

Masters
Sunday AM (Shaw - LCM)
2023-03-12
Beginner level (Self-guided)

Equipment: Board/PB/Fins

400 SKPS

Skill set: Backstroke

2 rounds: Last 2 rounds with FINS

2x50 Soldier Kick on Back {Shoulder Roll}

2x50 {Single Arm Backstroke, Non-moving arm by side}

2x50 Swim

2 rounds of:

200 FR swim @ :60R

2x100 FINZ Kick @ :30R

2x50 BK Swim @ :30R

100 BR Swim

1 min Rest

Cool down:

200 choice any equipment