

Masters
Sunday AM (LCM)
2023-02-26

Advanced + Intermediate level (Self-guided)

Equipment: Board/PB/Fins - Optional for main set

600 SKP

4 x 100 @ 2:00 {1 as 50:Kick + Drill, 1 as 50 Swim + Kick}

3x200 Pull @ 3:40-4:00 {Breath 3-5-3-5 by 50}

8 x 50 {1 as 25F!/25EZ, 1 as 25EZ/25F!}

100 Easy

45/2100

3x

4 x 100 pace @ 1:40-2:10 {hold average and descend by round}

200 FINZ Kick @ 4:00

36/1800