

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

Beginner level (Self-guided)

Equipment: Board/PB/Fins

400 SKPS

Skill set: Freestyle

6x50 + FINS {25:Fly Kick + BR Pull, 25:FR Kick + BR Pull} @ 1:40

2x100 BR {50: 2K+1Pull, + 50: Swim} @ 3:30

2x50 Kick @ 1:30

3x50 Drill +Fins {6 Side Kick + 1 switch}

200 FR Sw @ 1:00 Rest

2x50 Kick @ 1:30

3x50 Drill +Fins {6 Side Kick + 3 switch}

200 FR Sw @ 1:00 Rest

2x50 Kick @ 1:30

3x50 Drill +Fins {6 Side Kick + 5 switch}

200 FR Sw @ 1:00 Rest

Swim down:

2x75 {25: Pull + 25: Swim + 25: Kick} @ 2:00