

Masters
Saturday AM (LCM) - Self guide
2023-04-02

Advanced/Intermediate level

Equipment: Board/PB/Fins/Paddles

WARM UP:

400 SKPS

3x200 Pull @ 3:20,3:40 {1xnormal, 1xSingle Pad, 1xFull Pads}

3x

4x25 F! @ 90 {Fins + Paddles} }

as Push and Swim Fast to 25, turn around back to wall

50F! + 50 EZ @ 2:00

4-5 min Rest

2x

2x Dives - 50F! @ 2:00

4-5 min Rest

4x100 Swim down @ 2:00-2:15

1 as 50Swim+Kick

1 as Choice

1 as 50Kick+Swim

1 as Choice