

Masters
Sunday AM (LCM)
2023-02-12

Beginner level (Self-guided)

Equipment: Board/PB/Fins

400 SKPS

200 FR Sw +Fins

4 rounds: 2 rounds as BK, 2 rounds as FR

50 - 6k switch @ 1:30

50 6k switch + 3P @ 1:30

50 Swim @ 1:30

2 rounds: FR or BK

2x50 {25:Fast/25:EZ} @ 2:00

2x100 Pull @ 3:00

200 Fins Kick

1 min Rest

4x50 Kick @ 2:00 {25:Fast + 25:Easy}

200 Choice swim down

2600m