**TNAQ Masters – Friday 3/24**

**Warm-Up (600)**

300 EZ Loosen

 +

6 x 50 @ R/:10

 -Head Up scull to 12.5y

 -4 x Vertical Fly Swims @ Mid Pool (Snap the shoulders)

 - Fly To Wall ->Breath 1 Down/1 Up

 - ¾ Catch-Up Free coming back

**Set 1 – 3X (900/1500)** **A**  **B** **C**

2 x 75 Pull w/ buoy or crossed legs 1:10 1:15 1:20

2 x 50 (1 Swim w/6-beat, 1 Overkick + Breath 3) :50 :55 :60

2 x 25 Fast Kick w/board :30 :35 :40

**Set 2 (1000/2500)**

**10 x 100 Choice Gear @ 1:30/1:40/1:50**

1. 75 Free MDPS – 1 x 25 MAX EFFORT
2. 50 Free MDPS – 2 x 25 MAX EFFORT
3. 25 Free MDPS – 3 x 25 MAX EFFORT
4. All Free MDPS
5. 4 x 25 Choice Full Speed

***-Rest :5 between each break***

**Set 3 (600/3100)**

8 x 75 Freestyle @ 1:10/1:15/1:20

 Odds: 4-5-6 Kicks UW off each wall

 Evens: Decelerate Fast -> Slow

**Swim Down till you feel loose**