

Masters
Saturday AM (SCM) - Self guide
2023-05-28
Beginners level

Equipment: Board/PB/Fins

400 SKPS

Skill set: Backstroke

2 rounds:

2x50 Soldier Kick on Back {Shoulder Roll}

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

2x50 Swim

2 rounds of:

200 FINS FR swim

2x50 Kick

2x100 Pull

4x50 Backstroke

1 min Rest

Cool down:

200 choice any equipment