**Masters – Monday 3/27**

**Warm-Up (1200)**

200 Loosen

+

**2X:**

4 x 25 @ R/:5

**Odds** – Balance Kick (Kick through the breath)

**Evens** – Short-Dog Scull

3 x 50 @ R/:10

1. Breath Every 3
2. Breath Every 5
3. Breath Every 7

2 x 75 @ R/:15 (50 Swim Big/25 Overkick)

1 x 100 Flutter Kick Fast @ R/:20

**Set 1 – Keep Continuous (2250/3450)** **A** **B** **C**

400 (300 Big/50 Build/50 Fast) 6:00 6:30 7:00

4 x 100 Strong + Hold Even Split 1:30 1:40 1:50

4 x 50 Desc 1-4 to Max Effort :45 :50 :55

300 (200 Big/50 Build/50 Fast) 4:30 4:50 5:10

3 x 100 Faster + Hold Even Split 1:20 1:30 1:40

3 x 50 Desc 1-3 to Max Effort :50 55 :60

200 (100 Big/50 Build/50 Fast) 3:00 3:10 3:20

2 x 100 Very Fast Make ‘Em 1:10 1:20 1:30

2 x 50 Desc 1-2 to Max Effort :55 :60 :65

**Set 2 – FINS (AMRAP)**

3 x 50 Kick W/Fins @ :50/:55/:60

**\*\*Take Off Fins\*\*\***

4 x 25 Kick Sprint @ :40 – As Fast as possible

3450 + Final Kick Set