

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

**Beginner level (Self-guided)**

**Equipment: Board/PB/Fins**

400 SKPS

**Skill set: Freestyle**

4 rounds: Last 2 rounds with FINS

4x25 Fast FR, Fast arms @ 60

100 FR Pull @ 3:00

2 rounds of:

200 Choice Swim with any equipment @ 5:00

2x100 {1 as 6k-switch, 1 as FR swim} @ 2:30

**2x50 {1 as Catch-up, 1 as FR Pull} @ 1:30**

6x25 {1 as Fast Kick no Board, 1 as Choice Swim} @ 50

1 min Rest

Cool down:

200 choice any equipment