

Masters
Saturday AM (SCM)
2023-01-14 & 2023-01-15 (HBAC)
Advanced level

Equipment: Board/PB/Fins - Optional for main set

400 SKPS

2x

4x25 Kick @ 30-45 {D1-4}

3x50 IMT @ 60-1:20

2x100 FR @ 1:45-2:00

:60R

30/1300

3x

12x25 @ 35-40 {1x15F!, 1x20F!, 1x25F!}

R1: IMO BY 3,

R2: 3xST no FR, 3xFR

R3: Choice

400 FINZ {FR sw} @ 7:00

:60R

50/2100

90mins/3400m