

Masters
Sunday AM (LCM) - Self guide
2023-05-28

Advanced/Intermediate

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 FINS @ 1:10 - Variable speed

1 - first 20m F!

1 - Mid 20m F!

1 - Last 20m F!

1 - EZ

18x100 @ 2:00/2:10/2:20

2 as Freestyle

1 as Non-Freestyle - Fast

Swim down:

4x50 Finz @ 1:10 {1 as Kick, 2 as swims, 1 as kick}