Masters 6.12

WU: (900 yards)

 1x 350 smooth

 1x 50 kick

 1x 250 smooth

 1x 50 kick

 1x 150 smooth

 1x 50 kick

M: (1400 yards)

1x 200 build Base+10

 2x 100 base +5

 2x 150  base+5

 2x 100 1 build/1 fast

 1x 100 easy

 4x 75 Fast 1:30

 1x 100 easy 3:00