

Masters
Sunday AM (Shaw - LCM)
2023-03-12

Advanced + Intermediate level (Self-guided)

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

400 SKPS

4x100 Pull @ 2:00-2:15

200 BR {3k-1p/Sw/2k-1P/Sw by 50}

8x50 @ 1:10

1 - F!/EZ by 25

1 - EZ/F! by 25

1 - 50 F!

1 - 50 EZ

3x

3x50 ST ALL OUT {F+P} @ 1:30

200 Easy choice @ 4:00

2 min Rest

6x50 @ 1:10 {2xSmooth Choice Swim, 1xKick}

100 EZ