

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

Beginner level (Self-guided)

Equipment: Board/PB/Fins

200 SKPS

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

Breaststroke:

4x

50 Kick @ :20R

2x25 BR Pull @ :15R

50 BR Swim @ :20R

6x50 FR {1xCatch up, 1xPull}

200 FR +Fins

6x50 BK {1xSingle arm should roll, 1xSwim}

200 BK +Fins

6x25 Fly {1xDolphin Kick with Arms by side, 1xSw}

100 Fly Kick +Fins

Swim down:

100 EASY CHOICE