

Masters - HBAC  
Sunday AM (SCM)  
2023-01-29

Advanced + Intermediate level (Self-guided)

**Equipment: Board/PB**

400 SKPS

300 FIN Kick {50 Fly Kick + 25 Flutter}

200 Pull

100 Choice

20/1000

2x

2x100 BK {1 as 50:Drill/Sw, 1 as Swim} @ 2:00-2:15

8x25 Fly {2xP, 2xS} @ 30-45

:30R

15/800

2x

2x150 {IM/BK by 25} @ 2:30-3:30

4x50 FR - Best Avg @ 60-1:15

:30R

20/1000

2x

3x50 @ 2:00 - F! {100 Pace}

100 EZ @ 4:00

30/750

**3550**