

**Masters - HBAC
Sunday AM (SCM)
2023-02-05**

Advanced + Intermediate level (Self-guided)

Equipment: Board/PB/Fins

400 SKPS

8x100 @ 2:00-2:15

1 - Choice K/D/S/K by 25

1 - Pull with board - shark fin {tap board each stroke}

12x25 +Fins @ 40-50

1 - 15m F! Underwater Dolphin Kick in Streamline

1 - 25 F! Swim

1 - EZ

Choice of stroke set:

4x

6x50 {1xDrill, 2xSwim, desc all swims} @ 45-60

2x25 Swim Choice - F! @ 30-45

200 @ 3:30 - 4:30 {FR Swim or Pull}

:60R

3700m