

Masters
Sunday AM (LCM)
2023-02-26

Beginner level (Self-guided)

Equipment: Board/PB/Fins

400 FR +FINS

Skill set: Breaststroke

2 rounds of:

2x50 Pull Buoy as 25: Scull + 25: BR Kick (Hold PB) @ :20R

2x50 Pull Buoy as 25: BR Pull + 25: FR Pull @ :20R

2x50 {1 as 3k-1p/1 as Swim} @ :20R

100 BR

1 min Rest

4-6 rounds: or until 10:30am

2x50 Choice {25: Fast + 25: Double arm Backstroke easy} @ 1:30

200 Swim with any equipment

1 min Rest

