

**Masters**  
**Sunday AM (HBAC - SCM)**  
**2023-03-05**

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

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

500 SKIPS {I = IM}

PLUS:

Advanced: 12x100 @ 1:50-2:05 {2 as 50:Kick+Swim, 1 as Swim}

Intermediate as 9x100 @ 2:10-2:30 {2 as 50:Kick/Swim, 1 as Swim}

2x

**3 x 200 desc @ 3:00-4:00**

All even splits, R1 = Pull, R2 = Swim desc

2 min Rest

2x

4x25 @ 60 {3 - F!, 1- EZ}

100 FR @ 1:30 {Easy speed, Fast not hard}

**2x50 - F! @ 60 {200p}**

**2x25 - Kick - F! @ 30**

200 FINZ EZ Sw/Kick by 50 @ 5:00 {Include set rest}