

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

**Beginner level (Self-guided)**

**Equipment: Board/PB/Fins**

400 SKPS

200 FR Sw +Fins

Skill: Fly + Freestyle

4 rounds of: ALL WITH FINS

50 Fly Kick

50 - 25: Left arm fly + 25: Right arm fly

10x50 FINS @ 1:30

{4 - 6 Fly strokes, Freestyle swim to other wall}

3 rounds:

2x50 Choice Kick @ :20R

3x50 FINS Drill {6 side Kick + 3 strokes}

150 FR Swim

**1 min rest**

