

**Masters
Sunday AM (LCM)
2023-01-22**

Beginner level (Self-guided)

Equipment: Board/PB/Fins

300 SKP

8x50 +Fins @ :20s rest {1x Flutter Kick, 1x Fly Kick}

20minutes/700m

Skill set (Freestyle):

4 rounds of:

2x50 Catch up Drill @ :20s rest

100 Swim + 100 Kick with FINS = Fast @ :30 rest

25-28minutes/800m

3 rounds of:

2x50 Pull Buoy @ :20s rest {1 as FR, 1 as BK}

200 Flutter Kick +Fins @ :30s rest

100 Choice swim @ :30s rest

30-35minutes/1200m

75-90mins/2700m

