 x 300 on 4:50 Neg Split	1:37
100	1 x 100 on 5:00 Loosen	5:00
	6:27 PM 4,000 Meters	

Workout #358 - Thursday, 30 June 2022
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 2:15 Kick, Mix Efforts	2:15
400	4 x 100 on 1:55 Pull, Desc	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 Fast	2:00
100	1 x 100 on 2:00 Easier	2:00
100	4 x 25 on :30 Fast	2:00
200	4 x 50 on 1:00 Desc	2:00
300	4 x 75 on 1:20 Fast	1:47
100	1 x 100 on 2:00 Easier	2:00
300	4 x 75 on 1:15 Fast	1:40
100	1 x 100 on 5:00 Loosen	5:00
6:21 PM 3,200 Meters		

Workout #377 - Monday, 04 July 2022
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 2:10 Kick, Desc	2:10
400	8 x 50 on 1:00 Pull, Mixed Efforts	2:00
	() (Group Up) ()	
5:30 PM 1,400 Meters		