

**Workout #19700 - Monday, 13 December 2021****MASTERS****1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
=====	=====	=====	=====	=====	=====	=====
1,100	11:45 AM	1x{1 x 400 on 8:00 2 ch/ 2 fr qtrs	PK	S	F-C	2:00
		{4 x 50 on 1:15 Qtrs bk fins fly k	RED	K	FLY	2:30
		{4 x 50 on 1:15 Fr SAP drill	PK	D	FR	2:30
		{6 x 50 on :50 Fr 3rd red line p/r/o x 50	RED	S	FR	1:40
		Use fins for set below				
500	12:09 PM	2x{1 x 25 on :40 Fly k u/w front	RED	K	FLY	2:40
		{1 x 25 on :40 Left side fly k	RED	K	FLY	2:40
		{1 x 25 on :40 Right Side fly k	RED	K	FLY	2:40
		{1 x 25 on :40 Fly K u/w back	RED	K	FLY	2:40
		{6 x 25 on :40 O 2fly-2br fly k/E fly tempo	GR	C	FLY	2:40
2,050	12:24 PM	1x{3 x 125 on 1:55 Fr P/R/O P&B	RED	P	FR	1:32
		{3 x 50 on 1:00 Fly hold stroke and stroke count	RED	S	FLY	2:00
		{3 x 150 on 2:15 Fr P&B hold red	RED	P	FR	1:30
		{3 x 100 on 1:50 Back or bk/fr/fr/bk strong	RED	S	BK	1:50
		{3 x 225 on 3:20 Fr P&B fast	OR	P	FR	1:29
		{1 x 100 on 2:30 choice ez	WH	S	CHO	2:30
	12:58 PM	3,650 Yards				

**Workout #19701 - Tuesday, 14 December 2021**  
**MASTERS**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
=====	=====	=====	=====	=====	=====	=====
850	11:45 AM	1x{1 x 400 on 8:00 2 ch/2 fr qtrs	PK	S	F-C	2:00
		{4 x 50 on 1:15 Fr tap dr/ok bp3	PK	D	FR	2:30
		{4 x 25 on :45 Fr k 5 sec@wall 15 mtr sprt	GR	S	FR	3:00
		{3 x 50 on 1:10 Fly fins carlos/2br-2fly x25	PK	D	FLY	2:20
2,500	12:06 PM	2x{4 x 25 on :45 Fly swim	RED	S	FLY	3:00
		{4 x 75 on 1:15 Swim	OR	S	FR	1:40
		{4 x 25 on :45 Fly swim	RED	S	FLY	3:00
		{3 x 75 on 1:10 Free swim	OR	S	FR	1:33
		{4 x 25 on :45 Fly swim	RED	S	FLY	3:00
		{2 x 75 on 1:05 Free	OR	S	FR	1:27
		{4 x 25 on :45 Fly swim	RED	S	FLY	3:00
		{1 x 75 on 1:00 Free	OR	S	FR	1:20
		{1 x 100 on 3:00 choice ez	WH	S	CHO	3:00
1:00 PM		3,350 Yards				

**Workout #19702 - Wednesday, 15 December 2021**  
**MASTERS**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
=====	=====	=====	===	=====	===	=====
1,300	11:45 AM	1x{1 x 400 on 8:00 Rev IM dr	PK	D	IM	2:00
		{4 x 50 on 1:15 K one each IM stroke	RED	K	IM	2:30
		{6 x 50 on :45 Fr 3 k + bp 3	RED	S	FR	1:30
		{16 x 25 on :45 VS IMO	GR	S	IM	3:00
2,400	12:16 PM	2x{1 x 300 on 4:15 Fr P&B bp 3 bld	RED	P	FR	1:25
		{1 x 300 on 6:00 IM bld each 75	RED	S	IM	2:00
		{1 x 300 on 4:14 Fr sw 3rd l walls	RED	S	FR	1:25
		{1 x 50 on 1:30 choice ez	PK	S	CHO	3:00
		{1 x 200 on 4:00 IM fast	OR	S	IM	2:00
		{1 x 50 on 2:00 choice ez	PK	S	CHO	4:00
1:00 PM		3,700 Yards				

**Workout #19703 - Thursday, 16 December 2021**  
**MASTERS**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
=====	=====	=====	=====	=====	=====	=====
1,050	11:45 AM	1x{1 x 400 on 8:00 2 ch/2 fr OK strap&snorkq	PK	C	F-S	2:00
		{4 x 75 on 1:45 LRK/al k swt/2-2-3 sd	PK	D	BK	2:20
		{3 x 50 on 1:10 2 br/2 fly fins	PK	D	STK	2:20
		{8 x 25 on :45 Fr 12.5 ez/sprt flip/fin 2fr/2st	GR	S	F-S	3:00
2,700	12:11 PM	2x{3 x 200 on 3:00 Fr P&B fast	OR	P	FR	1:30
		{4 x 75 on 1:30 Flutter k fast	OR	K	FR	2:00
		{4 x 75 on 1:30 Fr sm/bld/sm/100%	RED	S	FR	2:00
		{1 x 150 on 3:30 Choice recovery	WH	S	CHO	2:20
	1:00 PM	3,750 Yards				

**Workout #19704 - Friday, 17 December 2021**  
**MASTERS**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
=====	=====	=====	=====	=====	=====	=====
900	11:45 AM	1x{1 x 400 on 8:00 2 ch/2 fr qtrs	PK	S	F-C	2:00
		{4 x 25 on :45 Fly press k/sw with snork&fins	RED	S	FLY	3:00
		{6 x 50 on 1:00 Fr hold 3 rd l walls	RED	S	FR	2:00
		{4 x 25 on :45 Fr 12.5 ez/sprt flip fin	GR	S	FR	3:00
3,100	12:06 PM	1x{3 x 300 on 4:40 Free BP 3 P&S	RED	P	FR	1:33
		{3 x 50 on 1:20 flutter k	RED	K	FR	2:40
		{3 x 250 on 3:45 Free P&b BP 3	RED	P	FR	1:30
		{3 x 50 on 1:20 flutter k	RED	K	FR	2:40
		{3 x 200 on 2:50 Free Sw fast	OR	S	FR	1:25
		{3 x 50 on 1:20 flutter k	RED	K	FR	2:40
		{3 x 100 on 1:20 Free sw fast	OR	S	FR	1:20
		{1 x 100 on 3:00 choice ez	PK	S	CHO	3:00
	12:59 PM	4,000 Yards				