**Masters – 3/29 TRI GROUP**

**Warm-Up (900)**

3 x 100 (last 15M scull) – 6 high bobs between each 100

+

**2X:**

4 x 50 @ :60

1. Get Stroke Count
2. -2 Hand Hits
3. -4 Hand Hits
4. -6 Hand Hits

4 x 25 @ :45

**Odds** – Build Speed to 25M (Mid-pool)

**Evens** – Hard Overkick (Blast the legs)

**Set 1: (2200/3100)** **A** **B** **C**

400 Swim – Breath Every 3rd Stroke 6:40 7:20 8:00

2 x 50 Strong (Sight twice each 50) :55 :60 :65

300 Swim – Breath Every 5th Stroke 5:00 5:30 6:00

2 x 50 Faster (Sight twice each 50) :60 :65 1:10

200 Swim – Breath Every 7th Stroke 3:20 3:40 4:00

2 x 50 Faster (Sight twice each 50) :65 1:10 1:15

100 Swim – Breath Every 9th Stroke 1:40 1:50 2:00

2 x 50 Hard Effort (Sight twice Each 50) 1:10 1:15 1:20

***-Rest 2 Mins-***

8 x 50 Fins + Pads White Pace @ R:20 - Stay long + Loose

***\*\*Take Off Gear\*\****

1 x 400M Swim For Time (Go as fast as possible)