Masters Practice

Tuesday 9-14-21

		Yardage
Warm-up:	200 S/K/I	600
More Tech:	8x 50 @1:00[1:20] (25 H20/25 Swim) w/fins if you have them	1000
	12x 25s @:45/:50 (6FR Kick/6 FL Kick)	1300
	4x 100 @2:00 (50Kick/50SWIM0 w/fins	1700
Main:	20x 50!! @1:00/:10/:20 (Bank EZ)	2700
	1!/1ez	
	2!/1ez	
	3!/1ez	
	4!/1ez	
	5!/1ez	
Cool Down:	300 Choice	3000