

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

**Equipment: Board/PB/Fins/Paddles**

**WARM UP:**

400 SKPS

**Skill set: FR**

3 rounds:

2x50 FR Kick @ :20R {25: Fast + 25: Easy}

100 FR Pull @ :30R

100 FR Sw @ :60R

6x50 Breaststroke @ :20-:30s Rest

1 - Kick

1 - Breaststroke pull with Flutter Kick

1 - Breaststroke Swim

2 rounds of :

1x50 Breaststroke drill as 2 whip kicks + 1 breaststroke pull

100 Breaststroke Swim @ :20R

50 Free swim + 100 Free Kick @ :30R