Masters 6.1

WU: (1250 yards)

1x 250 smooth

3x 50 kick

1x 200 smooth

2x 100 build

1x 150 smooth

4x 75 (fly/bk/br)

M: (1400 yards)

4x 100 base pace+5

1x 50 easy

3x 150 base pace +10

1x 50 easy

1x 200 base pace

1x 50 easy

1x 200 base pace