

Masters
Sunday AM (LCM)
2023-01-22

Advanced + Intermediate level (Self-guided)

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

400 SKPS

3x

200 Kick @ 4:30 {Fins optional}

4x50 CH @ 1:10 {25:Drill/Sw}

100 FR Pull @ 2:00

Main Set:

FR:

24x100 @ 1:40-2:10 {Every 3rd 100s = Fast }

OR:

5x rounds of

50 FR + 50 Fly @ 1:50-2:10

50 FR + 50 BK @ 1:50-2:10

50 FR + 50 BR @ 1:50-2:10

100 FR {N/S} @ 1:50-2:10

3900-4300m