

**Masters**  
**Sunday AM (LCM)**  
**2023-02-19**

**Advanced + Intermediate level (Self-guided)**

**Equipment: Board/PB/Fins**

400 SKPS

3x200 Pull @ 3:40 - 4:00

300 FINZ Backstroke @ 5:00

1-2 min Rest

**6x50 FR @ 60 {Stroke Count = Time, Fast}**

30-35/1600

**First Round = Fly, Second Round = Choice**

2x

2x100 {50: Drill/Swim} @ 2:00 - 2:30

**6x50 Stroke choice @ 1:20 {Fast!}**

100 Back pull @ 2:00

1 min Rest

35-40/1200

12x50 FINS @ 1:10 - 1:20

4 - 20 F! no Breath

4 - Mid-20 F! no Breath

4 - Last 20 F!

200 Easy

**90mins/3600m**