

Saturday January 14, 2023

Masters

Warm-up

400 skps

Backstroke / Breaststroke

10x 50m F! SLK on back +fins @1:20

12x 50m BK + fins @1:30

- 3x 6K switch
- 3x 6K switch + 3P
- 3x Bk s

2x

2x 100m (1x P/ 1x BK) @3:00
8x 50m @ 1:40
- 2x DK w/BR P +fins
- 4x 2K/1P
- 2x BR

200 Ch s