**Masters – FRI 4/7 AM**

**Warm-Up (800)**

**2X:** 100EZ **-** 50 Kick (Board or back) **-** 50 Choice Drill **-** 50 Build

**+**

**6 x 50 @ R/:15**

**Odds:**

Breakout Fast to 25M,

Front Flip mid-pool

Fast Short-dog Scull w/head up to 35M,

head down and Build to fast Finish

**Evens:**  ¾ catch-Up

**Set 1 - 2X (1000/1900)**

1 x 200 Smooth + Breath 3

2 x 50 Descend 1-2 - #2 @ 200 Effort

4 x 25 - Fast w/Fins

1 x 100 – Free w/Lowest SC possible (Fins optional)

**Set 2– (700/2600)**

25 From Blocks - 80%

50 @ 85%

75 @ 90%

100 @ Go for it!

100 Low SC

100 From Blocks @ 80%

75 @ 85%

50 @ 90%

25 @ Finishing Speed – GO

100 Low SC

**Set 3 - 2X – (400/3000)**

100 Free w/Fins + Pads - Strong + Sustained Speed

50 No Fins AFAP

50 (25 Kick Sprint/25 EZ)

**TRI GROUP** = 800M Time Trial in heats, everyone gets their own ½ lane (3 heats of 2)

**Previous times from Monday January 16th:**

Andy – 14:59 - Alan – 13:37 – Jessie 15:01 – Jack – 11:29