

Masters
Sunday AM (LCM)
2023-02-12

Advanced + Intermediate level (Self-guided)

Equipment: Board/PB/Fins

400 SKPS

8x50 PBL @ 1:10-1:20

#1-4: Hold SC, Desc Time

#5-8: Desc SC, Hold Time

8x50 FIN Kick @ 1:15-1:20

400 Sw @ 8:00

6x100 FIN Kick @ 2:10-2:30

2x200 Sw @ 3:30-4:00

3x200 FIN Kick @ 4:00-4:30

4x100 Sw @ 1:45-2:15

3600m